The Evolution & Application of Emotional Freedom Techniques (EFT) From Self-Help To Powerful Clinical Tool

George J Limberakis, MEd, LCMHC, ACAP-EFT, DCEP

Objectives:

- Learn how to introduce EFT to a client
- Describe two different ways of using EFT
- Demonstrate the EFT Basic Recipe, Full Recipe & Setup Statement & Reminder Phrases
- Experience both a group & individual application of EFT
- Learn about EFT Training & Certification

George J. Limberakis, LCMHC, DCEP

- ACEP Certified Advanced Practitioner of EFT (ACAP-EFT)
- Chair, ACEP EFT Certification Committee 2018-present
- Diplomate of Comprehensive Energy Psychology (DCEP)
- Yoga Alliance Certified, Experienced Yoga Teacher (E-RYT 500)
- ACEP Member since 2012
- 801-680-5450
- george@georgelimberakis.com
- www.georgelimberakis.com
- www.saltlakecitytapping.com
Research
https://www.energypsych.org/researchdb8c71b7

Quick Facts
https://www.energypsych.org/researchdb8c71b7#ResearchQuickFacts

The Science Behind Energy Psychology
https://www.energypsych.org > Explore the Research > Research Quick Facts

Viagra and Rogaine started out as medications for high blood pressure
The good news is, EFT is easy to do

The bad news is, EFT is easy to do

“Why should I spend time and money to learn EFT when I can go on YouTube and learn it in 15 minutes?”

~Misinformed Clinician

EFT is tapping

Not all tapping is EFT
Why Do I, As A Clinician, Like EFT?

- Supported By Research
  - Previously Considered Complimentary & Alternative Modality (CAM)
  - Accepted by APA for CEUs
  - Accepted by VA as a “generally safe” modality
- Systematic, Methodical, Thorough & Effective
- Easy To Apply (with training)
- Conforms to Trauma-Informed Tx Guidelines
  - Somatic Component
  - Relatively Gentle On Client
  - Relatively Rapid

History of EFT

It started a long time ago:
- The people of ancient India mapped Nadi lines 5,000 – 7,000 years ago
- Ötzi The Tyrolian Iceman 5,200 years ago
  The oldest evidence for acupuncture?
- Chinese mapped meridians 3,000 – 5,000 years ago
  Formalized acupuncture
72,000 Nadis
Deliver Prana to every cell in body
Early recognition of biofield or aura?

Ötzi the Iceman
Discovered in September 1991 in Alps on border between Italy & Austria – 46 y.o., left-handed, 5’2”, size 8 shoe
He existed 3,000 years before the emergence of the Meridian Theory in China

Major pathways of energy flow
12 paired meridians
• Each pair named after an organ system

2 Extraordinary Vessels
• Governing Vessel
• Conception Vessel

Acupuncture did not enter modern medicine until 1970s, so still a lot to be learned

George J Limberakis

More Modern Developments

**George Goodheart, DC** 1960s – student of Chinese medicine. Incorporated concepts of acupuncture into chiropractic practice

**John Diamond, MD** 1970s – Australian psychiatrist. Integrated his psychoanalytic training with acupuncture meridians to treat psychological problems


**Gary Craig** 1990s – Stanford trained engineer. Student of Roger Callahan, Master Neuro-Linguistic Programming (NLP) Practitioner. Adapted principles of TFT to create the single-algorithm method known as Emotional Freedom Techniques (EFT)

What is the mechanism of EFT?

We don’t know

Primo-vascular (Bonghan) System

- First described by Bong-Han Kim, N. Korean scientist in 1960s
- Consists of tiny, thread-like vessels (primo-vessels) and nodes (primo-nodes)
- May be involved in the transfer of energy (bio-impulses) throughout the body
- PVS appears to be activated by activation of acupressure points
- PVS believed to be involved in various physiological processes
• PVS believed to be involved in various physiological processes
  • Circulation
  • Immune function
  • Energy flow
  • Possible association with fasciae
  • Mechanism of action of PVS is under investigation and still to be determined. Considered by some to be pseudo-science.

Triphasic Model of Trauma Recovery
  ~ Judith Herman
  Phase 1 – Safety, Stability, Rapport
  Constricted Breathing, Follow The Sensation
  (Chasing The Pain)
  Palliative EFT

  Phase 2 – Remembering & Grieving – memory work
  Tearless Trauma, Movie & Tell The Story Techniques

  Phase 3 – Reconnection & Integration of changes with new self-identities & behaviors in interpersonal & social contexts

Gary Craig gave us several Emotional Freedom Techniques:

Constricted Breathing Technique
Chasing The Pain (Follow The Sensation) Technique
Tearless Trauma Technique
Movie Technique
Tell The Story Technique

Testing Methods:
“Say this...”
Vivid Visualization
Two Modes of EFT

Palliative EFT vs. Clinical EFT
Symptom Reduction vs. Root Cause
NS Down-regulation vs. Reparative

Two Modes of EFT

Palliative/Symptom Reduction
• Self-regulation
• Affect regulation
• Phase 1 of trauma treatment
• Focused on symptoms, feelings, sensations
• Self-help, script-based, YouTube videos, DVDs, mass tapping events
• Tx Goal – to downregulate the NS and decrease emotional activation

Clinical EFT
• Reparative - Root Cause
• Specific memories, events in the past
• Deep structure of schemas, beliefs, patterns
• Phase 2 of trauma treatment
• Specific to each person
• Tx goal – to help client achieve a cognitive shift regarding the specific event
Clinical EFT

Do past events affect our current-day experience?

Depending on how the traumatic event is encoded, it can register as a “Little t” or “Big T” trauma or not at all.

Trauma treatment is not about telling stories about the past.

Trauma treatment is about helping people to be here now, to tolerate what they feel right in the present.

Bessel Van Der Kolk, MD

“For many people who have been traumatized, the event is bad enough – but the consequences of that event on their physiology and on their nervous system is really what profoundly changes their ability to adapt in the world.”

Stephen Porges, PhD
Clinical EFT Combines
CBT
+ Titrated Exposure Therapy
+ Memory Reconsolidation
= Body-based NS down-regulation through stimulation of the primo-vascular/energy system that seeks to neutralize and release the energetic disruptions that can result from the experience of physical and/or emotional trauma.

Window of Tolerance:
Too Hot
Just Right - Goldilocks Zone
Too Cold

Containment:
Used 2 Ways:
Management of the emotional intensity
Keeping the focus on the specific event being addressed
Detective Work:

Time spent working with patient to identify Tabletops and Table Legs associated with the patient's presenting issue.

May or may not involve tapping

Titration:

Constricted Breathing & Follow The Sensation

↓

Tearless Trauma Technique

↓

Movie Technique

↓

Tell The Story Technique

Intent behind the intervention

Palliative EFT

Nervous System Down-Regulating

Emotional Down-Regulating

To reduce symptoms

Build rapport

Establish trust

Phase 1 Trauma Work

Clinical EFT

To neutralize & release the energetic disruptions that can manifest as physical and/or emotional trauma.

Phase 2 Trauma Work
Introducing EFT To A Client

Preframe

• Creating a context

• Comparing EFT to something with which the client is familiar

• Explain how EFT is different from other therapies

Introducing EFT To A Client

• Acupuncture
  • Meridians/PVC
  • Acupressure points
  • Energetic Disruption

• Metaphors
  • Electricity
  • Water
  • Traffic

• Different from other therapies
  • Systematic & Methodical
  • Opportunities for healing

The EFT Basic Recipe

EFT Tapping Points


Previously known as Karate Chop (KC) Point.
Now known as Side-of-Hand (SH)
Thumb (TH) LU11
Index F (IF) LI1
Mid. Finger (MF) PC9
Little Finger (LF) HT9
Back of Hand (BH) TW3
Side of Hand (SH) SI3-4

While tapping Triple Warmer Meridian:
• Hold head still
• Look straight ahead
• Close eyes/open eyes
• Eyes down & hard to right
• Eyes down & hard to left
• Eyes circle one direction
• Eyes circle other direction
• Hum a song
• Count or simple math
• Hum a song

Setup Statement
“Even though I have/feel _________”
• A statement identifying a negative condition to acknowledge the present state
  • Use language offered by the subject
  • Details of the moment
  • Somatic sensations
  • Name of the emotion
  • SUDS level

“I deeply & completely accept myself!”
• A self-affirming statement of acceptance to affirm to the body/mind system that, in spite of the negative state, the subject is whole and OK
• Can be modified to accommodate subject’s level of self-acceptance
Reminder Phrases
Serve to keep the client focused on the emotion, sensation or part of the story that we are working on.
EFT is a “here & now” therapy
Focusing on the emotions and sensations that are being experienced in the present moment rather than a remembered emotion or sensation.

Personal Peace Procedure
• A list of “bothersome events”
  • “Make a list of the top 10 significant emotional events or bothersome specific events that have occurred in your life.”
    • Chronologically
    • By category
    • Randomly

This list of events represent the “Table Legs” that support “Tabletops”

Hebb’s Rule:
“Any two cells or systems of cells that are repeatedly active at the same time will tend to become ‘associated,’ so that activity in one facilitates activity in the other.”

What wires together, fires together
Snake and rope
Men are scary
Bullying
I don't trust
I'm not good enough
School
I am unsafe
I'm not good enough
Mom
School
I'm not good enough
I don't trust
Men are scary

Personal Peace

Specificity
Repeated telling of the story until subject reports 0-1 activation
ACEP’s EFT Certification Training Program

• A virtual/interactive program
• Offered to licensed mental health professionals (see link, below, for details)
• Combines online learning with live practice sessions

https://www.energypsych.org/page/EFTProgram

Energy Psychology Research:
https://www.energypsych.org/researchdb8c71b7

Tapping Points Info:

ACEP EFT Certification Program:
https://www.energypsych.org/page/EFTcertv2

It’s Time For Sleep: A Mindfulness-Based Bedtime Book

Use discount code for free standard shipping in US:
ACEP24