Introduction to Emotional Freedom Techniques (EFT)

For health, wellness and happiness
“EFT is the biggest development in medicine since antibiotics”

Dr Candace Pert
Discoverer of the Opiate receptor and Chief of Board
American Mental Health Institute
Energy psychology in the form of EFT is, without question, the most effective system I have seen to access powerful healing forces.”

Dr. Joseph Mercola.
Root cause of illness

- 85% of illnesses have a root cause in stress
- Unresolved emotional upsets and negativity result in illness, low self-esteem and self-sabotage later on in life, for example
  - Heart & Lung disease
  - Cancer
  - Depression
  - Addictions
Resolve the root cause

- Resolve emotional upsets and stress to increase health, well-being and vitality
- EFT is clinically proven to lower:
  - Stress, tension and anxiety
  - Emotional upsets and negative memories
  - Trauma and fears as well as phobias
  - Negative emotions and depression
  - Addictions and cravings
- Better at regulating cortisol than CBT
How is negativity caused

Step 1
Distressing memory

Step 2
The intermediate step
**zzzzztt**
A disruption in the body's energy system

Step 3
Negative emotion
What is EFT?

• A technique to clear stress and negativity
  – Tapping on the energy meridians
  – Saying specific statements out loud
  – Combines ancient Acupuncture with psychology – and there is no need for needles!

• Provides stress relief in seconds
• It fast, effective with lasting benefits
Acupuncture without needles

- 28 conditions where scientific studies support efficacy
  - Anxiety
  - Depression
  - Addictions
  - Insomnia
  - Hypertension

- 63 conditions with observed benefits
Hypnosis works so will EFT

- Hypnosis is accepted to help with
  - Irritable bowel
  - Surgical pain
- Brain wave scans have shown EFT induces theta wave brain activity
Positive Programming

- 30 – 40% boost in the overall quality of life
  - 53% boost to self confidence
  - 35% increase in ability to achieve desired result
  - Awareness and positive regard for others up by 29%
  - 40% in the quality of connection with others and ability to produce results while working with others
Acupoint tapping works

- Decrease anxiety in people who sustained minor injuries
- Less anxiety and greater accuracy when recounting traumatic events
- Increases opioids, serotonin, GABA and regulates cortisol
  - Reduce pain
  - Slow the heart rate
  - Decrease anxiety
  - Shut off FFF response
  - Create sense of calm
- Decreases activation signals
<table>
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<tr>
<th>Author(s)</th>
<th>Study (Abbreviated Titles in some Cases)</th>
<th>Publication</th>
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<tbody>
<tr>
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<td>Specific Phobia (partial replication of Wells)</td>
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Type of evidence

- Anecdotal
- Observations
- Case studies

- Uncontrolled outcome studies

- Randomised controlled trials with statistical significance
Anecdotal evidence

The number of articles on emofree.com (2008)

Over 1,982 anecdotal articles or videos on successful or partially successful outcome

There are over 93 articles on TAT on www.TATlife.com and 414 videos on U tube of Faster EFT
Controlled studies

- 5000 patients with anxiety
  - TFT versus CBT
  - 76% TFT patients had complete remission versus 51% in CBT group
  - Statistically significant (p< 0.002)
- 190 patients with Phobias
  - 78% of TFT group had partial to complete improvement after 3 session
  - 69% of CBT group partial to complete improvement after 12 sessions

- Phobias
- Social Phobias
- Agrophobias
- Traumatic stress

TFT more effective than CBT with anxiety
TFT was faster than CBT with Phobias
## Randomised controlled studies

<table>
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<tr>
<th>Public speaking</th>
<th>Test taking anxiety</th>
<th>Weight control</th>
<th>Small animal and insects</th>
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| - One hour of TFT  
- Anxiety reduced  
- Less shyness, confusion and post-speech anxiety  
- Increased poise, positive anticipation and interest in giving future speeches  
- Four months later more effective self-expression | - Self-administered EFT versus Progressive muscle relaxation (PMR)  
- Both groups had a significant reduction in test taking anxiety  
- The reduction for the EFT group was greater than PMR | - 10 hours of group TAT or Qigong  
- TAT was superior on weight loss maintenance and losing additional weight  
- Qigong group gained back an additional 1.5 kg at 12 weeks and 2.8kg at 24 weeks | - 30 mins of EFT or Breathing  
- 45 mins of EFT or discussing fears  
- EFT group improved on SUDs following and during treatment  
- EFT group was better on the fear and the fear of animals questionnaire  
- The effects of EFT persisted 1.4 years later |
Randomised controlled PTSD study in Veterans (2010)

After 6 sessions 90% were free from PTSD criteria

p < 0.0001
Randomised controlled PTSD study in Veterans (2010)

After 6 sessions 86% were free from PTSD criteria

- p < 0.0001
An observational study on PTSD in Veterans (2009)

Symptom severity, anxiety, depression and PTSD decreased by 40-50% after 6 sessions and maintained after 90 days

- Symptom severity: p < 0.001
- Anxiety: p < 0.001
- Depression: p < 0.01
- PTSD: p < 0.16
Randomised controlled trial on traumatic memories in abused adolescents (2009)

Single session reduces the impact of the traumatic event by 92% at the 30 day follow up point

EFT group

Wait list group

Pre-test
Post-test

p < 0.0001
A randomised controlled study on Athletic performance (2009)

After 15 mins EFT free throws improved by 26%

\[ p < 0.03 \]
A randomised controlled study on Depression in college students (2010)

After four 90 min sessions depression reduced by 73%

![Bar chart showing reduction in depression scores from pre-test to post-test in EFT and placebo groups with P = 0.01]
Other notable studies

**Healthcare workers**
- 216 Healthcare workers
- Taught and self applied EFT for 2 hours
- Improvement in pain, emotional distress and cravings
- Gains were maintained after 90 days

**Rwanda study**
- 50 adolescents received acupoint sessions combined with relaxation
- Reduction of nightmares, flashbacks, bedwetting, depression, withdrawal, isolation, difficulty concentrating, jumpiness and aggression

**Cravings**
- 96 overweight adults
- Improvement of food cravings
- Maintained after 6 months
- Reduction in Body Mass Index within 12 months

**Fibromyalgia**
- 86 women on sick leave
- Received 8 week treatment program of EFT via the internet
- Improvements in pain, anxiety, depression and mental health
- Improvement in activity levels
EFT has been used for

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<th>Physical Pain</th>
<th>Phobias/Fears</th>
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<td>Panic attack</td>
<td>– Public Speaking</td>
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<td>Boredom</td>
<td>Sadness</td>
<td>– Dentist</td>
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<td>Claustrophobia</td>
<td>Shame</td>
<td>– Rats</td>
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<td>Depression</td>
<td>Stress</td>
<td>– Spiders</td>
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<td>Grief</td>
<td>Self Image</td>
<td>– Roaches</td>
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<td>Guilt</td>
<td>Sexual Abuse</td>
<td>– Needles</td>
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<td>Headache</td>
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<td>– Driving</td>
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<td>Insomnia</td>
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<td>– Snakes</td>
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<td>Limiting Beliefs</td>
<td>War memories</td>
<td>– Heights</td>
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<td>Love Pain</td>
<td>Weight Loss</td>
<td>– Water</td>
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Brain scan improvements after acutapping

Normal

General Anxiety Dis-order

Blue = normal ratio of wave frequencies

Turquoise = slightly dysfunctional ratio

Pink = moderately dysfunctional ratio

Red = highly dysfunctional ratio

After 4 sessions

After 8 sessions

After 12 sessions
The role of cortisol

• Increased emotional stress can increase cortisol and cause issue with the following systems:
  – Hormonal
  – Circulatory
  – Immune

• After EFT treatment cortisol dropped by 21% versus 14% with CBT

EFT better than CBT at reducing cortisol levels
Next steps

• Get free e-booklet on EFT – [http://vitalitylivingcollege.info/free-resources/](http://vitalitylivingcollege.info/free-resources/) and let friends and family know so that they can also benefit
• Use the tapping on yourself as part of a daily program
• Book a session with an AAMET qualified Practitioner
• Learn the technique as part of a self development program or to become a Practitioner and make a difference to others
EFT Program - 3 Day Training

EFT LEVEL 1 – 1 Day
Foundations of EFT for health and happiness
- lower stress, shift emotions
- eliminate physical pain/tension and reduce cravings
- to work with yourself, friends, family and children

EFT LEVEL 2 – 2 Days
Advanced training for vitality, confidence and empowerment
- clear past traumas, hurts, limiting beliefs, emotional upsets and blocks
- working with deeper emotions and traumatic memories
- practitioner certification track
Matrix Reimprinting 4 Days

- Get to the root cause of powerlessness and trauma
- Clear shock as a result of trauma
- Root out limiting beliefs creating empowering beliefs
- Understand the science of quantum physics as related to Matrix Reimprinting
- Learn to identify field and the 3 keys to clearing trauma
- Work with real life challenges
- Combine the law of attraction with EFT to create a compelling future
Helping you to help yourself and others

• The only personal development and wellness training college in the world
• Offering accredited training in therapeutic skills, coaching and business building for wellness professionals, coaches and trainers
• NLP, Hypnosis, Timeline, EFT & Matrix Reimprinting training