

EFT PRACTITIONER TRAINING DAY 1

23rd July 2021 - Questions & Answers

1. What is EFT?

Emotional Freedom Technique is probably one of the most powerful healing techniques in the world today! It is also known as EFT Tapping. EFT can enable stress relief in seconds and is used all over the world by millions.

EFT is long-lasting, gentle, and usually rapid. There are no drugs or equipment involved and it is easily learned. Once learnt, it can be self-applied.

2. What is the theory behind EFT?

The theory behind EFT is that the cause of all negative emotions is a disruption in the body's energy system. A distressing event or incident causes the disruption in the energy system and hence a negative emotion, and in some cases, a negative belief.

Once the energy system is balanced, the emotional charge goes away. The underlying idea here is that you aren't 'mentally blocked', rather you are 'energy blocked'.

When you use the simple EFT tapping steps, you clear the blocked channels.

When you use EFT, it gives relief by re-wiring the energy system and bringing it back into balance, so you feel calmer, more at peace, and ready to let go and move on.

3. Why do we do the introduction? How is it the first step of therapy, and what is its importance?

The introduction is about getting to know who we are with, and what their story is. This isn't just getting to know someone but listening to someone's life story, where they are at, where they see themselves going, and what are their wants.

4. What is the importance of touch and talk in EFT?

EFT is a touch and talk therapy, combining the aspects of both touching and talking.

Touch is great healing factor and that's why young children are touched in a safe way, so that the feeling of safety and being loved can be instilled in them. When babies or young children receive safe touch from a parent or a guardian, they are less likely to face psychological challenges than those who lack this safe touch.

As therapists, psychologists, counsellors, and healers, we know how important and effective talking is. EFT combines both by tapping on certain meridian points and saying the phrases out loud.

5. How to create a sacred or a safe space, and what is its importance?

The first step before working with oneself or others is to create a safe space where there is rapport, trust, and surrender. Whether you are using EFT on yourself or with others, the same rules apply. Safe space is a place where you can share your truth about where you are because you believe that you are not going to be judged.

You may be wondering how you create that safe space. Consider what is the environment you would like to create for yourself when you receive treatment. Some suggestions are to be respectful, loving, non-judgmental, trusting attentive, accepting, understanding, kind, helpful, and encouraging.

6. What is root cause of illness? How can EFT help in resolving it?

According to the CDC and the American Medical Association, 85% of illness is known to be stress related.

It was found that the root cause of illness isn't a genetic or physical issue, it is emotional upsets going on in life. An emotional upset is caused by a traumatic incident in an individual's life. What constitutes trauma depends on the individual's belief system. To some people, trauma might mean something big, like an accident, the grief of losing someone, or physical or emotional abuse. To others, trauma might mean something quite different.

EFT allows people to unravel the emotional root cause by going back to that previous memory and taking out the block and the imbalance from the energy system, thereby starting the healing process.

7. How is negativity caused?

The first step is when you experience a distressing event - for example, someone cutting you off while driving, an argument or fight, or some unpleasant news; anything that disturbs you. You don't know what you are feeling yet, but it causes some disturbance in your body's energy system, and this is the second step. The third step is when you finally get to perceive what it is that you are feeling – the awareness of what you feel emotionally when something happens.

Basically, this is the crux of Gary Craig's foundation of the EFT therapy.

8. What are the origins of EFT?

Fundamentally, all energy therapies can trace their earliest origins to acupuncture and shiatsu, therapies that developed independently but alongside each other in China and Japan respectively. However, similar therapeutic concepts as old or older than the Chinese and Japanese therapies can also be traced to many other parts of the world.

There were many aspects of the origin, some were expensive, and the others required extensive training. However, one therapy stands out as both simple and freely available to all: Emotional Freedom Techniques (EFT), developed by Gary Craig, a Stanford engineer turned personal trainer, who trained with Callahan in the early years of Thought Field Therapy.

9. What is the general tapping sequence? The general tapping sequence is

as follows:

- Karate Chop (saying the set-up phrase out loud three times)
- Eyebrow (describing the problem for all facial and upper body tapping points)
- Temples
- Under the eye
- Under the nose
- Chin
- Below the collarbone
- Under the arms
- Fingers (except the ring finger)
- Back to Karate Chop (saying the closing phrase out loud)

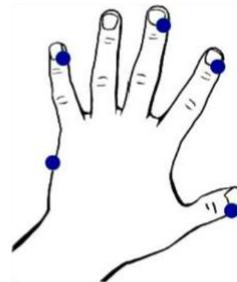
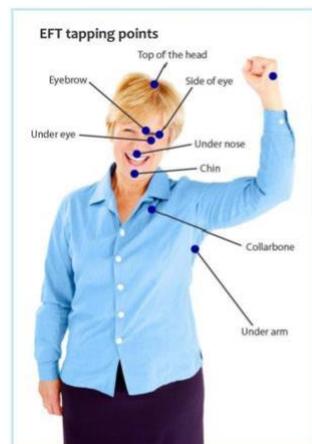
This is the general sentence for the tapping sequence: *“Even though I have this problem, I deeply and completely love and accept myself.”*

10. Why do we tap on the Karate Chop?

Tapping on the Karate Chop strips away blocks and allows energy to be grounded and flow to earth. Basically, it helps with earthing.

11. What are the different tapping points? What is the significance of these points?

In EFT Tapping, you will need to touch or tap specific points on your hands, face, fingers, as well as points below the collar bone and underarms, as shown below.



Significance of the different tapping points:

- **Top of the head:** This point is linked to the 'Hundred Meeting Point' meridian. Tapping on it helps release the inner critic, lack of focus, and *hamster-wheel thinking*.
- **Eyebrow:** This point is linked with the Bladder meridian. Tapping on it helps release hurt, sadness, impatience, restlessness, frustration, and dread.
- **Side of eye:** This point is linked to the Gall bladder meridian, and tapping on it helps release rage, anger, resentment, fear of change and muddled thinking.
- **Under the eyes:** This point is linked to the Stomach meridian. Tapping on it releases fear, worry, anxiety, emptiness, nervousness, and disappointment.

- **Under the nose:** This point is linked to the Governing meridian, and tapping on this point releases feelings of guilt, shame, embarrassment, grief, powerlessness, fear of ridicule, failure, and psychological reversals.
- **Chin:** Tapping on the meridian on the chin will have a positive effect on all the meridian points within a hand span. So, tapping on the chin will have a positive effect on the meridians on the forehead and the chest. Also known as the Central Meridian, tapping on this point releases confusion, uncertainty, embarrassment, shame, and indecisiveness.
- **Collarbone:** This point is connected to the Kidney meridian (adrenals). Tapping on this point helps release worry, indecision, general stress, feeling stuck, and psychological reversals.
- **Under the arms:** This point is connected to the Spleen meridian. Tapping on it releases guilt, worry, insecurity, hopelessness, obsessing, and poor self-esteem.

12. Is it safe to tap on the tapping points for an upset stomach even for pregnant women?

Yes, it's safe for pregnant women too.

13. What are meridians?

Meridians are subtle channels through which energy flows. Sometimes these subtle channels get blocked. Therapies such as acupuncture work on these blocks. EFT is based on the philosophy behind acupuncture. We have meridian points on the eyebrows, and under the eyes, and we have the ends of meridians on the chin.

By tapping lightly at the end points, the energy channels begin to open, and this creates emotional balance.

14. Why don't we tap on the ring finger?

The meridian on the ring finger is on the underside of the finger. Gary Craig, the founder of EFT, wasn't sure if people would remember this, so he just preferred to skip this point. However, there is no harm in tapping on it.

15. Why should one be specific with the words?

It is better to use the client's words as they come up. We are trying to clear the emotional charge around the event or the memory for the client, so the specific words used by the client need to be focused on.

16. What is the Basic Recipe of EFT?

Gary Craig was the founder of EFT. He created the Basic Recipe, which includes the set-up statement, facial tapping points, collarbone, under the arms, and fingers.

The steps of the Basic Recipe are:

- Identify the problem
 - Create trust & rapport
 - Ask questions
 - Get specific
 - Check with client
- Scale from 1-10
 - SUD (Subjective Unit of Distress)
- Start with the set-up statement (*"Even though I have this problem, it is at a number _ and it makes me feel ___, I love and accept myself"*)
- Reminder phrase (*"This tension..."*)
- 9 Gamut
- Close

17. Passive-aggressive behaviour can have an element of underlying anger to it. How would you work on that anger?

We would work in layers in such cases.

- Firstly, you would want to know what the person wants. They may or may not want to explore it. At times, passive-aggressive behaviour reflects an underlying vow to not get overtly angry. It is also a method of control and safety. So, there might be secondary gain involved to continue with the behaviour. So, first of all, check what the person wants.
- Assuming they want to explore it, investigate further. Ask questions like:
 - Tell me more (so as to understand when and how it happens)
 - What do you want instead?
 - What prevents you from what you want?
- Tap on what prevents them, and how that makes them feel.
- Get to the heart of the matter as to the reason the behaviour is there.
- Create space to express any unexpressed emotions.
- Close with a round of positive-tapping: *“Even though I can be passive-aggressive, that was then, this is now, and now I am open to the possibility of expressing my truth in a healthy manner.”*