EFT FAST TRACK TRAINING, QUESTIONS & ANSWERS, 02ND APRIL 2025

MAIN TOPICS COVERED:

1. **What is Emotional Freedom Techniques (EFT)?**

   Emotional Freedom Techniques (EFT), also known as tapping, is a widely recognised therapeutic tool that seamlessly blends acupressure with psychological intervention to address both emotional and physical challenges. This method involves gently tapping on specific meridian points on the body—energy pathways rooted in traditional Chinese medicine—while simultaneously verbalising concerns related to stress, trauma, or negative emotions, with the key benefits being a reduction of stress and cortisol levels, alleviation of anxiety and physical pain, and improvement in overall emotional and physical wellbeing. The goal is to release these issues by balancing the body's energy system, a process that has been shown through clinical studies to effectively lower cortisol levels, the stress hormone, while also reducing anxiety and physical pain, thereby enhancing overall wellbeing and making it a powerful tool for holistic healing.

2. **How does EFT work scientifically?**

   The scientific foundation of Emotional Freedom Techniques (EFT) lies in its ability to influence both the body's energy systems and brain

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function, delivering measurable benefits for mental and physical health. EFT works by stimulating specific meridian points—energy pathways in the body—while the individual focuses on and verbalises emotional distress, creating a dual approach that produces significant physiological changes, with the key scientific effects being a 43% reduction in cortisol levels, significant lowering of anxiety and depression, and deactivation of the amygdala, reducing fear and PTSD symptoms, as well as improvements in immune function, gene expression, and overall mental health. Research has demonstrated that this process can reduce cortisol levels by 43%, directly lowering stress, and significantly decrease anxiety and depression by calming the nervous system, while also deactivating the amygdala, the brain's fear and pain centre, which helps reduce hypervigilance and symptoms of post-traumatic stress disorder (PTSD), underscoring its efficacy as a scientifically supported therapeutic tool.

3. **What are the clinical benefits of EFT?**

Extensive clinical research has highlighted the wide-ranging benefits of Emotional Freedom Techniques (EFT) for various health conditions, positioning it as a versatile and effective therapeutic option. Studies have consistently shown that EFT is highly effective for conditions such as PTSD, with 90% of participants no longer meeting the disorder's criteria after just six sessions, illustrating its rapid impact, and for chronic pain, EFT reduces pain severity and improves mobility, offering a non-invasive alternative to conventional treatments, while in the realm of weight loss, it decreases cravings by 74%, supporting long-term weight management,

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and for autoimmune conditions, it helps regulate immune responses linked to stress, and for cardiovascular health, it lowers blood pressure and reduces heart disease risk, with the key advantages being a 90% reduction in PTSD symptoms after six sessions, significant relief from chronic pain and improved mobility, a 74% decrease in cravings aiding sustainable weight loss, help regulating immune responses linked to stress in autoimmune conditions, and lowering blood pressure and reducing heart disease risk in cardiovascular health. These outcomes demonstrate EFT's holistic approach to enhancing health.

4. **What is the connection between childhood trauma and illness?**

   The relationship between childhood trauma and later health outcomes has been thoroughly documented, particularly through the Adverse Childhood Experiences (ACEs) study, which establishes a clear link between early traumatic events and a range of chronic conditions. The study found that experiences such as abuse, neglect, or household dysfunction during childhood significantly increase the risk of developing chronic diseases like diabetes, heart disease, and cancer due to the physiological stress they impose, and these traumas also heighten the likelihood of mental health issues, including depression and addiction, as well as autoimmune disorders, which are often stress-related, and are associated with a higher risk of early mortality, with the key points being an increased risk of chronic diseases like diabetes, heart disease, and cancer, higher incidence of depression, addiction, and autoimmune

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disorders, and potential for early mortality, which EFT can help mitigate by addressing these stored emotional traumas and reducing their physiological impact.

5. **What is Tantrum Release Tapping?**

   Tantrum Release Tapping is a specialised technique within Emotional Freedom Techniques (EFT) designed to safely discharge suppressed emotions such as anger, frustration, or stress, preventing their accumulation and potential long-term health consequences. This method involves firmly tapping on the collarbone point, a key meridian location, while taking deep breaths and exhaling with a loud "Ah!" sound to facilitate the release of pent-up emotions, and optionally, individuals may stamp their feet if it is physically safe, further aiding in the discharge process, with the key features being tapping on the collarbone point to release suppressed emotions, use of deep breathing and vocalisation to facilitate emotional discharge, and prevention of chronic health issues caused by unaddressed stress. By allowing these emotions to surface and dissipate in a controlled manner, this technique helps prevent the buildup of stress and anger, which, if unaddressed, can contribute to chronic health issues like hypertension or anxiety disorders.

6. **How does EFT compare to traditional therapies like CBT?**

   Comparing Emotional Freedom Techniques (EFT) to traditional therapies like Cognitive Behavioural Therapy (CBT) reveals both similarities and distinct advantages, particularly in terms of speed, duration of effects,

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and scope of impact. While CBT is a well-established and effective therapy that focuses on changing negative thought patterns, EFT offers several unique benefits, with research indicating that EFT produces faster results, such as reducing phobias in fewer sessions compared to CBT, and its benefits are longer-lasting, with studies showing sustained improvements over 1.4 years or more, and unlike CBT, which primarily targets cognitive and behavioural changes, EFT works holistically, addressing emotional, physical, and energetic levels simultaneously, with the comparative advantages being faster results, such as quicker phobia reduction, longer-lasting effects sustained over 1.4+ years, and a holistic impact that works on emotional, physical, and energetic levels. This makes it a more comprehensive approach to healing.

7. **Can EFT help with physical pain?**

Emotional Freedom Techniques (EFT) have been shown to be highly effective in managing physical pain, providing a non-invasive and side-effect-free complement to conventional treatments. EFT achieves this by calming the amygdala, the brain's pain and fear centre, which can amplify pain perception when overactive, and by reducing activity in this area, EFT decreases the severity of conditions like fibromyalgia and muscle tension, while also improving mobility in individuals suffering from chronic pain, making daily activities more manageable, and it complements conventional pain management without side effects, with the key impacts being a reduction in fibromyalgia and muscle tension, improved mobility for chronic pain sufferers, and a safe, side-effect-free

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complement to conventional treatments. Unlike medications, EFT has no side effects and can be integrated with other pain management strategies, enhancing overall outcomes without the risks associated with pharmacological interventions.

8. **What are the ethical guidelines for EFT practitioners?**

   Ethical guidelines are essential for Emotional Freedom Techniques (EFT) practitioners to ensure client safety, professionalism, and trust, maintaining high standards in their practice. Practitioners are required to uphold strict confidentiality, ensuring that no details of client sessions are shared outside of professional mentoring contexts, and they must also adhere to their scope of practice, using only those techniques for which they are trained, such as avoiding addiction therapy without proper certification, and additionally, practitioners must maintain professional boundaries, refraining from unethical solicitation practices, such as spamming potential clients through social media or messaging platforms like WhatsApp groups, to preserve the integrity of their work and protect their clients, with the key ethical requirements being strict confidentiality of client sessions, adherence to the scope of practice and proper training, and maintenance of professional boundaries to avoid unethical solicitation.

9. **How can EFT boost immunity?**

   Emotional Freedom Techniques (EFT) can enhance the body's immune system, offering a natural and effective way to improve health and

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resilience against illness. This is achieved by tapping on the thymus point, located at the centre of the chest, while humming, which stimulates the production of white blood cells crucial for immune defence, and research has shown that this practice can increase immune markers by 113%, enhance the body's antiviral response, and speed up recovery from illnesses, with the key immune benefits being a 113% increase in immune markers, enhanced antiviral response, and faster recovery from illnesses. The immune-boosting effect is largely due to EFT's ability to reduce stress, which otherwise suppresses immune function, making it a valuable tool for maintaining overall health.

10. What is the role of self-practice in EFT?

Self-practice is a fundamental aspect of Emotional Freedom Techniques (EFT), empowering individuals to independently maintain their emotional and mental health and build resilience over time. The Daily Personal Peace Procedure involves spending 10-15 minutes each day tapping on unresolved emotions to prevent emotional burnout and improve self-regulation, and this regular practice helps individuals maintain mental clarity and resilience by addressing stressors as they arise, rather than allowing them to accumulate, reducing the risk of overwhelm and enhancing overall wellbeing through proactive emotional management, with the key benefits being prevention of emotional burnout through regular tapping, improved self-regulation, and maintenance of mental clarity and resilience.

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11. **How does EFT aid weight loss?**

Emotional Freedom Techniques (EFT) offer a unique approach to weight loss by targeting the emotional roots of overeating and cravings, leading to sustainable and effective results. EFT works by reducing emotional cravings linked to the amygdala, the brain's emotional centre, as demonstrated by MRI scans showing a decreased brain response to triggers like junk food following EFT sessions, and studies indicate that participants lost weight sustainably without rebound gain, with the key impacts being decreased brain response to junk food triggers post-EFT and participants losing weight sustainably without rebound gain. This makes it a transformative tool for long-term weight management.

12. **What should newcomers expect in an EFT training?**

For those new to Emotional Freedom Techniques (EFT), training programmes are carefully designed to be supportive, structured, and safe, ensuring a positive and effective learning experience. Newcomers can expect to participate in safe, non-judgemental breakout rooms for practice, fostering a collaborative environment, and the training typically focuses on basics first, such as addressing physical tension before deep trauma, allowing participants to build confidence gradually, with support from senior practitioners for emotional challenges available throughout the process to help navigate any issues that may arise, with the key expectations being safe, non-judgemental breakout rooms for practice, focus on basics first such as physical tension before deep trauma, and support from senior practitioners for emotional challenges.

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13. **Why is hydration important during EFT?**

Hydration plays a critical role in the Emotional Freedom Techniques (EFT) process, supporting the body's ability to handle the release of emotional and physical toxins and ensuring a smooth and effective session. During EFT, tapping releases toxins stored in tissues, which can lead to symptoms like headaches or fatigue if not properly managed, and drinking water flushes out metabolic waste, prevents headaches or fatigue post-session, and enhances overall comfort and effectiveness of EFT, with the key roles being flushing out metabolic waste, preventing headaches or fatigue post-session, and enhancing overall comfort and effectiveness of EFT. This practice makes hydration an essential component of the EFT experience.

14. **Can EFT be self-taught?**

While Emotional Freedom Techniques (EFT) can be learned independently to some extent, formal training offers significant advantages for ensuring proficiency, safety, and ethical practice, making it a more robust approach for most individuals. The basics of EFT can be self-learned, providing a starting point for beginners, but certification training ensures correct technique application, ethical client handling, and mastery of advanced protocols, such as trauma reversal, with the key considerations being basics can be self-learned but may lack depth, certification ensures correct technique application, and mastery of advanced protocols such as trauma reversal requires professional training for safety and efficacy. Without proper guidance, there is a risk

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of misapplying techniques or overlooking important safety considerations, which could limit effectiveness or even be counterproductive.

15. What makes EFT unique?

Emotional Freedom Techniques (EFT) stand out among other therapeutic methods due to their holistic, root-cause approach and strong scientific validation, setting them apart as a comprehensive and effective healing modality. Unlike many therapies that focus solely on managing symptoms, EFT provides root-cause healing, addressing the underlying issues rather than just the symptoms, and it requires no medication or equipment, making it accessible and cost-effective for a wide range of individuals, while being scientifically validated for long-term mental and physical health, with the distinguishing features being root-cause healing unlike symptom-focused therapies, no medication or equipment needed, and scientifically validated for long-term mental and physical health. This solidifies its position as a unique and valuable tool.

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