

There is more to EFT than the tapping

by Peter Graham

What actually is EFT?

The **Emotional Freedom Techniques** (EFT) are primarily *emotional clearing* procedures that can be used to reduce or eliminate *negative emotions, feelings and energy plus personal issues and stress*. It has a wide range of applications. EFT was developed by Gary Craig whose insights and breakthroughs were built on the shoulders of those who went before.

EFT is being increasingly used in the therapy world, but it's also a wonderful tool to have for use in *the journey of life* and to support ongoing *personal growth*. EFT can be used to help *individuals* to become *more functional in life* and to effectively *expand their comfort zones*.

Some people find that EFT looks "rather strange" when they first hear about it or see it being done, unless they are already familiar with *stimulating* acupuncture or acupressure points to balance the body's energy system.

EFT actually brings several Eastern and Western healing processes together to form this integrated technique. EFT is often called "*the tapping technique*" because *tapping* on certain acupressure points (with finger tips) is a visible and central part of EFT. However, there is a lot more to EFT than just the tapping.

EFT includes *tapping on* (and stimulating) *a series* of specific acupressure points while being *tuned into* (or *mindful of*) a negative emotion, feeling, issue, memory, etc. and *expressing* or *saying* it. Being tuned into a negative emotion, feeling, thought, issue, memory or similar while tapping helps the person to (gradually or faster) become more present and in the Now with it.

An important part of EFT is the person *expressing* a negative *feeling or emotion* (or similar) while *tapping*, which helps to safely release pent up and repressed emotions more rapidly (and less painfully). Put simply, the client *says it like it feels* while tapping.

Why does it work?

These primary factors (the *tapping*, the *tuning in* plus *expressing a feeling or issue*) are *standalone techniques* in their own right and they combine to form *a vibrant synergy*. And, there are also some other useful contributors!

Clients notice when a negative emotion or feeling (felt in their bodies) has *reduced* and/or *moved* or *vanished* after applying EFT. Such *energy shifts* are easily observed. A feeling of inner peace is often experienced after eliminating an *intense* feeling or sensation.

EFT helps a client to become more *present* and *in the now* when tapping on a negative emotion or feeling. There are two fundamental quotes that are used in EFT: "*The truth sets us free*" and "*What you resist, persists*" by C.G. Jung.

The original EFT theory is that when a person has a negative *emotion, feeling or vibration*, there is a *disruption* or *blockage* in the person's *energy system*. Applications of EFT help to *re-balance* parts of a person's energy system.

There are also some *other alternative theories* concerning why EFT works. One of these alternatives is "*pattern interruption*" where a particular brain pattern, which sets off the same emotional reaction every time it gets triggered, gets *interrupted* and "*over-written*" by new sensory information (presented by Dr. Nick Baylis, Cambridge University, UK).

Some more EFT details

EFT stands for Emotional Freedom Techniques (plural). The EFT tapping technique (which has some variations) is *used alone* and it is also used as *a part of* some specific EFT techniques. Each one of *these specific* EFT techniques has a *special-purpose*. The basic EFT *tapping technique* is easy to learn (in less than about two hours) and it is relatively easy to use.

The "Tell the Story Technique" is an example of a *special-purpose* EFT technique. It is used with a specific *painful memory*. When using this technique, each emotionally intense *part of it* gets "tapped on" to reduce its intensity. The purpose is to heal all of the emotional pains.

A personal *problem* is made up of one, more or many "aspects" which are the components, parts or pieces that together make up that issue. Each *aspect* is like "a tree in a forest." The *aspects* that make up a problem are *typically* negative *emotions* and *feelings*, disempowering or limiting *beliefs*, fixated *attitudes*, painful *memories*, and wounded *younger selves*, plus troublesome old *decisions* and *solutions*.

Some problems or issues are more *complex* than others, some being *multi-layered* (like an onion) and built up over time. EFT practitioners understand *aspects* and use *proven strategies* to separate them out so they can then work more effectively on more *specific aspects*. They systematically work with their clients to locate and eliminate the key aspects of their problems. Some issues are not very complex at all even though they've existed for many years.

An important skill of an EFT practitioner is determining or selecting *what to focus and tap on* at various times during a session. There can sometimes be a number of options. However, practitioners mostly tap on what is manifesting now and thus work with *what the subconscious mind is currently bringing up*. When an aspect has been resolved, another aspect often *spontaneously* manifests (which can then be tapped on next).

Testing is an important part of EFT. The intensity of a *current* emotion, feeling or some other aspect is established ("0 to 10?") *before* tapping and checked again *after* it has been "tapped on" to see if it has reduced or changed. The tapping is then continued to lower the intensity further. The aim is zero. This down-to-earth thoroughness is standard EFT practice.

EFT isn't always fast. There can be some issues or aspects where persistence is required before shifts or changes take place. Sometimes, a subconscious resistance or a "benefit" can be blocking progress. A problem may need to be approached from different angles before an "*entrance point*" can be found. These are "business as usual" for experienced EFT practitioners, therapists and coaches.

The success of an EFT session doesn't entirely depend on the practitioner. It also requires *client participation*. A successful session is a team activity where the practitioner and client work closely together. A useful viewpoint is that the client *is not a problem, he/she has a problem*. The EFT practitioner's role is mainly to educate, facilitate, guide, support and encourage the client during the sessions to help him or her connect with and activate one or more relevant *natural healing* processes.

What proof is there?

The effectiveness of EFT has been validated around the world by dozens of *scientific studies* (www.energypsych.org/?Research_Landing).

The abbreviation "EP" on that web site refers to [Energy Psychology](#) and EFT is the most scientifically studied of the "energy techniques" that come under this heading. This is exciting times for EFT practitioners and trainers.

Most of these studies have been carried out in a therapeutic context, but EFT also has a *wide range* of other uses (including applications by *lay practitioners* and those who *only want to self-apply it* or to enhance a performance, etc.).

Hundreds of thousands of people around the world have found EFT to be useful for *reducing stress*, expanding *comfort zones*, freeing up *fixated attention*, enhancing *performances*, healing *relationship wounds*, resolving underlying *emotional issues* that are contributing to or causing *physical dis-eases* or *discomforts*, becoming more able to *accept "what is"* (reality), and facilitating ongoing *personal and spiritual growth*.

Almost anyone can learn the simple EFT *tapping technique* and then self-apply it, using it as a tool to reduce the intensity of current stresses and emotions that pop up in the (sometimes, bumpy) journey of life. The EFT tapping technique can be learnt and used immediately. If you choose to, you can gradually develop your EFT skills a lot further by expanding your "EFT toolkit" and continuing to grow with it. It's open-ended.

An introductory EFT workshop is available that teaches EFT fundamentals so that the basic EFT tapping technique can be easily used or self-applied. There are also more *advanced EFT trainings* for EFT practitioners and coaches, health care professionals, complementary therapists, and *also anyone enthused by EFT*.

The article "*What is EFT?*" (by certified EFT Founding Master Judy Byrne) introduces EFT in www.eftmastersworldwide.com/what-is-eft. And, my article "*Why is EFT so Effective?*" provides a much more detailed examination and overview of why EFT works so effectively and also describes some additional (but less obvious) contributors. And, development continues.

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20th of Sept. 2012. Revised: 3rd of Feb. 2018

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