

Fostering Resiliency With Emotional Freedom Techniques (EFT)

Trauma is stored as perturbations in the energy field at the AGE OF THE TRAUMA. The psyche accommodates trauma by moving around it, creating a pearl of a block. EFT releases the blocks and clears these pearls of perturbation.

The basic principle of EFT is that distress within the psyche is also encoded within the energy fields of the body. The energy fields of the body are the “interface between psyche and soma”, and working directly with that “interface” is the essence of energy psychology. There are many energy-based methods that access that interface (Thought Field Therapy (TFT), Tapas Acupressure Technique (TAT), Emotional Freedom Techniques (EFT), and many, many, many more). EFT is one of the easiest to learn, can be taught to people in minutes as a self-soothing tool (when they are ready), and can work with nonverbalised subconscious material.

Dr Roger Callahan, the founder of TFT, discovered that “commonly a person’s system contains hidden objections to recovery... The muscle test responds in the reverse, showing weak (saying ‘no’) to wanting to be free of the problem and strong (saying ‘yes’) to wanting to retain it. Under these conditions, recovery (probably by ANY form of therapy) cannot take place. We might compare this phenomenon with familiar psychoanalytic concepts, such as resistance, death instinct, perversion, and so forth. Fortunately, these forms of ‘psychological reversal’ [may be] easily identified and resolved using Callahan’s techniques.” – Dr Phil Mollon, *Psychoanalytic Energy Psychotherapy*

EFT Basic Recipe

NB: THERE IS NO REPLACEMENT FOR PROPER TRAINING. ONLY USE THIS ON YOURSELF AND FRIENDS/FAMILY UNTIL YOU ARE PROPERLY QUALIFIED. UNSATISFYING RESULTS ARE MOST LIKELY DUE TO NOT YET KNOWING THE MODALITY WELL.

- 1) Determine what you want to work on
- 2) Get Subjective Units of Distress (SUDs) on a scale of 0-10, 0 being no charge, 10 being the worst it could possibly be. (Could also be holding hands apart, or using a picture (see below))
- 3) Correct for energetic chaos, called Systemic Interferences in most modalities. Here’s one method of many:

1. Cross arms across chest and place the tips of the fingers on the inner collarbone.
2. Keeping the fingers in place for the duration of the set:
 - a. Exhale all the way
 - b. Inhale halfway and hold
 - c. Inhale all the way and hold
 - d. Exhale halfway and hold
 - e. Allow the rest of the breath to exhale, and have a full, normal breath (in and out)
3. Still keeping the arms crossed, make a loose fist with each hand, and place the knuckles (middle joint) on the collarbone.
4. Keeping the fingers in place for the duration of the set:
 - a. Exhale all the way
 - b. Inhale halfway and hold
 - c. Inhale all the way and hold
 - d. Exhale halfway and hold
 - e. Allow the rest of the breath to exhale, and have a full, normal breath (in and out)

- 4) Correct for psychological reversals, beliefs that innocently hold the problem in place. The most common is of self-acceptance. So, tap on the side of the hand between the little finger and the wrist and say out loud 3x a version of the acceptance statement: “Even though I have (this

*Dr Shoshana Garfield * www.shoshanagarfield.com **

*PA: jane@shoshanagarfield.com * +44 (0)7746 879 963*

problem/issue), I deeply and completely accept myself.” To soften, you may wish to try something like: “...I accept this is how I feel right now”, or simply, “...I’m OK”. For kids: “I have this (problem), and, I’m a good/great kid/child!”

- 5) Using a reminder phrase, tap the points on either the head and torso and hand, or, hand points, or, torso and head points (in other words, you can abbreviate the sequence):

	<ul style="list-style-type: none"> Top of Head Eyebrow (medial beginning of eyebrow) Side of Eye (corner of eye on eye socket) Under Eye (looking straight ahead, under pupil on eye socket) Under Nose (on philtrum) Under Lip (indent between lip and chin) Collar Bone (about 1½” up from medial end of CB) Under Arm (about 4” down from armpit on the side of the body) Liver Point (down from the nipple, under where an underwire bra would be, and about 1½” laterally (towards the outside of the body)).
	<p style="text-align: center;">Hand Points</p> <ul style="list-style-type: none"> Thumb point Index Finger Middle finger Ring finger (other side, different than the rest of the fingers, can skip) Pinkie/Little Finger Side of Hand / Karate Chop Back of Hand (between 4th and 5th metacarpals)

- 6) Check in and get a new SUDs rating after the round.
- 7) If not 0, keep going; your set-up statement is “Even though I have this (-----), I deeply and completely love and accept myself.”
- 8) Repeat until SUDS go to 0.

Some additional reversals include: Identity (Even though I don’t know who I am when I am free of (---)); Safety (Even though it’s not safe to be free of (-----)); Deserving (Even though I don’t deserve to be free of (-----)); Permission (Even though I don’t have permission to be free of (----)); Isolated Parts (Even though some parts of me relevant for releasing (----) do not have access to this healing, I grant this access now).

In an inclusion of Jungian orientations, energetic structures may also come from the collective subconscious/ collective ‘field’ of community membership: family, ethnicity, nationality, even humanity itself. Therefore, what is felt may come from a thought that was not quite one’s own.

Without Identifying the Feeling

It's possible to work with the impact of feelings rather than the higher skill of accurate reflexivity in identifying feelings. Use this technique, which is also often great for addressing physical pain – you'll need to write down the answers to keep track of them. After getting the SUDS rating:

1. Where is the feeling in your (beautiful) body?
2. If this feeling had a colour, what colour or colours would that be?
3. If this feeling had a shape, what shape would that be?
4. If this feeling had a texture, what texture would that be? (e.g. smooth, rough, spiky, gloopy, etc.)
5. If this feeling had a density (heavy or light, or something in between)), what might that be?
6. Follow the tapping protocol above and using and mixing up your answers for the reminder phrases when tapping through the sequence: e.g. 'this heavy red hippo in my tummy', and on the points, just use one or two words – e.g. 'red in my tummy', 'tummy hippo', 'heavy hippo', 'red hippo'

Shortening the sequence

Although each point takes only a few moments to go through on its own, it can add up in time. Feel free to see what happens when you only use the finger points, or, after the set-up, eliminating the hand points and only use the head, face and torso points. In public, using the fingers is less obvious and can be done unobtrusively whilst you say the words in your head rather than out loud.

Excellent Resources:

- A free manual updated 2016: <https://aametinternational.org/discover-eft/eft-resources/>
LOADS of EFT research here too.
- www.emofree.com (run by Gary Craig) – he has a fantastic set of free video tutorials that we are recommending everyone who studies EFT see: <http://www.emofree.com/eft-tutorial/eft-tapping-tutorial.html>
- www.eftuniverse.com
- www.energypsych.org – it's ACEP, the Association of Comprehensive Energy Psychologies.
[LOADS of research on this website.](http://www.energypsych.org)

PLEASE consider downloading the AAMET manual. It's free, over 60 pages, and very detailed. It does not substitute for a training, but it's a great way to get started.