**Dr. Kathleen Mojas**

# Emotional Freedom Technique (EFT)

* “EFT is a simple, powerful process that can profoundly influence gene activity, health and behavior.”

Bruce Lipton, biologist and author of “The Biology of Belief”

* “EFT offers great healing benefits.” Deepak Chopra MD

* “By removing emotional trauma EFT helps heal physical symptoms too.” Norm Shealy MD, Harvard trained neurosurgeon.

**What is EFT ?**

Emotional Freedom Technique (EFT) is used by thousands of therapists, doctors and lay people worldwide and has emerged as the most widely used of this new class of energy therapies.

EFT is a breakthrough treatment that combines ancient Chinese acupressure and modern psychology to help heal trauma, clear negative emotions, overcome negative beliefs, improve relationships and most stress related issues. When unresolved trauma and negative experiences get stored in the mind and body all kinds of physiological and emotional imbalances get created. EFT helps to create a physical and emotional shift that helps to balance the body’s electromagnetic system and create a relaxation response.

EFT consists of a simple routine called the “basic recipe.” One need only focus in on a troubling issue while they tap on specific acupressure points with the tips of their fingers. One round of tapping takes less than a minute to perform. The technique can be easily learned by anyone and can be applied to an impressive list of issues.

This is now acknowleged as an evidence based practice. There are hundreds of studies demonstrating its efficacy with stress, anxiety, depression, phobias and even ptsd.

Our emotional brain records and re-plays old experiences that determine how we perceive, feel and respond to everything in the present moment. It processes and filters information a million times more powerfully than our conscious mind based on past experiences. That is why despite our best intentions it is often so difficult to change our perceptions, emotional reactions and behaviors. Our old programming is running the show. If you have an “irrational fear,” such as a fear of heights it doesn’t matter how much insight you have, you need to reprogram your emotional brain at the source. EFT helps to break conditioned stress responses that let’s the emotional brain get the message that, “it’s safe now.”

Human beings have a bias toward remembering the negative experiences more than the positive for good reason, it increases our chances of survival if we hold onto negative experiences in order to avoid them in the future.

The parts of your brain that are responsible for remembering and storing our negative or traumatic experiences over and above positive ones are called the hippocampus and the amygdala. The amygdala is responsible for detecting when something in the present moment is a threat and sets off the alarm response, otherwise known as the fight, flight or freeze response. Tapping inhibits this alarm response and calms your brain waves to a more relaxed state. High distress, beta waves transform into relaxed, meditative alpha waves.

Some studies have put participants into a Functional MRI machine while they are stressed, depressed, anxious or craving an addictive substance, (even cake)…this part of the brain will light up….Tap on these acupressure points and put them back in the FMRI and this part of the brain is calm. So it actually turns off the stress response!

**Physical Or Emotional?**

We are a mind/body not a body or a mind. We carry stress in our bodies. When we are stressed out, we will have muscle tension, neck and back pain, gut issues or headaches. If we are chronically stressed that’s when we develop disease in the body. I can’t tell you how many times when we have healed an emotional issue with EFT, a physical issue heals along with it. Anytime you heal old traumas or decrease your stress you allow your body to heal, repair and detox.

## How It Works

Tapping isn’t just anecdotal – targeting acupressure points while focusing on the stressor actually affects your brainwaves, which go from high beta to alpha, i.e., from anxious to meditative. This calm-alert state results in lower cortisol, and balances the neurotransmitters, serotonin and dopamine. Over 100 studies in ten different countries have shown how this technique deactivates the amygdala. Because the amygdala is the part of the brain that processes fear and pain, this effectively turns off the stress response.

EFT has been one of my most important “go to” emotional processing techniques. Just this week alone, I utilized EFT to help a client clear trauma related to abuse and the intrusive triggers and flashbacks. She was able to neutralize smells, sounds and images related to her trauma in one session. Another client cleared a phobia around public speaking and yet another was able to heal his anger at a decades old incident. In the tapping video labeled, “Linda works through fear of appearing on video,” you can see a demonstration of how quickly and easily EFT heals. These are typical outcomes that I have experienced over and over again with hundreds of clients in the last 16 years with EFT. We all need a healthy way to process our emotions. If not, we are at risk for stuffing or exploding or coping in unhealthy ways. Emotional Freedom

Technique is essential for everyone’s emotional coping tool kit!

**Recap Of What EFT does in the Brain?**

* Creates a relaxation response. Promotes Alpha brain waves.
* Deactivates areas of the brain involved in fear and pain.

(the amygdala)

* Balances serotonin, dopamine implicated in anxiety, depression and addiction and lowers cortisol, the stress hormone.
* The brain balances and synchronizes back and forth, creating neural integration between the left and right hemispheres. This creates a cognitive shift in perception so that we can see the bigger picture with a more rational and objective viewpoint.

## EFT Tapping 101

**The 5 Steps of The EFT Basic Recipe**

1. Identify the Issue:

All you do here is focus in on what is bothering you. This becomes the target for EFT. For example, “This neck tension” or “This anger over what they said to me”. Be sure to target only one issue at a time. This usually gets the best results. Then focus in on the thoughts, images, emotions and where you feel them in your body before you give it a number.

1. Assign it a number from 0-10:

On this scale 0 means no upset and 10 is the most disturbed you can imagine. This is how we measure our before and after progress.

* + For emotional issues, you can focus on thoughts, feelings memories and where you feel that in your body.
  + For physical issues you can use the existing pain or discomfort.

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1. The Setup Phrase:

The Setup is a process we use to start each round of Tapping to help you with any negative judgement or emotion you may have about having your issue . You simply keep tapping on the karate chop point as you repeat a simple phrase 3 times.

“Even though I have this \_\_\_\_\_\_\_, I deeply and completely accept myself.”

The set up phrase can also be modified, “Even though I have this\_\_\_\_\_\_\_,I deeply and completely accept myself and all my feelings.” Or “Even though I have this stress in my body and my neck, I choose to find a way to relax and feel peaceful anyway.”

The blank above represents the problem you want to address, so you can just insert things like:

This pain in my back:

“Even though I have this pain in my back, I deeply and completely accept myself.”

This fear of COVID:

“Even though I have this fear of getting sick, I deeply and completely accept myself.”

This humiliation in front of the class:

“Even though I have this humiliation at my 7th grade presentation, I deeply and completely accept myself.”

This anger and resentment: “Even though I can’t let go of this resentment at my spouse, I deeply and completely accept myself.”

4. The Sequence:

Following the Set up phrase, you tap each of the points shown in the EFT Tapping Man diagram (see free download) while saying a Reminder Phrase that keeps your system tuned into the issue. I list the points below followed by a description of the Reminder Phrase:

Beginning of the Eyebrow

Side of the Eye

Under the Eye

Under the Nose

Chin Point

Beginning of the Collarbone

Under the Arm

Top of the Head

Karate Chop

The Reminder Phrase is what you say to yourself at each tapping point. For example: "This sore shoulder",

"My father scaring me",

"This fear of dogs."

\*\*\*We are taking aim at the negative or troubling aspects of an issue first in order to neutralize it. Postive shifts often organically follow after the trigger is neutralized.

This is an example of what a full sequence of a round of tapping might sound like:

* “This pain in my neck.”
* “This tension in my neck.”
* “All of these issues in my neck, I’m not even sure what they’re about.”
* “I’ve been so stressed out, and it’s all in my neck.”
* “Release and let go of the tension.”
* “Release and let go of the pain.”

5. Re-test the intensity of your issue again.

After about a minute of tapping through the points you pause and rate your symptom on that 0-10 scale again If you are not down to zero then just keep repeating this process until you get your number closer to zero. During the second round of tapping you might add a phrase like “I choose to release this fear and feel calm now” or “release and let go of this fear anyway”

(There are some advanced steps you can take that will be demonstrated in the webinar if your number does not go down.)

**Quick Look Guide To The Tapping Basic Recipe 1) Identify the issue you want to heal and tune into:**

1. **Thoughts**
2. **Images**
3. **Emotions**
4. **Where do you feel that in your body?**
5. **Assign it a number between 0-10**
6. **Start by tapping on your karate chop point and repeat the set up phrase 3 times. “Even though I have this issue, I deeply and completely accept myself.’**
7. **Repeat the reminder phrase as you tap through each point in the sequence.** 
   * **Above the eyebrow**
   * **The side of the eye (feel the bone to locate this point)**
   * **Under the eye (feel the bone to locate this point)**
   * **Under the nose**
   * **Under the bottom lip (where you can feel for an indent)**
   * **Right under the collarbone**
   * **Under the arm**
   * **Karate chop**
   * **Top of your head**
8. **Test the intensity again and give is a number 0-10**

**\*\*\*Keep repeating these steps until the number is 0-1**

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