



# EMOTIONAL FREEDOM TECHNIQUES (EFT)

## EFT is a stress-reduction technique.

EFT (Emotional Freedom Techniques) is a brief novel intervention combining elements of exposure and cognitive behavioural therapy, and somatic stimulation. It is often referred to as 'psychological acupuncture' and uses a two finger tapping process with a cognitive statement. EFT has been researched in more than 10 countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals. Australian research has found EFT for obesity and food cravings (Stapleton, Sheldon, Porter and Whitty, 2011; Stapleton, Sheldon & Porter, 2012) and smoking (Stapleton, Porter & Sheldon, 2012) to be extremely successful and durable over time. Efficacy has also been

established for phobias, Post Traumatic Stress Disorder, Anxiety, Depression, and pain.

EFT (Tapping) is very effective for reducing anxiety, stress and other emotional issues and it works on both real and imagined stressors. EFT significantly increases positive emotions and self esteem and resilience, and decreases negative emotional states. EFT appears to affect the amygdala (stress centre in the brain) and hippocampus (memory centre), and both play a role in the decision process when you decide if something is a threat. EFT has also been shown to lower cortisol levels, which is the stress hormone. Too much cortisol can result in lowered immune function and ultimately affect our physical health.

## HOW TO USE TAPPING

### STEP 1

#### IDENTIFY YOUR PROBLEM

This could be a feeling, a thought, a belief or a physical sensation.

### STEP 2

#### RATE YOUR LEVEL OF DISTRESS OUT OF 10

0 = no distress at all. 10 = the most distress you would ever feel.

### STEP 3

#### STATE YOUR PROBLEM OUT LOUD

State your problem out loud with this sentence (called the Setup Statement) while tapping with 2 fingers on the side of the hand point – say it 3 times.

Even though I have this problem (insert actual words here), I completely accept myself, e.g. even though I feel scared about giving that speech tomorrow, I completely accept myself.

### STEP 4

#### TAP WITH 2 FINGERS ON THE POINTS

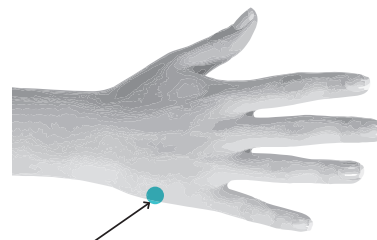
Tap with 2 fingers on the points on the face and body, while saying a short version of the setup statement e.g. feel scared...or this belief... or this feeling ... or something similar.

### STEP 5

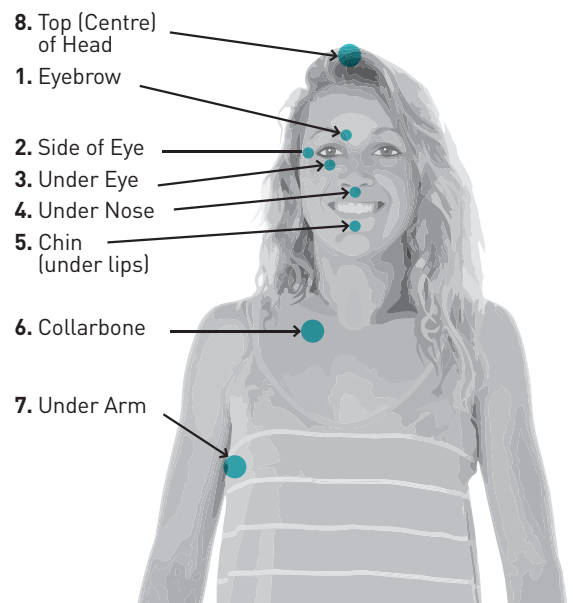
#### TAKE A DEEP BREATH

Take a deep breath when you finish tapping (this is called a round) and re-rate your level of distress out of 10 again. If it is not a 0 or 1, tap again on the facial/body points with the short phrase, until the intensity decreases.

Check your rating every time you finish 1 round.



Side of the Hand



FOR MORE RESEARCH ON THE MECHANISM OF HOW EFT WORKS, PLEASE SEE:

[www.petastapleton.com](http://www.petastapleton.com) • [www.evidencebasedeft.com](http://www.evidencebasedeft.com)

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