Mind Body Happy Hour

Emotional Freedom Technique (EFT) or “Tapping”

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www.IntegrativeRD.org
**Emotional Freedom Technique (EFT) or “Tapping”**

**Origin of “Tapping”:**
Dr. Roger Callahan, a Psychologist, is the founder of Thought Field Therapy (TFT) in 1979. He developed a set of different algorithms or tapping series specific to a variety of health issues (anger, phobias, anxiety, etc.).

Gary Craig, a student of Dr. Callahan, simplified the process and created a single tapping sequence which has become the basis for Emotional Freedom Technique (EFT), utilized for health issues.

**What is EFT/ Tapping?:**
EFT is a process of tapping on a series of meridian endpoints to balance or unblock energy though a particular meridian. These meridians are associated with different bodily organs. Each meridian has an endpoint on the surface of the body where you can access the energy channel.

**Where Are the Tapping Points?**
The tapping points include: side of the hand (karate chop position), inner eyebrow, side of eye, underneath eye, under nose, chin, collar bone, under arm, and top of the head (see attached diagram).

**How Does EFT Work?**
EFT is based on the concept that negative emotions can disrupt the body’s energy system. Tapping on meridian endpoints can realign energy patterns and the response to negative emotions.

**What Conditions Can Utilize EFT?**
EFT or Tapping has been applied for a number of conditions including, but not limited to: Addictions, Anger, Depression, Insomnia, Fears/Phobias, PTSD, OCD, Weight Loss, Chronic Fatigue Syndrome, Stress, Eating Disorders.

**Who Can Practice or Apply EFT?**
- Clinicians can acquire skills via group session training, courses, workshops, resources, etc., to practice EFT with their clients.
- Lay people can utilize self-guided tapping series via video’s books, etc., (this option should be discussed with their practitioner as an adjunct to other forms of treatment as appropriate).

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**General Steps for the Tapping Process:**

1. Identify a problem or concern you would like to address. This is often referred to as your Most Pressing Issue (MPI)

2. Rate the magnitude of the feeling, at this moment, on a scale of 0-10, with 10 being the most intense.

3. Establish a Set-up Statement or Affirmation using the following statement:
   Even though I have ___________, I deeply and completely love and accept myself.

4. Select a “Reminder Phrase”; this is a few words that help you focus on your most pressing issue (MPI). For example, this stress…

5. Start by tapping on your karate chop point, repeat your “Set-up Statement” 3 times.
   Even though I have ___________, I deeply and completely love and accept myself.

6. Using 2 fingers, tap on each point (5-7 times each) starting from the inner eyebrow and finishing the cycle at the top of your head, while making affirmative statements and reciting your “reminder phrase.” Example: This stress… is overwhelming.

7. Complete 1-2 rounds of tapping and then rate the intensity of the problem again on a scale of 0-10.

8. Continue the tapping or stop when you experience relief or need to move on.

**RESOURCES for more Information on EFT or Tapping:**

www.thetappingsolution.com

www.EmoFree.com

www.tappingtherapy.com

www.eft.mercola.com
1) Focus on a SPECIFIC Issue, and rate the intensity on a 0-10 scale.
2) Repeat Three Times:
   “Even though I have this problem, I deeply & completely accept myself.”
3) While continuously tapping the “Karate Chop” point.

4) Tap about 5X on each point while repeating “This Problem.”

5) Focus on the ORIGINAL problem and re-rate the intensity. If not yet at a zero, apply the Tapping Procedure again.

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EFT developed by Gary Craig www.emofree.com
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