

Emotional Freedom Technique

What is EFT?

EFT is one of the new energy therapies, also known as 'Energy Psychology' which has developed from the ancient Chinese meridian energy system. It is a form of emotional acupuncture without the needles, and is based on the premise that all negative emotions are the result of a disruption in the body's energy system. EFT works to clear the blockage by tapping on the end points of the body's energy meridians, while focusing the mind to the issue in question. EFT can treat a wide range of emotional problems and issues, including anxiety, fears, phobias, trauma, post traumatic stress disorder, grief, anger, guilt, etc.

EFT has also been applied to enhance performance and improve relationships.

Where did EFT come from?

The Emotional Freedom Techniques concept was developed in the US in the 1990's by Gary Craig. EFT roots are in acupuncture, kinesiology and psychology. EFT is now spreading very rapidly in the US and in the UK, where the concept is now used in some specialist areas of the National Health Service.

How can EFT help?

EFT offers you a chance to take an active part in your own health and well-being. Psychologically it can help reduce negative emotions. Physically, it can help reduce the severity of symptoms and conditions. Once shown how to do it for yourself you begin to take an active part in your therapy.

EFT has been reported successful in thousands of cases covering a huge range of emotional, health and performance issues. It often works where nothing else will. EFT is one of the most effective ways of treating many different issues from acute and chronic conditions to the common cold. The results are truly remarkable. The most distressing problems can be relieved in minutes and eliminated in less than an hour. EFT is so simple; it is a truly modern therapy.

The Technique

EFT involves tapping on specific points on the body. These are the end points of energy meridians, the same meridians used in acupuncture. It is incredibly easy to learn. You just tap on the points while you are tuned into the specific issue you wish to address, whether it is a thought, a negative emotion or past memory or a physical sensation. EFT works safely alongside any other medical or other complementary treatments you may be using.

EFT is a 3-part process involving:

- 1) The set up phrase
- 2) The sequence
- 3) The choices

telephone: 07964 056937

email: june@junemitchell.co.uk

www.junemitchell.co.uk

Following an EFT session, the dispelled feelings very rarely return. If they do this implies that there is a bit more work to do. Of course you can still feel emotions about other things - and it might be appropriate to do so, however if you have thoroughly used EFT for a specific issue, the feeling will not return.

You will still retain the memory of the event you were working on but it will no longer have the emotional charge that it had before. The other thing to say is that there may be more than one emotion that needs to be cleared, like more than one log jamming the stream. All of these can be addressed separately, and often when you start to disperse one emotion the intensity of others can start reducing straight away. You may find that as you are going through the rounds of EFT that a new issue emerges, if this happens just switch to working on that issue in the same way.

Number and length of sessions

Some issues are dealt with in one session. EFT can be combined with other therapies in cases of complex issues. See NLP and hypnotherapy.