

What is EFT (Emotional Freedom Technique)?

- EFT is an energy based system which works with the mind body system to often eliminate all kinds of emotional, mental, physical and spiritual discomfort.
- EFT can be self-administered and uses a gentle figure tapping technique tapping on specific meridian points on the upper half of the body to release energy and emotional blockages in the body's energy system.
- EFT could be thought of as an indirect relative to acupuncture and acupressure.
- As in the ancient healing art of Acupuncture, EFT works on the same principal understanding that through the body run energy meridians (or pathways). Acupuncture and acupressure work to release the blockages in the energy pathways by working with various points along the meridians.
- EFT also works with these pathways through tapping on these meridians to release blockages.

What can EFT be used for?

It is particularly good for -

- ✓ Anxiety
- ✓ Depression
- ✓ Emotional issues such as low self-esteem and confidence building
- ✓ Pain management,
- ✓ Fears and Phobias,
- ✓ Traumatic memories.
- ✓ Its applications are almost unlimited

How does it work?

It is based on a discovery by Dr Roger Callaghan that emotional discomfort is caused by a misalignment and disruption in the mind body energy system. EFT is frequently championed as a new radical breakthrough in healing.

Whilst tapping on the body's meridian points or energy pathways in the upper half of the body, whilst the patient is focusing upon their specific problem or issue, the mind /body energy system can often be very quickly corrected and the energy flow rebalanced and re-aligned, leaving the patient feeling better very quickly.

With EFT, Specific issues can be targeted and often resolved in a very short time period.
Often Forever!

Why use it?

- ✓ It is very effective to use when a client may be unsuitable for hypnotherapy treatment because of health risks. e.g. Epileptic, Heart Condition, Pregnancy etc.
- ✓ It is a great complimentary support tool when combined with hypnotherapy, used together the treatment process becomes much more powerful , for example in the treatment of chronic pain where the use of EFT can rapidly help clear the pathway for suggestion therapy to take root. This is because sometimes clients may experience resistance in being able to relax and let go because their pain or anxiety levels are just too high for them to relax enough and EFT helps release the tension so effectively enabling the client to be in a state to accept the deep relaxation of the hypnosis experience essential for the suggestion therapy to take root.
- ✓ It is very easy to teach and easy to learn.
- ✓ Easy to apply and the results can be very quick.

What do some of my customers say?

I have clients who use the EFT Technique that I taught them and they tell me it has helped them deal with their chronic pain symptoms very effectively, giving them much needed respite. I also have clients who have used EFT to overcome their fears and phobias which they had been dealing with for many years in some cases.