

# EFT - Emotional Freedom Technique

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What is EFT: EFT is a scientifically proven way to reduce PTSD symptoms, anxiety and depression; EFT is like acupuncture for the emotions; EFT is a quick method of stress reduction; EFT reduces stress hormones like cortisol, in just a few minutes; EFT increases endorphins - feel good transmitters; EFT is a relaxation technique... It combines remembering a traumatic event (like *exposure therapy*) with the use of physical stimulation - as in acupuncture on the common stress-reduction points; EFT incorporates 'tapping' on these points while tuning into an emotionally charged trigger. This in turn, sends two competing signals to the brain. The calming signal overrides the emotional fear responses in the limbic portion of the brain and the danger signal is reduced and/or turned off. Thus, tapping on certain acupuncture points decreases activity in the amygdala, hippocampus and other parts of the brain associated with fear.

With EFT we resist trying to give advice or 'fix' the client. We listen to them, meet them where they are and allow them to safely establish the pace. *They* are in charge.

1. **SUDS** Establish a SUDS (subjective units of distress). Carefully assess your current level of distress. A SUDS of 10 is very distressed, 0 is no distress.
2. **SET UP** Repeat 3 times while continuously rubbing the sore spot or tapping the karate chop point. "Even though I have this \_\_\_\_\_ (name the issue being as specific as possible), I deeply and completely accept myself."
3. **SEQUENCE** Tap about 7 times on each point while repeating the reminder phrase ("this \_\_\_\_\_" (name the issue)) at each point.
4. **Additional rounds as needed** - Continue with more rounds, repeating steps 1 to 3 above, until SUDS is zero.

