

EMOTIONAL FREEDOM TECHNIQUE (EFT)

Similar to the SomatoEmotional Release protocol which promotes the release of past negative emotional and physical trauma, the Emotional Freedom Technique (EFT) is a simple self-help protocol based on the principle that releasing negative emotional energy, assists the body's energy to flow more smoothly.

EFT is a meridian based energy protocol which works in the same way as acupuncture only without the needles. Major meridian points are stimulated by tapping or massaging them. The Physical effects of stimulating this points mutually enhances the concurrent mental effort of focusing on the problem.

EFT has been proven clinically effective in the treatment of:

- Trauma
- Stress
- Phobias
- Grief
- Headaches
- Abuse
- Anxiety
- Depression
- Addictive Cravings
- Fibromyalgia

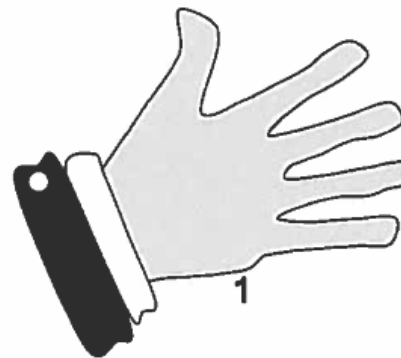
PROCEDURE FOR SELF-ADMINISTRATION OF THE EMOTIONAL FREEDOM TECHNIQUE (EFT)

To begin using the Emotional Freedom Technique, find a comfortable sitting position, relax and take a few slow, deep breaths. Tune into and grade fear or anxiety level, 1–10, where one is low and ten is high. EFT treatment works best when fear level is greater than 5-6.

Step 1:

Correct Reversal Process:

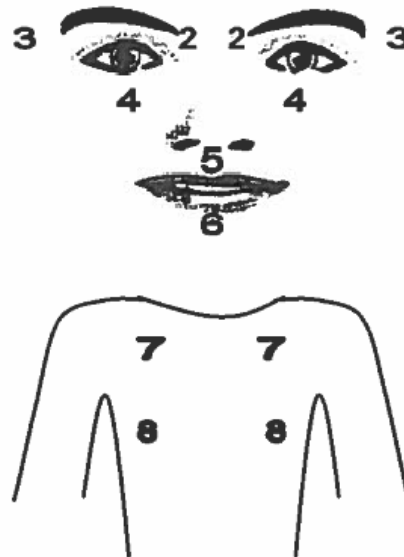
- Tap point 1 and repeat three times aloud:
- “I deeply and completely accept myself even though I have (the problem).”



Step 2:

While thinking about the problem, tap lightly 3 times each of the following acupuncture meridians:

- Point 2 (inner eyebrows)
- Point 3 (outer eye bone)
- Point 4 (under eyes)
- Point 5 (under nose)
- Point 6 (under lip)
- Point 7 (under collar bone)
- Point 8 (under arm)



EFT (EMOTIONAL FREEDOM TECHNIQUE)

TAPPING POINTS

Tap in sequence below as a way to remember. But it is not necessary to use this sequence or even all the points for EFT to be effective.

TH - Top of Head

EB - Beginning of Eyebrow

SE - Side of Eye

UE - Under Eye

UN - Under Nose

UL - Under Lip

CB - Beginning of Collar Bone

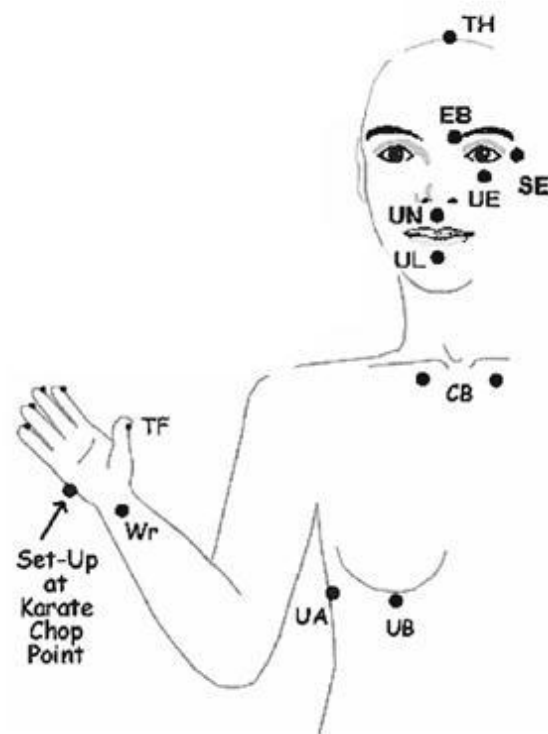
UA - Under Arm

EXTRA TAPPING POINTS:

UB - Under Breast

Wr - Inside of Wrists

TF - Tips of Fingers



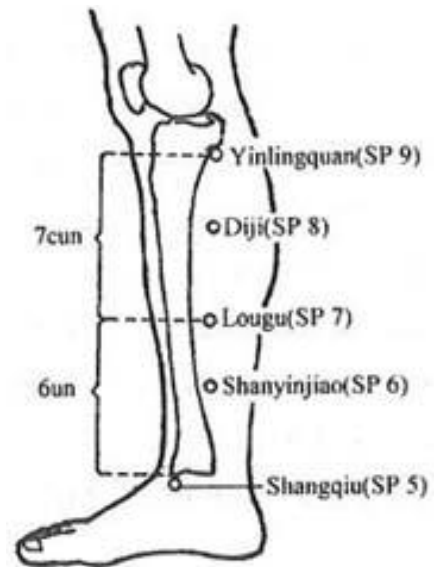
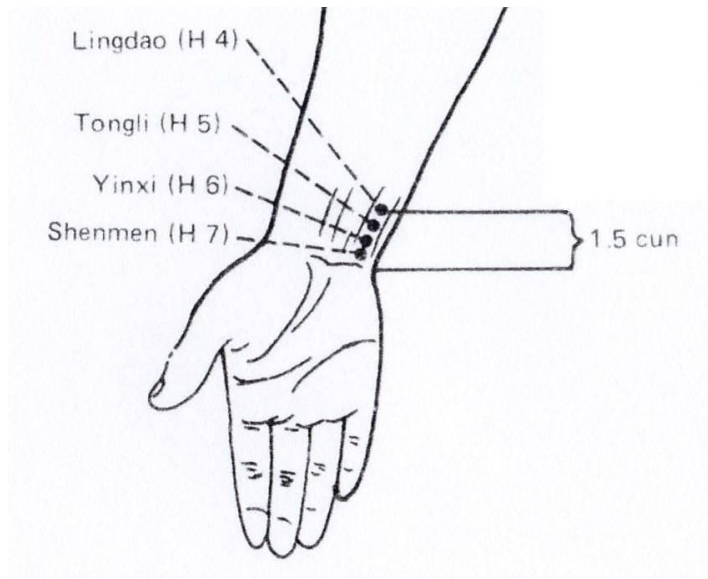
End at Top of Head

3 deep cleansing breaths

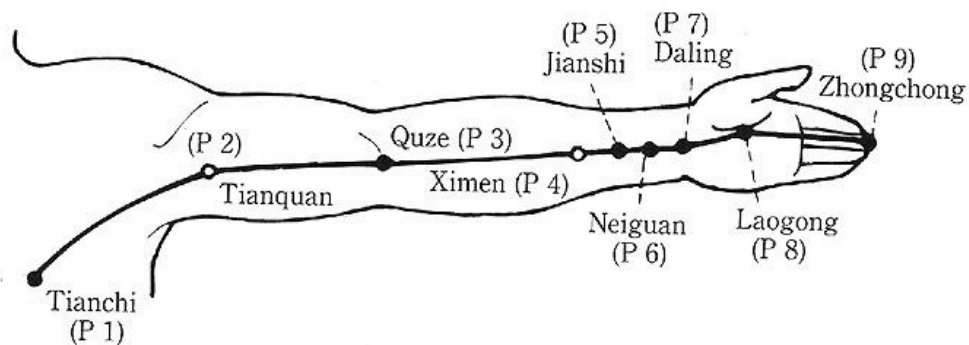
Say Thank you

HEART MERIDIAN

SP6



PERICARDIUM 6



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