

EMOTIONAL FREEDOM TECHNIQUE

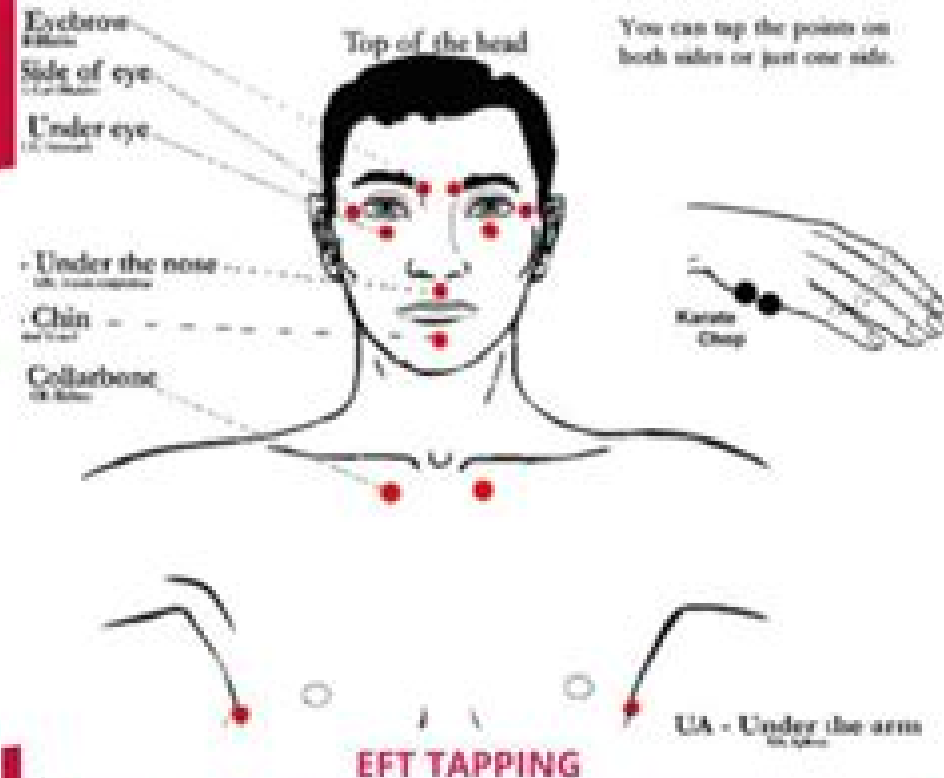
ABOUT EFT

EFT is an alternative treatment for emotional distress and physical pain and aches. It is also referred to as tapping or psychological acupressure. Tapping can create a balance in the body's energy system and reduce pain.

PLEASE FOLLOW THESE STEPS

The 7 steps of EcoMeditation

1. Use the tools to tap on each of the EFT acupressure points in any order. Hold the intention that you are in a calm and peaceful state. Tap on the points from top to bottom, then start again.
2. Close your eyes and let your tongue rest loosely on the floor of your mouth.
3. Feel your hands, feet, the space inside your hands. Feel the space inside your feet. Feel the space inside your legs, your arms, your torso, your neck and head. Feel the space inside your whole body. Picture a big empty space behind your eyes. Picture a big empty space between your eyebrows. If any thoughts come up through this process just let them go. Watch them drift like clouds across the sky, without attachment.
4. Breathe slowly, for 4 seconds per out-breath, and 4 seconds per in-breath. If physical sensations arise in your body, such as aches or pain, you don't have to do anything about them. Keep your focus on your breath.



5. Visualize the location in your chest where your physical heart resides. Imagine breathing in and out through your heart, while maintaining 6 seconds in-breaths and 6 second out-breaths. Maintain a relaxed tongue.
6. Imagine a beam of love pouring out through your heart toward a person or place that you love with each out-breath. Stay in this state for several breaths. Notice the big empty space behind your eyes, and how relaxed your tongue is on the floor of your mouth.
7. Bring the beam of love back into your body. Into the area of your physical heart. Send that love to any part of your body that is uncomfortable or in pain. To end the meditation, take 3 deep 6 second breaths.

Eft Manual Attunement

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Soul Medicine Dawson Church, 2012-07-01 The cutting edge of medicine today is not to be found in invasive therapies like drugs and surgeries It is in the disciplines that used to be regarded as soft medicine prayer intention energy healing acupuncture and similar therapies Overwhelming evidence from hundreds of scientific studies are showing that these safe non invasive approaches are often more effective sometimes many times more effective than conventional medicine Two of the pioneers in the field Dr Norman Shealy founder of the American Holistic Medical Association and world famous neurosurgeon and Dr Dawson Church one of the foremost writers and researchers in vibrational healing and the editor or author of many books on the subject explain the fundamentals of energy medicine its many applications to common ailments and the latest scientific research Energy Psychology Journal 3.1 Dawson Church, 2011-05-31 Energy Psychology Theory Research and Treatment is a peer reviewed professional journal dedicated to reporting developments in the field of energy psychology EP that are of interest to healthcare professionals and researchers It contains original empirical research into the efficacy of EP methods theoretical experimental and basic science papers illuminating the mechanisms of action of EP clinical insights on the application of EP to various populations and interfaces with other interventions book reviews and abstracts published in other journals that are of relevance to the EP field Its goal is to further the development of EP as an evidence based method in the healing sciences **Handbook of Psychotherapy Case Formulation** Tracy D. Eells, 2022-04-22 Now in a significantly revised third edition featuring 60% new material this is the authoritative clinical reference and course text on a crucial psychotherapy skill Leading practitioners of major psychotherapies describe step by step how to construct sound case formulations and use them to guide individualized treatment Following a standard format chapters cover the historical background of each case formulation approach its conceptual framework and evidence base multicultural considerations steps in implementation application to treatment planning and practice and training resources Rich case material includes examples of completed formulations New to This Edition Chapters on additional models mindfulness based cognitive therapy acceptance and commitment therapy couple therapy and thematic mapping Chapters on specific approaches for personality disorders suicidality and panic disorder Expanded case examples now go beyond crafting the initial formulation to show how it shapes the entire course of therapy Prior edition chapters are all updated or rewritten to reflect 15 years of advances in research clinical practice and training **Psychotherapy for Pregnancy Loss** Rayna D. Markin, 2024 In Psychotherapy for Pregnancy Loss Rayna D Markin demonstrates how the therapy relationship and specifically evidence based relationship principles can help clients affected by pregnancy loss to mourn their losses process and grow from trauma and loss and restore healthy self esteem This book is a guide on what exactly clinicians should do and how they should be in the therapy relationship to help clients not only grieve and process the traumatic experience of pregnancy loss but also achieve greater attachment security **The Practice of Embodying Emotions** Raja Selvam, PhD, 2022-03-22 A grand accomplishment Dr

Peter Levine developer of Somatic Experiencing and author of *Waking the Tiger* and *In an Unspoken Voice* A body based science backed method for regulating behavior thoughts and feelings and improving well being shown to shorten therapy time and improve emotional outcomes In the first book on Integral Somatic Psychology ISP clinical psychologist Dr Raja Selvam offers a new complementary approach for building more capacity to tolerate emotions using the body especially emotions that are difficult or unpleasant The ISP model shows readers how to expand and regulate emotional experiences in the body to improve different therapeutic outcomes cognitive emotional behavioral physical energetic relational and even spiritual in life and in all types of therapies including other body psychotherapy and somatic psychology approaches You will learn the physiology of emotions in the brain and body and how to Access different types of emotions quickly Facilitate embodiment and regulation of feelings Process and heal different traumas and attachment wounds A go to guide for emotional integration The Practice of Embodying Emotions is of value in the treatment of a wide range of clinical problems involving difficult emotions from ordinary life events to psychosomatic or psychophysiological disorders developmental trauma prenatal and perinatal trauma attachment disorders borderline personality disorder complex PTSD collective trauma and intergenerational trauma and in improving outcomes and shortening treatment time in different therapies including psychoanalysis Jungian psychology and CBT Cognitive Behavioral Therapy

Psychotherapy for the Advanced Practice Psychiatric Nurse, Second Edition Kathleen Wheeler, 2013-12-11 Print CourseSmart

The EFT Manual Dawson Church, 2013-07-01 This is a new and completely revised edition of the original manual for Emotional Freedom Techniques EFT one of the most successful psychology self help techniques ever developed Thousands of people tell amazing stories of how it has helped them with psychological problems like anxiety depression phobias and PTSD as well as physical problems like pain and stress Author Dawson Church is the best known researcher in the field and this manual is based on Clinical EFT the only version of EFT to be validated in dozens of scientific studies Step by step you will learn the evidence based form of EFT used in those studies You ll discover how you can identify the hidden roots of emotional problems and how to alleviate them using EFTs Basic Recipe as well as advanced techniques This book shows you how to use Clinical EFT fo a variety of common conditions including pain fears addictions and cravings weight issues insomnia and guilt With the healing keys of EFT you ll be surprised at how many problems that hold you back can be quickly and easily relieved opening up new possibilities for your life

Emotion-focused Therapy for Depression Leslie S. Greenberg, Jeanne C. Watson, 2005 A practical manual for the emotion focused treatment EFT of depression it covers theory case formulation treatment and research in a way to make this complex form of therapy accessible to all readers The authors discuss the nature of depression and its treatment examine the role of emotion and present a schematic model of depression

Clinical EFT Handbook Volume 1 Dawson Church, Stephanie Marohn, 2013-05-30 EFT Emotional Freedom Techniques or tapping is used by an estimated 10 million people worldwide Yet a lack of standardization has led to a field in which dozens of forms of EFT with

varying degrees of fidelity to the original can be found This led to the establishment of Clinical EFT the form of EFT taught in the original EFT Manual and associated materials and validated in over 20 clinical trials In this volume the most noted scholars researchers and clinicians in the field compile a definitive outline of the EFT protocol as it is applied in medicine psychiatry psychotherapy and life coaching This first volume covers Biomedical and Physics Principles Psychological Trauma Fundamental Techniques of Clinical EFT This series of handbooks is essential reading for anyone wishing to understand EFT as validated in research science and best clinical practice *Clinical EFT Handbook 1* Dawson Church,Stephanie

Marohn,2013-08-30 EFT Emotional Freedom Techniques is used by an estimated 10 million people worldwide Yet a lack of standardization has led to a field in which dozens of forms of EFT with varying degrees of fidelity to the original can be found This led to the establishment of Clinical EFT the form of EFT taught in the original EFT Manual and associated materials and validated in over 20 clinical trials In this volume the most noted scholars researchers and clinicians in the field compile a definitive outline of the EFT protocol as it is applied in medicine psychiatry psychotherapy and life coaching Chapters cover the clinical application of EFT to fields such as addiction treatment sports surgery weight loss social problems and family therapy Scientists explain the physiological mechanisms of action of EFT as well as its sources in physics and chemistry Researchers describe EFTs path to acceptance as an evidence based practice This handbook is essential reading for anyone wishing to understand EFT as validated in research science and best clinical practice Contributors in alphabetical order Ann Adams Suzanne D Alfandari Angela Amias John Arden Larry Burk Valerie J Burke Dawson Church Carol Crenshaw Charles B Crenshaw Jr Karin Davidson Peter Donn David Feinstein Bert Fellows Alina Frank Judith H Frost Fred P Gallo Brigitte Hansoul Rue Anne Hass Jenny Johnston Willem Lammers Lori Leyden Bruce H Lipton Valerie Lis Carrie McCabe Betsy Bartter Muller Rob Nelson Annie O Grady James Oschman Maurie Pressman Claudia Schechter Kathryn B Sherrod Mary T Sise Barbara Stone Jan L Watkins Yves Wauthier Garret Yount **Clinical EFT Handbook Volume 2** Dawson

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to rapidly reduce anxiety depression phobias and other conditions EFT originator Gary Graig takes the reader through the basic steps of identifying the emotional roots of their problems EFT and Tapping for Beginners Rockridge Press,2025-06-17 Now there is a simple effective noninvasive and drug free way to use your body s own healing mechanisms to overcome physical and emotional pain Emotional Freedom Technique EFT and tapping consist of activating energy points along one s body in much the same way acupuncture relieves pain except without the needles Energy blockages are cleared quickly and effectively allowing for healing and a sense of overall well being It is a safe and easy way to relieve stress anxiety and depression and to control weight gain and physical pain With EFT and Tapping for Beginners Practice the basic tapping sequences using helpful illustrations that show you the exact energy points to activate on your head hands and torso Learn how to focus your thoughts and tapping goals with freewriting and journaling Begin experiencing relief from stress and everyday anxieties Use tapping to help manage the root causes of weight gain and the physical symptoms associated with diabetes high blood pressure persistent pain and more EFT and Tapping for Beginners The Essential EFT Manual to Start Relieving Stress Losing Weight and Healing not only helps you learn the tapping process but also invites you to look at the causes of emotional and physical pain Begin healing today with this concise guide All Things Eft Tapping Manual Tessa Cason,2015-11-07 If we want to make changes in our lives we have to change the destructive dysfunctional beliefs in the subconscious EFT is a technique that allows us to change dysfunctional beliefs and emotions on a subconscious level It involves making a statement while tapping different points along meridian paths This Manual includes Beliefs Subconscious Mind EFT Tapping Emotional Freedom Technique How to Tap Short Form of EFT Yawing and Taking a Deep Breath Integration What Happens After Tapping How Does EFT Tapping Works Science and EFT Tapping Research Benefits of Using EFT Tapping When to Use EFT We Can use EFT Tapping to Change Intensity Level The Very First EFT Tapping Statement to Tap Sort Form or Long Form of EFT Tapping Walking Backwards EFT Backing Up EFT Tapping Statements Are More Effective When It Agrees with Current Beliefs Using a Negative EFT Tapping Statement What To Do if an EFT Tapping Statement Does Not Clear One Statement per Round of EFT Multiple Statements per Round of EFT Karate Chop Point KCP to Desensitize a Story Situation and or Memory Do I Have to Keep Tapping the Same Statements Over and Over if it Does Not Clear Why We Might Hold Onto Emotional Pain Inner Critic Negative Self Talk Tapping Affirmations I Tapped and I m Not Better I Cleared This Issue Before and It s Still Showing Up in My Life EFT Tapping Doesn t Work for Me EFT Tapping Points and the Meridians Mind Chatter A Value Tool Rule 1 for Writing Your Own EFT Tapping Statements Use Your Own words Rule 2 for Writing Your Own EFT Tapping Statements Process Emotions before Beliefs Rule 3 for Writing Your Own EFT Tapping Statements Pay offs For Not Creating Our Reality Finishing Touches Tapping Positive Summary Appendix Pay off for Not Creating Our Reality What Do We Process First Psychological Reversal Reversed Is it Necessary to Relive the Pain in Order to Heal Our Pain Present Time Clinical EFT Handbook 2 Dawson Church,Stephanie Marohn,2013-09-30 EFT

Emotional Freedom Techniques is used by an estimated 10 million people worldwide Yet a lack of standardization has led to a field in which dozens of forms of EFT with varying degrees of fidelity to the original can be found This led to the establishment of Clinical EFT the form of EFT taught in the original EFT Manual and associated materials and validated in over 20 clinical trials In this volume the most noted scholars researchers and clinicians in the field compile a definitive outline of the EFT protocol as it is applied in medicine psychiatry psychotherapy and life coaching Chapters cover the clinical application of EFT to fields such as addiction treatment sports surgery weight loss social problems and family therapy Scientists explain the physiological mechanisms of action of EFT as well as its sources in physics and chemistry Researchers describe EFT's path to acceptance as an evidence based practice This handbook is essential reading for anyone wishing to understand EFT as validated in research science and best clinical practice

Emotional Freedom Technique (Eft) and Children Gaetana Tonti, 2016-02-18 why this book because children are Magic They still hold within them the Wonder of Life the curiosity and the openness to experience life in all its nuances with the infinite possibilities it offers At the same time they are very sensitive to the situations they experience and to what they feel The process of growth and development can be at times very difficult and they can feel overwhelmed by their emotions This book is for every child and every parent for every Human Being who is in contact with children and cares for their wellness and for their Heart It will help them become self aware adults trusting themselves and life allowing them to be still in touch with their Magic Infinite Potential Emotional Freedom Technique EFT is a healing tool that works on the physical mental emotional and energetic levels EFT works on the energy that flows in the meridians based on Traditional Chinese Medicine by tapping on specific acupuncture points In addition to the tapping the person focuses on the issue that is creating the discomfort so to engage the system on the emotional energetic mental and physical aspects of it EFT is an amazing tool to use with children as it teaches them how to deal with their emotions not to fear them and how to let them go safely it helps children to learn how to express themselves so that they can let go of their limiting thoughts emotions before they get cemented creating limitations and blockages In this book that has the idea of being a small EFT manual I discuss the basic technique and give suggestions and indications on how to use it on emotions physical issues limiting beliefs and with Magic Buttons Bear The use of EFT from a young age is a simple effective way to help the future adults listen to their feelings and find the best way to deal with them not to feel overwhelmed and powerless EFT with children brings amazing positive effects on the personal level in family and school environment

EFT Tapping for Beginners Jenna Jeong, 2019-01-28 EFT tapping is something that a lot of people are talking about for the first time even though it has been around for a while now It has merged with traditional orthodox medicine and has gained a lot of popularity for its effectiveness within the medical world Nevertheless EFT tapping has accumulated hundreds of thousands of practitioners over the past several decades and word about it is finally getting to the average person in the street and has a lot of questions If that you this book will introduce you to EFT tapping and let you know what this buzzword is all about Topics covered in the book include What is the EFT

Tapping Technique Relieve your tension and stress in minutes with EFT Tapping How to use EFT Tapping with the law of attraction Handling your child crisis using EFT Tapping Technique Cure your acid reflux using EFT Tapping Using EFT Tapping to help with insomnia EFT Tapping for depression EFT and weight Loss Managing food cravings using EFT Using the EFT method to control the emotions from cancer treatment Improve your relationship using the EFT method **The Evidence Based EFT Manual** Peta Stapleton,2024-12 This manual is designed to introduce practitioners to the practice of Clinical EFT a synthesis of Cognitive Behavioural Therapy Prolonged Exposure therapy and the somatic stimulation of acupuncture points Clinical EFT is the term used to describe the version of EFT that has been tested and validated in scientific research trials There are other versions of EFT and hybrids of tapping techniques but few have been as rigorously tested as Clinical EFT This manual will guide practitioners through the foundational principles and practical applications of Clinical EFT They will explore its effectiveness through various case studies highlighting its ability to facilitate rapid and profound changes in clients and themselves Although this guide serves as an introduction further training is essential to fully and safely utilize the potential of Clinical EFT Adventures in EFT Silvia Hartmann,Silvia Hartmann-Kent,2000 Learn and understand EFT with this practical and information packed manual that includes the A Z of EFT applications and how to use this wonderful technique with a wide variety of problems Treat yourself for sadness anger addictions low self esteem and a whole lot more The Essential Emotional Freedom Techniques EFT Training Manual by Silvia Hartmann foreword by Gary Craig For Self Help and experienced practitioners alike Adventures In EFT contains literally hundreds of techniques tips suggestions and approaches to make the most of Gary Craig s outstanding EFT Now in the 6th expanded and revised edition this book is the essential field guide and reference companion for anyone using EFT in self help or with clients Written by one of the most experienced EFT practitioners in the world Adventures In EFT includes A Z of EFT applications Using EFT with memories Glossary of Terms and much more

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Table of Contents Eft Manual Attunement

1. Understanding the eBook Eft Manual Attunement
 - The Rise of Digital Reading Eft Manual Attunement
 - Advantages of eBooks Over Traditional Books
2. Identifying Eft Manual Attunement
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Eft Manual Attunement
 - User-Friendly Interface
4. Exploring eBook Recommendations from Eft Manual Attunement
 - Personalized Recommendations
 - Eft Manual Attunement User Reviews and Ratings
 - Eft Manual Attunement and Bestseller Lists
5. Accessing Eft Manual Attunement Free and Paid eBooks
 - Eft Manual Attunement Public Domain eBooks
 - Eft Manual Attunement eBook Subscription Services
 - Eft Manual Attunement Budget-Friendly Options
6. Navigating Eft Manual Attunement eBook Formats

- ePub, PDF, MOBI, and More
- Eft Manual Attunement Compatibility with Devices
- Eft Manual Attunement Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Eft Manual Attunement
 - Highlighting and Note-Taking Eft Manual Attunement
 - Interactive Elements Eft Manual Attunement
- 8. Staying Engaged with Eft Manual Attunement
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Eft Manual Attunement
- 9. Balancing eBooks and Physical Books Eft Manual Attunement
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Eft Manual Attunement
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Eft Manual Attunement
 - Setting Reading Goals Eft Manual Attunement
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Eft Manual Attunement
 - Fact-Checking eBook Content of Eft Manual Attunement
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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