Welcome to
Introduction to EFT:
Emotional Freedom Techniques

Alaska Training Institute
April 17, 2023

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What is Energy Psychology (EP)?

Also known as cognitive somatic practices

...a family of mind-body methods that rapidly reduce stress and trauma

...while increasing calm.

Calming the body (where stress is stored) is a missing key to unlocking rapid change.
What is Energy Psychology (EP)?

Energy psychology (EP) methods combine cognitive interventions with somatic techniques that influence human bio-energy systems such as meridians, chakras and the biofield to elevate physical, mental, emotional and spiritual wellbeing.

It has been shown to be evidenced based cost effective and empowering for clients.

Energy psychology integrates well with other methods and includes self-help techniques.
What is Energy Psychology (EP)?

- These methods can be used to facilitate transformational change at many levels, including:
  - Resolving trauma, anxiety and other clinical disorders
  - Working and living in flow
  - Improving performance in the arts, sports, school and business
  - Living with greater connection, love and clarity

History of Energy Psychology

The oldest evidence for Meridian-based medicine?

- Chinese Acupuncture / Acupressure 6,000 – 8,000 years
- The people of ancient India mapped “Nadi Lines” 5,000 – 7,000 years ago
- Ötzi The Tyrolian Iceman 5,200 years ago
Ötzi the Tyrolian Iceman

Discovered in 1991 in the Tyrol Mountains in the Ötzal Alps, between Italy & Austria. 46 y/o, left handed, 5'2”, size 8 foot.

61 Tattoos

Located on acupuncture points coinciding with modern points used to treat symptoms of diseases that Ötzi seems to have had.

Many mapped over modern Acupuncture points that would treat:
- Lactose intolerant
- Heart disease
- Cavities
- Lyme Disease
- Sore knees, hips, back, shoulders

Presented by: Michael DeMolina, PhD, LPCS, CDCS, MAC
Multi-Cultural Understanding of Energy

- Qi 氣 in Chinese
- Ki 氣 in Japanese
- Ruach רווח in Hebrew (>400 x in OT)
- Prana प्राण in Sanskrit
- Lung ལུང་ in Tibetan
- Pneuma πνεύμα in Greek
- Neyatoneyah in Lakota Sioux
- Baraka in Islam
- 49 cultures have a word for Subtle Energy

(Mann & Short: The Body Light)

The Chakras and the Nervous System

Diagram showing the correlation of the chakras with the nerve ganglion and plexuses

Science and Human Transformation: Subtle Energies, Intentionality and Consciousness, William Tiller PhD, p. 124
Acupuncture Point Schematic

- The meridian pumps ions to the surface of the skin, where they broaden like an umbrella, creating a high conductivity zone.
- This forms a transmission/receiver mechanism at the acupuncture point, about 1 mm in size.

~Tiller (Stanford), Science of Human Transformation

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Taken as a whole, the connective tissue system is the largest organ of the body.

The connective tissue system is made of collagen, the most abundant protein in the body.

Collagen is a semi-conductor

~James Oschman, 2000, 2015
Pierre de Vernejoul (University of Paris) used a radioactive marker, technetium 99m, which he injected into subjects at classic acupuncture points. He then used gamma camera imaging to track the subsequent movement of the isotope. He was able to show that the tracer migrated along the classic meridian lines, travelling quite quickly: a distance of 30 cm in 4-6 minutes.

Shows movement along a meridian pathway

Forms a blob


Meridians: The Body's "Energy" System

Major pathways of energy flow
Body Is Made Up Of Many Systems

Lymphatic  Nervous  Cardiovascular

Body Is Made Up Of Many Systems

Viscera  Human Energy Fields

Artwork by Alex Grey, Sacred Mirrors
What is EFT?

- EFT stands for Emotional Freedom Techniques.
- It uses a powerful, contemporary healing approach that is based on ancient Chinese healing practices.
- As counsellors, we work with the meridian system in the body which is also the centerpiece for acupuncture and acupressure.
- The meridian system is a set of channels that conduct bio-electric “energy” through the body.

What is EFT?

ORIGINS OF EFT

- Tapping on meridian points was first introduced by a California psychologist named Dr. Roger Callahan in the method he developed called Thought Field Therapy (TFT).
- The TFT philosophy is based on using individual tapping procedures for each issue.
What is EFT?

ORIGINS OF EFT

• Gary Craig was a student of Dr. Roger Callahan in the early 1990s.
• He realized that all of the tapping protocols he learned were variations on the same set of 13 points.
• He asked himself, “Why would we go to all the trouble of determining which points to tap when we could tap all 13 in about a minute?” In that moment EFT was born.
• EFT was introduced to the public in the late 1990s.

The Discovery Statement

The Original (Craig) EFT Discovery Statement:

“The cause of all negative emotions is a disruption in the body’s energy system.”

Dan Siegel’s contribution:

“The mind is the regulator of the flow of information & energy over time.”
Updated EFT Discovery Statement:

“The source of all negative emotions is a **disruption** in the flow of information & energy in the body/mind system.”

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**Cognitive Paradigm**

**Stimulus =**
Traumatic / Bothersome Memory

*“The day I fell downstairs”*

**Response =**

“Negative” emotion

*“I’m scared of stairs”*
Emotional Freedom Techniques as a Trauma-Sensitive Approach, Parts 1, 2, and 3

Presented by: Michael DeMolina, PhD, LPCS, CDCS, MAC

Trauma Sensitive / Embodied / Energetic Paradigm

Cause = Traumatic / Bothersome Memory
"The day I fell downstairs"

Effect
CNS/Embodied/Energy Disruption

Response = "Negative" emotion
"I’m scared of stairs"

What is EFT?

ENERGY DISRUPTION IN A TV SET
ENERGY DISRUPTIONS

- Disruptions in the energy system can accumulate and lead to a variety of physical ailments and emotional issues.
- Clearing them can often bring relief and/or resolution faster than traditional methods alone.
- EFT combines the physical benefits of acupuncture with the cognitive benefits of conventional therapy for a much faster, more complete treatment of emotional issues, and the physical and performance issues that often result.

Personal Reflection

Write down 5 emotional issues and reflect for a moment on how different they look when we consider them to be a result of *energy disruptions*.

Looking through the lens of the Discovery Statement, how do you feel about these issues now?
A Definition of Health

Health can be described as the smooth, harmonious transformation of Energy.

Physical
Emotional
Creative
Energetic
Spiritual

1. Where To Find An Energy Disruption
2. How An Energy Disruption Behaves
3. What To Do When You Find One!
3. What To Do When You Find One!

TAP!
Lock It In With The 9-Gamut Procedure

The Bridge—The Bridge consists of a series of eye movements, humming, and counting, all the while tapping the Back of Hand (BoH). The whole sequence takes about fifteen seconds.

1. Start with even eyes.
2. Close your eyes.
3. Open your eyes and glance down toward the floor to your right (do not move your head).
4. Glance down to your left.
5. Rotate your eyes in a full circle in one direction. Make sure you are not skipping any part of the circle. It may take a little practice to be sure you are making a complete circle.
6. Now rotate your eyes around in a complete circle in the opposite direction.
7. Hum about five notes. This may be a familiar tune, such as "Happy Birthday," or just make up a few notes of your own.
8. Count from one to five out loud.
9. Hum a few notes again.
Do we need to know the exact location?

Set Up & Reminder Phrases: Even though I have this problem… What is the problem?

Linguistically, what are we trying to accomplish with the set up phrase?

How do you know what words to use in the Set Up?

What is the purpose of the Reminder Phrase?

Subjective Units of Distress Scale—SUDS
Measuring The Effects Of EFT

0 The absence of any distress. Feeling calm and totally relaxed.
1 Neutral feeling or just OK, not as relaxed as could be.
2 A mild irritation. First awareness of tension or vague stress.
3 Increased discomfort, unpleasant, but in control.
4 Noticeable discomfort or distress, perhaps agitation, but tolerable.
5 Discomfort is very uncomfortable, I can stand it.
6 Discomfort worsens and affects my life.
7 Discomfort is severe and emotional pain interferes with life.
8 Discomfort increases and it is in my thoughts constantly.
9 Discomfort is nearly intolerable.
10 Discomfort is extreme and the worst imaginable. I feel panic and overwhelmed.
Intensity Rating / SUDS:
- On a scale of 0-10, where 0 is no intensity whatsoever and 10 is the most intense possible, how distressing (painful, intense) is this for you right now?
- What happens if the intensity rating doesn’t go down?
- How do you construct the Set Up and Reminder phrase for subsequent rounds of tapping?
Constricted Breathing Technique

- The Body and the Mind are a unified system
- Anxiety / Stress often show up in constricted breath.

- “Even though I have this constricted breathing at a _____, I deeply and completely accept myself.”
- “Even though I have this constriction in my breath, I deeply and completely accept myself.”
- “Even though I can only fill my lungs up to a _____, I deeply and completely accept myself.”
Introductory Level Approach

CONSTRUCTED BREATHING TECHNIQUE

- To settle a client down at the beginning of a session
- To use as an EFT demo for new clients
- As potential homework or for symptom management
- Uses mind-body connection to address emotional responses
- Less risky than other tools
Emotional Freedom Techniques as a Trauma-Sensitive Approach, Parts 1, 2, and 3

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What We Have Learned

• The real problem is the *Disruption* in the energy system
• We have a tool that clears *Disruptions* called EFT

We Can Deal With A Disruption When We Find One!

1. Where To Find An Energy Disruption
2. How An Energy Disruption Behaves
3. What To Do When You Find One!
Dealing with Disruptions

2. How disruptions behave

• They can show up as physical feelings
• They often appear in groups
• They can be closely bonded to each other
• They respond better to direct attention
Dealing with Disruptions

2. How disruptions behave

DISRUPTIONS CAN APPEAR AS PHYSICAL SYMPTOMS

What We Have Learned

• The Discovery Statement

• Disruptions – The Real Problem!

• Tapping Eliminates Disruptions

• How Disruptions Behave Pt 1
Dealing with *Disruptions*

2. How disruptions behave

- They can show up as physical feelings
- They often appear in groups
- They can be closely bonded to each other
- They respond better to direct attention

**DISRUPTIONS OFTEN APPEAR IN GROUPS**
Instructions for Exercise

• Imagine your client has a fear of public speaking.

• What EXACTLY is it that makes them anxious?

• As a group, brainstorm their possible answers and write them down on your chart.

Dealing with Disruptions

2. How disruptions behave

DISRUPTIONS CAN BE CLOSELY BONDED
« Aspects »
Dealing with Disruptions

How disruptions behave

• Disruptions respond better to direct attention.
  • The power of Matching & Mirroring
    • Limbic Rapport
  • We are co-regulating each other!

Reminder Phrases

Reminder Phrases serve to keep the client focused on the particular emotion or sensation that we are working on.

EFT is a “here & now” therapy

Focusing on the emotions and sensations that are being experienced in the present moment rather than a remembered emotion or sensation.
Setup Language Options

FOUR OPTIONS FOR SETUP/REMINDER LANGUAGE

- Details of the moment (Visual / Auditory)
- Physical sensation (Somatic / Kinesthetic)
- Name of emotion
- Intensity rating

Use a variety of options in each Setup and vary Reminder phrases to incorporate the options you have chosen.

Instructions for Exercise

- Alter the following setup phrases to demonstrate being more specific and to show awareness of new aspects

  - Even though I have this headache..
  - Even though I'm angry with my neighbor..
  - Even though I have this fear of public speaking..
  - Even though I have this craving for chips..
  - Even though I have this fear of spiders..

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**Demonstration:**

**Palliative, for Somatic / Physical Complaint**

Choose a (mild) physical issue to tap on such as:
- Simple fear of something like spiders, heights,
- or public speaking
- Simple craving for chips, sweets or any other snack
- or practice Constricted Breathing

**Be mindful of the following:**

- Being specific in the Setup and Reminder phrases.
- Take the lead. EFT is an exposure therapy.
- Watch and coach for the location and the order of the tapping points.
- SUDs Ratings taken consistently as Pre test – Post test.
- Physical sensations, somatic reports and other examples of the Mind/Body connection
- New aspects showing up and any key indicators of the client switching aspects.
Choose an emotional issue to tap on such as
- Simple fear of something like spiders, heights, or public speaking
- Simple craving for chips or any other snack
- Current events or irritations like work stress, traffic, a co-worker, or a neighbor…

*Practice: For Calming Effect “Emotional Down Regulation”*

Choose an emotional issue to tap on such as
- Simple fear of something like spiders, heights, or public speaking
- Simple craving for chips or any other snack
- Current events or irritations like work stress, traffic, a co-worker, or a neighbor…
Instructions for Practice:

- Choose a mild (0-3) emotional issue to tap on such as
  - Simple fear of something like spiders, heights, or public speaking
  - Simple craving for chips or any other snack
  - SIMPLE stressor or irritation, like work stress, traffic, a co-worker, or a neighbor

Be mindful of the following:

- Being specific in the Setup and Reminder phrases.
- Take the lead. EFT is an exposure therapy.
- Watch and coach for the location and the order of the tapping points.
- SUDs Ratings taken consistently as Pre test – Post test.
- Physical sensations, somatic reports and other examples of the Mind/Body connection
- New aspects showing up and any key indicators of the client switching aspects.
What We Have Learned

• The Discovery Statement
• Disruptions – The Real Problem!
• Tapping Eliminates Disruptions
• How Disruptions Behave
• Tapping Practice
• Energy Psych is Cool!

Energy Psychology/ EFT Supporting Research

• Over 200 studies, review articles and meta-analyses
• Over 50 Randomized Controlled Trials
• Over 50 pre-post outcome studies
  • 99% of the above 100+ studies document EP effectiveness
• 7 meta-analyses
• 12 systematic reviews

• 2012 – ACEP EFT approved as a CEU provider with the APA
• 2016 – TFT validated by NREPP (National Repertory of Evidence-Based Practices and Procedures), a division of SAMHSA

Visit Research section at www.energypsych.org for details
1. Where To Find An Energy Disruption

2. How An Energy Disruption Behaves

3. What To Do When You Find One!

1. Where To Find An Energy Disruption
Dealing with Disruptions

3. Where to find disruptions

Disruptions are often found in ‘Specific Events’

Tell the Story Technique

Criteria for Specific Event

• 3 - 5 minutes or less, at the time it occurred
• Before age 20 if possible
• 1-3 emotional crescendos
• Clear Beginning and End Points
• Neutral Spot just before the Beginning
• Brief Title
• Moderate Intensity
I’m not lovable

- Granny never hugged me as much as my sister
- All the kids at school hated me
- My ex-husband said I was cold and distant

- Joey laughed at my haircut the first day of kindergarten.
- The time I couldn’t find anyone to eat lunch with me.
- Krissie was having a birthday party and she didn’t invite me.
- The day they wouldn’t let me play kickball.
I’m not lovable

Granny never hugged me as much as my sister

All the kids at school hated me

My ex-husband said I was cold and distant

Joey laughed at me the first day of kindergarten.

No one would eat lunch with me.

Kris was having a birthday party and she didn’t invite me.

The day they wouldn’t let me play kickball.

Jennifer asked if I was going to Cristina’s party

I was surprised that I didn’t already know about it

Jennifer showed me her invitation and I felt left out

Jennifer and I went to ask Cristina

Cristina said “I’m only inviting my best friends this year”

I was playing on the grass with Jennifer.

She was pretty rude.

All the other kids laughed.

Window of Tolerance

Hyperarousal Zone

1. Sympathetic “Fight or Flight” Response
   - Increased sensations
   - Flooded
   - Emotional reactivity
   - Hyperarousal
   - Intrusive imagery
   - Flashbacks
   - Disorganized cognitive processing

Window of Tolerance

Optimal Arousal Zone

1. Nervous System “Social Engagement” Response
   - State where emotions can be tolerated and integrated

2. Parasympathetic “Calming/Restorative” Response
   - Relative absence of sensations
   - Calmness of emotions
   - Stable cognitive processing
   - Reduced physical movement

3. Brain/Neural “Self-Regulation” Response
   - Relative absence of sensations
   - Calmness of emotions
   - Stable cognitive processing
   - Reduced physical movement

Adapted from Cope, Winters, & Faas, 2006, p. 27; Ensink, Enshae, A. H. A., 2006, p. 2
Architecture of Memory

SPECIFIC EVENT STORYBOARD

Krissie was having a birthday party and she didn’t invite me.

I was playing on the grass with Jennifer.

Jennifer asked if I was going to Cristina’s party.

I was surprised that I didn’t already know about it.

Jennifer showed me her invitation and I felt left out.

Jennifer and I went to ask Cristina.

Cristina said “I’m only inviting my best friends this year.”

The other kids laughed.

I’m not lovable

Joey laughed at my haircut the first day of kindergarten.

The time I couldn’t find anyone to eat lunch with me.

Krisssie was having a birthday party and she didn’t invite me.

The day they wouldn’t let me play kickball.

I was playing on the grass with Jennifer.

Jennifer asked if I was going to Cristina’s party.

I was surprised that I didn’t already know about it.

Jennifer showed me her invitation and I felt left out.

Jennifer and I went to ask Cristina.

Cristina said “I’m only inviting my best friends this year.”

The other kids laughed.
Tearless Trauma Technique

1. Ask your client to identify a specific event from the past.
2. Ask your client to take a GUESS about the intensity they MIGHT feel if they were to imagine the event.
3. Have your clients develop a phrase or movie title to use for the EFT process and then proceed with a global round of tapping. “Even though I have this ______________ movie.”
4. After this round, ask them to GUESS again and compare that guess to the original one.
5. Perform more rounds of EFT and keep checking in with new intensity.
6. Once your clients are down to an acceptable low GUESS of 3 or below, then ask them to actually imagine the incident and see how accurate the GUESS was.

SAY THIS:

“In a minute I will ask you to take a GUESS about how high you THINK the intensity MIGHT be IF you were to vividly imagine the event. Don’t do it now, wait until I ask. When you GUESS, I really want a GUESS. I don’t want you to go through the movie in order to be “accurate.” The guess is all we need for now. So now I will ask you, without going through the movie, to take a guess as to what the intensity MIGHT be on a 0 to 10 scale.”
Testing Methods – VIVID VISUALIZATION

Associated
Full Color
Closer
Larger
Focused
Brighter
In the movie
High Volume

Dissociated
Black and White
Farther
Smaller
Blurry
Dimmer
Watching the movie
Low volume

I’m not lovable

Joey laughed at my haircut the first day of kindergarten.

I was playing on the grass with Jennifer.

Jennifer asked if I was going to Cristina’s party.

I was surprised that I didn’t already know about it.

Jennifer showed me her invitation and I felt left out.

Jennifer and I went to ask Cristina.

Cristina said “I’m only inviting my best friends this year”.

The other kids laughed.

The day they wouldn’t let me play kickball.

The time I couldn’t find anyone to eat lunch with me.

Krissie was having a birthday party and she didn’t invite me.

The other kids laughed.
Emotional Landscape

SPECIFIC EVENT STORYBOARD

Once we have this level of detail, then we tap!

I was playing on the grass with Jennifer.
Jennifer asked if I was going to Cristina’s party.
I was surprised that I didn’t already know about it.
Jennifer showed me her invitation and I felt left out.
Jennifer and I went to ask Cristina.
Cristina said “I’m only inviting my best friends this year.”
The other kids laughed.

CE Objective #4 and #5 are now complete!

Tell the Story Technique

CRESCENDOS IN AN EVENT

INTENSITY LEVEL

SURPRISE I DIDN’T KNOW JENNY’S WORDS HEART BEATING

TIME
Tell the Story Technique

**Tell the Story Technique**

**Tell the Story Technique**

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**Emotional Freedom Techniques as a Trauma-Sensitive Approach, Parts 1, 2, and 3**

Presented by: Michael DeMolina, PhD, LPCS, CDCS, MAC

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82
Tell the Story Technique

**Tell the Story Technique**

**INTENSITY LEVEL**

- **SURPRISE**: I didn’t know
- **JENNY’S WORDS**: Heart beating
- **INVITATION**: Worry
- **STOMACH**: Tension
- **LEFT OUT**: KRISSIE’S WORDS
- **REJECTION**: Weak knees
- **WEAK KNEES**: Sound of laughter
- **HUMILIATION**: Despair
- **DESPAIR**: Tears

**TIME**

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**Tell the Story Technique**

**DOES THE CLIENT FEEL INTENSITY?**

- **YES**
  - **STOP the story**
  - How intense 0-10?
  - Identify presenting Aspect
  - Apply one round of the Basic Recipe
  - Is there any remaining intensity for that moment in the story?

- **NO**
  - Proceed with story

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Setup Language Options

FOUR OPTIONS FOR SETUP/REMINDER LANGUAGE

• Details of the moment (Visual / Auditory)
• Physical sensation (Somatic / Kinesthetic)
• Name of emotion
• Intensity rating

Use a variety of options in each Setup and vary Reminder phrases to incorporate the options you have chosen.

Dealing with Disruptions

3. Where to find disruptions

‘SPECIFIC EVENTS’ SUPPORT GLOBAL EMOTIONAL ISSUES
Emotional Freedom Techniques as a Trauma-Sensitive Approach, Parts 1, 2, and 3

Presented by: Michael DeMolina, PhD, LPCS, CDCS, MAC
Instructions for Exercise

‘TELL THE STORY’ TECHNIQUE

• Rate intensity at the thought of telling the story
• Lower intensity to under 3 with global statements
• Ask client to tell the story
• Remind them to STOP if there is ANY intensity
• Use EFT on every intense aspect
• Continue until there is no intensity
• Ask client to vividly imagine and try to get upset
• Use EFT on any further aspects that come up

Tell the Story Technique

TELL THE STORY DEMONSTRATION
Instructions for Exercise

‘TELL THE STORY’ TECHNIQUE

- Rate intensity at the thought of telling the story
- Lower intensity to under 3 with global statements
- Ask client to tell the story
- Remind them to STOP if there is ANY intensity
- Use EFT on every intense aspect
- Continue until there is no intensity
- Ask client to vividly imagine and try to get upset
- Use EFT on any further aspects that come up

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Simple Emotional Issue

A hypothetical example provided for illustration

Stress at Work

- Called into the boss’s office
- That project wasn’t perfect
- I’m not worthy of success

Aspect #1: He criticized me
Aspect #2: I felt unworthy

Dad said I didn’t sweep the floor well enough
Dad said my older sister was the smartest in the family
Dad said “winners keep trying!”
My math teacher criticized my homework in front of the class
I got an A in History and Mom didn’t care
My sister made fun of the essay I wrote
What We Have Learned

- Energy disruptions are found in Specific Events
- Specific Events can group together to become emotional issues
- We liken Specific Events to table legs
- We liken Emotional Issues to tabletops supported by Specific Event table legs
- We clear Specific Event table legs methodically one by one
- The Generalization Effect will impact on table legs with similar emotional themes
Instructions for Exercise

PERSONAL PEACE PROCEDURE

• Make a list of bothersome specific events
• Give each event a title, as if it were a movie
• Begin with the most intense events
• Clear each event using ‘Tell The Story’
• Clear at least one specific event each day
• Notice the changes!

EFT Treatment Plan

Measuring Progress

- Accessory Approaches Max 20%
- Tell the Story Technique
- Personal Peace Procedure
- Getting to Table Legs 80%

Finding and Clearing Specific Events

Presented by: Michael DeMolina, PhD, LPCS, CDCS, MAC
Demonstration – Full EFT Session

Tearless Trauma & Tell the Story

In this session:

• Language directed at crescendos and aspects therein.
• Experiment with Four Options for language and varying
  reminder phrases.
• Listen for Say This... possibilities.
• Conduct Say This... tests at the end of each crescendo and
  again at the end of the event.
• Conduct Vivid Visualization test at the end of the event.
  Follow instructions in your handout.

Congratulations!

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Wisdom Traditions Behavioral Health
Wisdom Academy of Integrative Coaching