

EMOTIONAL FREEDOM TECHNIQUE

Similar to the SomatoEmotional Release protocol which promotes the release of past negative emotional and physical trauma, the Emotional Freedom Technique 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 these 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**

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For more information: swingleandassociates.com
info@swingleandassociates.com
(604) 608-0444

EMOTIONAL FREEDOM TECHNIQUE (EFT)

- ❖ Find a comfortable sitting position
- ❖ Relax and take a few slow, deep breaths
- ❖ Tune into and grade fear or anxiety level, 1–10
- ❖ 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)

