

Professional Accredited EFT Diploma Course - Tapping To Heal

Using the powerful tools of EFT - Emotional Freedom Technique to release core issues. Quick & Powerful techniques!

KAREN E WELLS

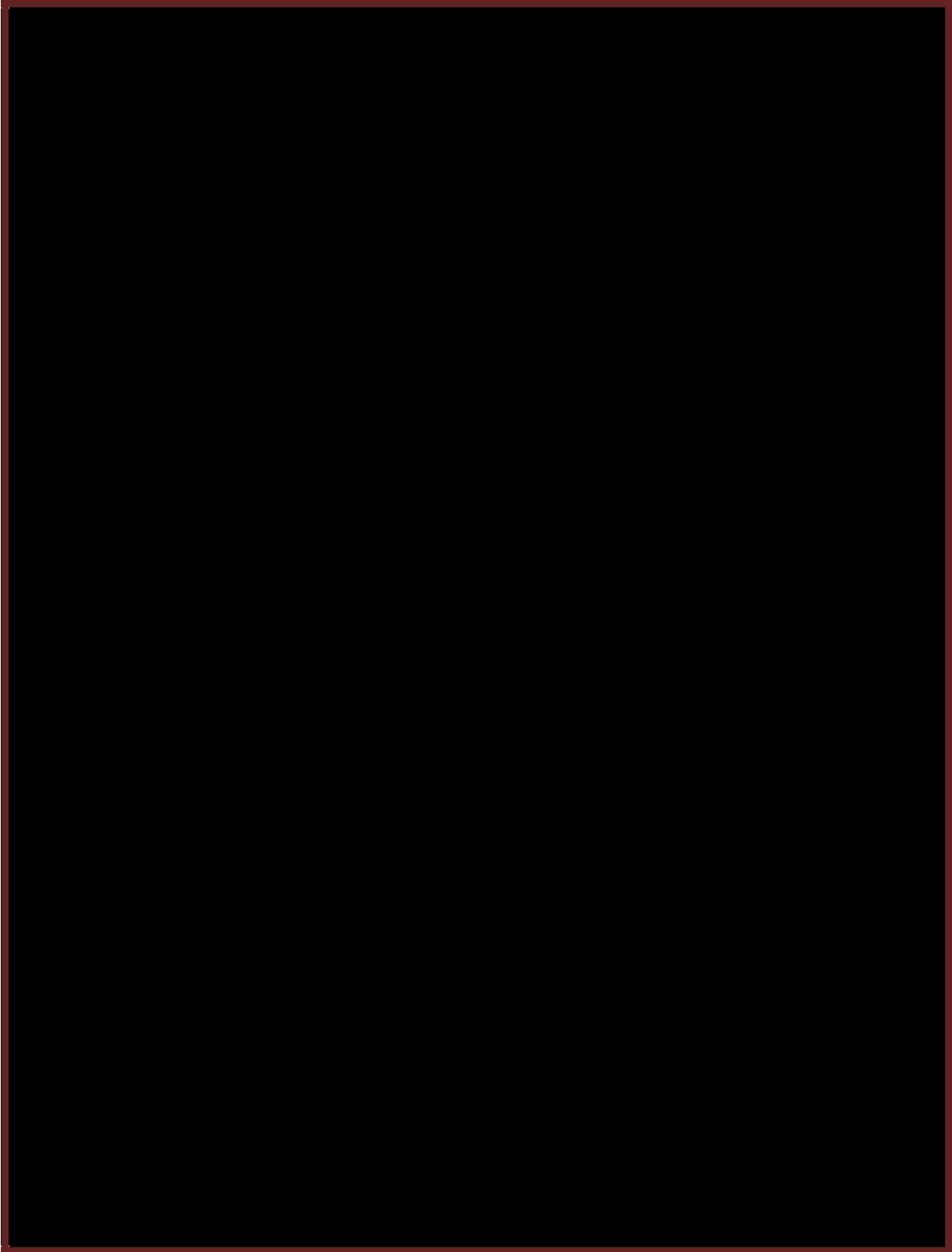


Emotional Freedom Technique



The KEW Training Academy

Emotional Freedom Technique *Those who are new to EFT have trouble believing that tapping on acupuncture points can interrupt, diminish, or even destroy a craving, but it happens all the time. — Gary Craig*



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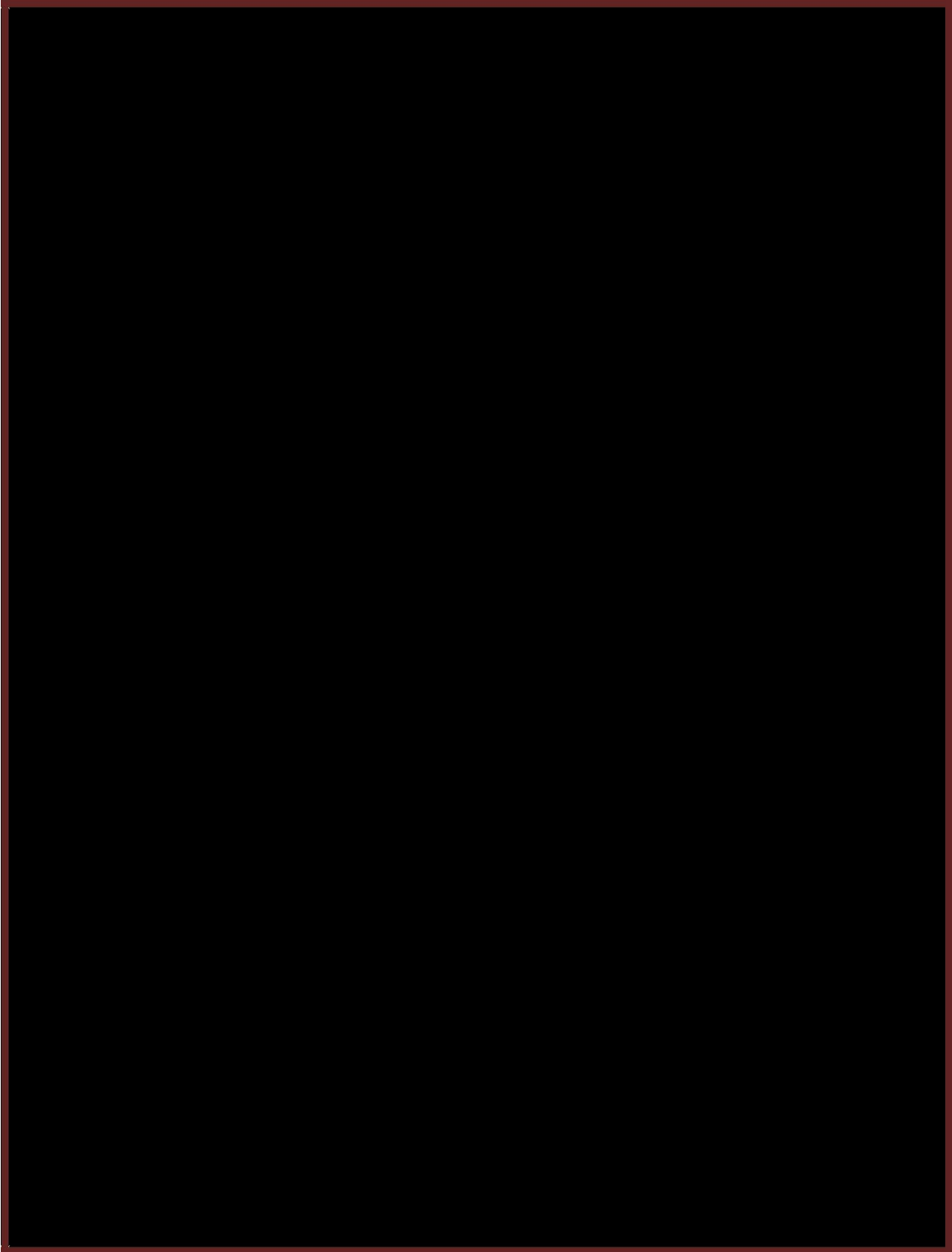


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Introduction

Welcome to this professional self-study course on EFT. Inside this course, we will explore the history of Emotional Freedom Technique and its potential as a healing therapy. This course provides a unique insight into the benefits of EFT and how to set up as a practitioner carving out a satisfying new career.

Each module is carefully designed to maximise the learning potential, leading through the complexities of EFT in a systematic way. At the end of each module, there is a self-assessment paper which helps to consolidate the information within. There is also a Final Test at the end of the course which leads to the professional diploma.

Although still not mainstream, EFT is the therapy that people often turn to when other methods of therapeutic healing has failed but the mind-set and public awareness of EFT is changing as more and more people are now recognising the merits of having treatment. As such, there has never been a better time to embark upon a career in this field.

Many people struggle in life, shackled by pain, anger, regret, compulsion, addictions or deeply buried traumas. Poor health and damaging emotional baggage can affect an individual's life substantially, many people are not aware that there is a form of non-evasive therapeutic help available.

EFT practitioners are assisting those who have become weighed down by their physical or emotional problems and there is a high success rate as a result. This therapy can help some avoid forming a dependence on medication when struggling with pain management and certainly, coping with the negative effects of prescription pills can often cause a whole new set of problems.

EFT uses 'tapping' as an answer for many of the issues experienced by people on a worldwide basis and it provides a 'light at the end of a tunnel' solution for those who are suffering. With the availability of EFT, there is no reason why anyone should feel trapped in a circle of negativity or sickness and depression.

This powerful method is easy for most people to learn and to use in their daily lives and the results are significant. It aids the body's own potential for self-healing so works with and not against the natural elements of healing. This course can be used as a vital stepping stone towards a new career but it can also be used as a voyage of self-discovery.

The world is awakening to EFT and its uses and the fact that it is non-evasive means it appeals to a far wider audience as a result.

If you are ready to learn more, turn to Module One.

Module One

What is EFT?

The origins of Emotional Freedom Technique date back to China around 5000 years ago. Over time, complex energy circuits were discovered within the human body and these energy circuits are known as meridians. They have become the basis of many Eastern health therapies including modern day acupuncture.

EFT is a universal healing tool with proven results. It can aid emotional, physical and performance related issues. Irrespective of the type of healing required, EFT considers that the core issues are often as a result of unresolved emotional issues which have manifested into physical conditions. Often EFT can be used directly on any physical conditions without treating any of the underlying issues but there is a growing awareness that emotional stress has a far bigger impact on the body than was previously considered.

The EFT premise is that by identifying and resolving those underlying emotional issues, enhanced peace, harmony and emotional freedom can occur. The Personal Peace Procedure (discussed later) is the tool you need to get there so that limiting beliefs can vanish, personal performance can soar, relationships can thrive, and vibrant physical and emotional health can be yours. If we're being realistic, everyone on this planet has at least a few emotional issues which prevents them from achieving pure, unlimited happiness.

With this in mind, EFT can be an ongoing therapy where we clear out the old traumas, resetting both the mind and body. The individual is then able to go forward in life, welcoming new challenges with a healthy, productive attitude.

The techniques within this course are suitable for anyone to use and it's beneficial for you to try out the relevant techniques so you can understand the processes fully while achieving the many benefits as a result. By helping

yourself, you will then learn how to help others through your own personal experiences.

The meridian energy lines run invisibly through the body – in a similar way, think about electricity as it courses through the electrical cables in your home. You can't detect electricity, but it exists. In the same way, EFT's success is built upon tapping into these meridian lines.

The main focus of the Western world in medical terms has always been on the chemical research bypassing natural therapies for healing. There's little understanding or consideration for the powerful energy that flows naturally through the body, however, this is changing, mainly due to people taking ownership for their own health and well-being, learning more about alternative therapies that work for them.

It is fair to say that EFT is a non-evasive form of acupuncture and yet it is a mind and body therapy that aids healing in a way that many cannot imagine.

Modern day EFT can be traced back to 1980 where a psychologist called Roger Callahan was treating a patient suffering with an extreme fear of water; in fact, her fear controlled much of her life. She was unable to take her children to the beach or even found it difficult to drive near to the ocean – such was the extent of her fears. These fears only escalated so that she felt anxious when it rained and could not even cope with the sight of water on her television. More, she also experienced vivid and traumatic nightmares involving water which would keep her awake on a nightly basis.

Callahan worked on helping her to overcome her phobia for over a year, when finally, she was able to sit within sight of a pool of water. Although considered a mini-breakthrough, this actually caused a great deal of stress and the end result was severe emotional pain. This proved that the phobia was not actually cured.

The client also suffered from severe stomach pains which are sometimes indicative of pain caused as a result of confronting a phobia. Dr Callahan had been studying traditional Chinese medicines and decided to put his research to the test remembering that there was a stomach energy point on the cheek bone. He asked her to gently tap on this energy point in the hope

that it might solve her stomach problem. As she followed his instructions, her stomach problems began to dissipate and then, disappeared.

Importantly, this simple tapping motion also helped to cure the phobia. She was able to run down to the pool and splash herself with water, something that would have been impossible before.

Dr Callahan immediately began a series of experiments determined to refine this technique which he called **Thought Field Therapy**. This was then followed up by a man called Gary Craig in the 90's who had trained under Dr Callahan and had learned all the necessary procedures. During his training, he noticed flaws within TFT and focussed on how to remove the techniques that were not beneficial.

At this time, a practitioner would have to tap on a certain number of energy points in a sequence for every different problem. A test was also done on the patient's muscles to ascertain how strong each one was, and the patient would explore various thoughts or statements while this was being done. Noticing that sometimes the order of tapping was incorrect, he came to the conclusion that the order was not important because the patient was still seeing positive results.

This completely changed how the techniques were utilised leading to the EFT of today.

Acupuncture treatments still use the meridian energy lines and the non-invasive EFT has gained some popularity with followers of acupuncture and with those who try to avoid needles.

In acupuncture, the focus is much more on the physical problems whereas EFT concentrates on the emotional issues as well. Combining this physical benefit with the cognitive benefits of emotional therapy helps to speed up the resolution of many issues.

EFT is the emotional version of acupuncture and without the use of needles.

The basic tapping method of EFT is very simple to learn and even children have managed to produce beginner's benefits with it. So an adult can quickly learn to be very efficient with positive results being experienced. Because

there is no specialist equipment needed, it can be done almost anywhere. Many people prefer the thought of tapping rather than the invasive treatment of acupuncture and it is now used in a wider spectrum of issues.

So how does it actually work?

EFT works on the premise that all negative energy or emotions disrupt the body's natural energy. All pain and disease are connected to deep negative emotions and some of these deeply rooted emotional problems will at some point, manifest themselves as physical problems.

So it makes sense that health must be treated as whole. In EFT, it is not just a case of treating the symptoms, the core issues and emotional or physical conditions must also be treated at the same time. Balance must be restored. The most basic of the EFT techniques help you to focus on the negativity that is causing the problem; this may be fear, anxieties or even an unresolved problem that festers away. The idea is that you focus on the actual issue and at the same time, tap the corresponding meridian energy points on the body between 5 and 7 times.

By tapping on these energy points, restoration of the body's energy can be improved.

Remember:

Energy flows through your body and is accessed through points on meridian lines.

Acupuncture has hundreds of energy points and the principles of this therapy can take many years to master. EFT and its non-invasive tapping is better, as it is far quicker to learn. It can be applied to self, enabling the identification of any personal issues, to alleviate symptoms and to build confidence in EFT with a view to assisting others. It is highly empowering.

EFT has had its share of critics but there are now a growing number of people who have realised the true extent of healing power available to one and all. In fact, EFT seems to be having success where many other more conventional methods have failed. This success through tapping is impossible to deny and belief continues to grow as research continues.

It's important to note that there is a real science behind these findings. As an example, the brain has an almond shaped area called the amygdale which is grey matter within the limbic system and it works to control stress and fear. Both acupuncture and EFT have shown measured changes when applied.

So to recap, EFT or tapping is a non-evasive form of acupuncture that acts as a healing tool that can provide wonderful results for emotional and physical problems. The physical complaints often manifest due to unresolved issues buried deep within. The fact that emotional stress can obstruct healing shows the relevance of treating the body and mind together.

That said, EFT can treat a physical problem without delving into the emotional aspects but certainly, the success rate improves when both are explored. The whole premise behind EFT is the understanding that when unresolved emotional issues are treated and healed, the individual experiences notable relief from any symptoms. This brings freedom to the client and to their personal life.

It's worth noting that almost everyone has emotional traumas that can create physical health conditions so from this we can see that EFT has the potential to heal a great many people.

Module One Self-Assessment Task

Task:

Where does Emotional Freedom Technique originate?

Task:

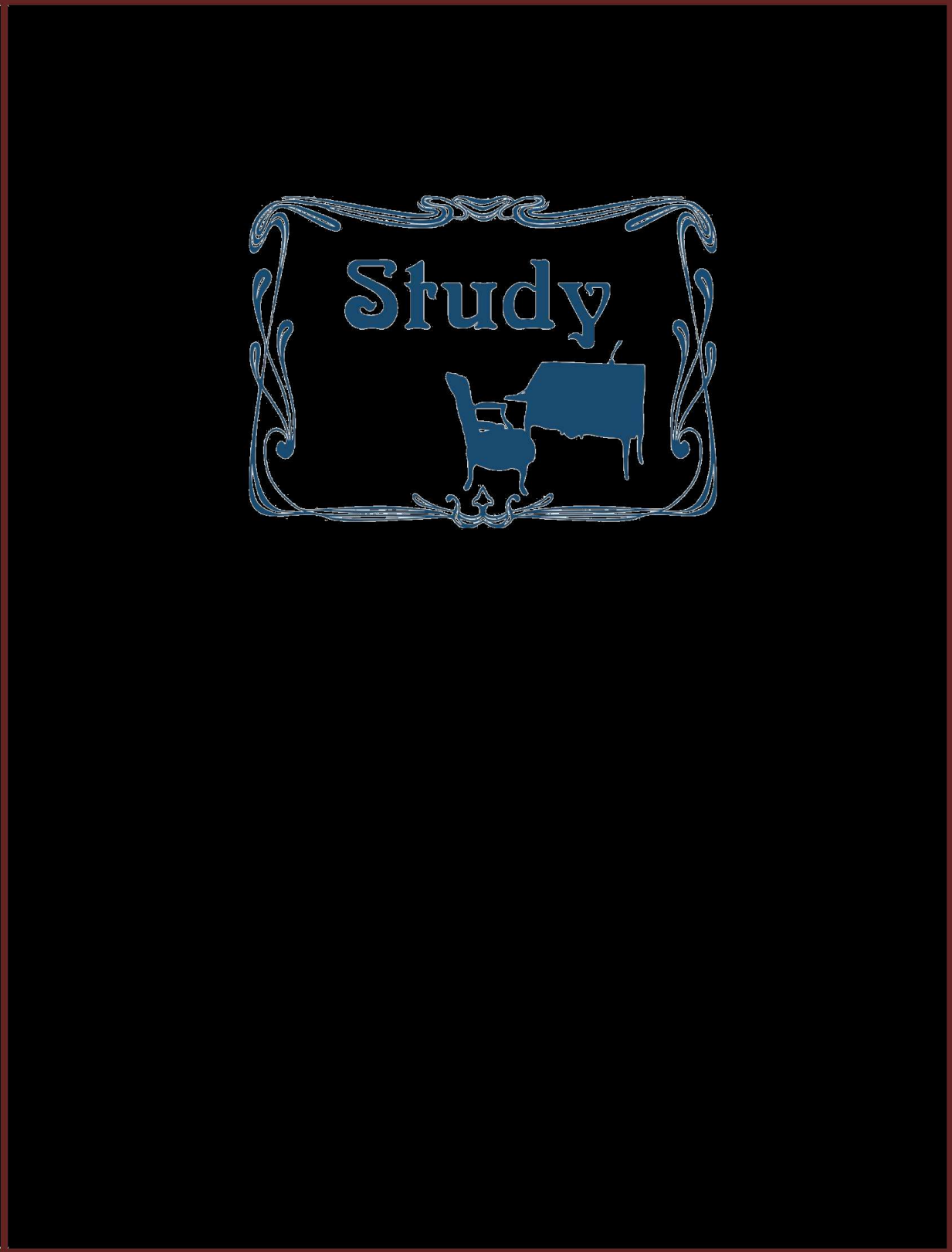
EFT is based upon and extended from which former therapy?

Task:

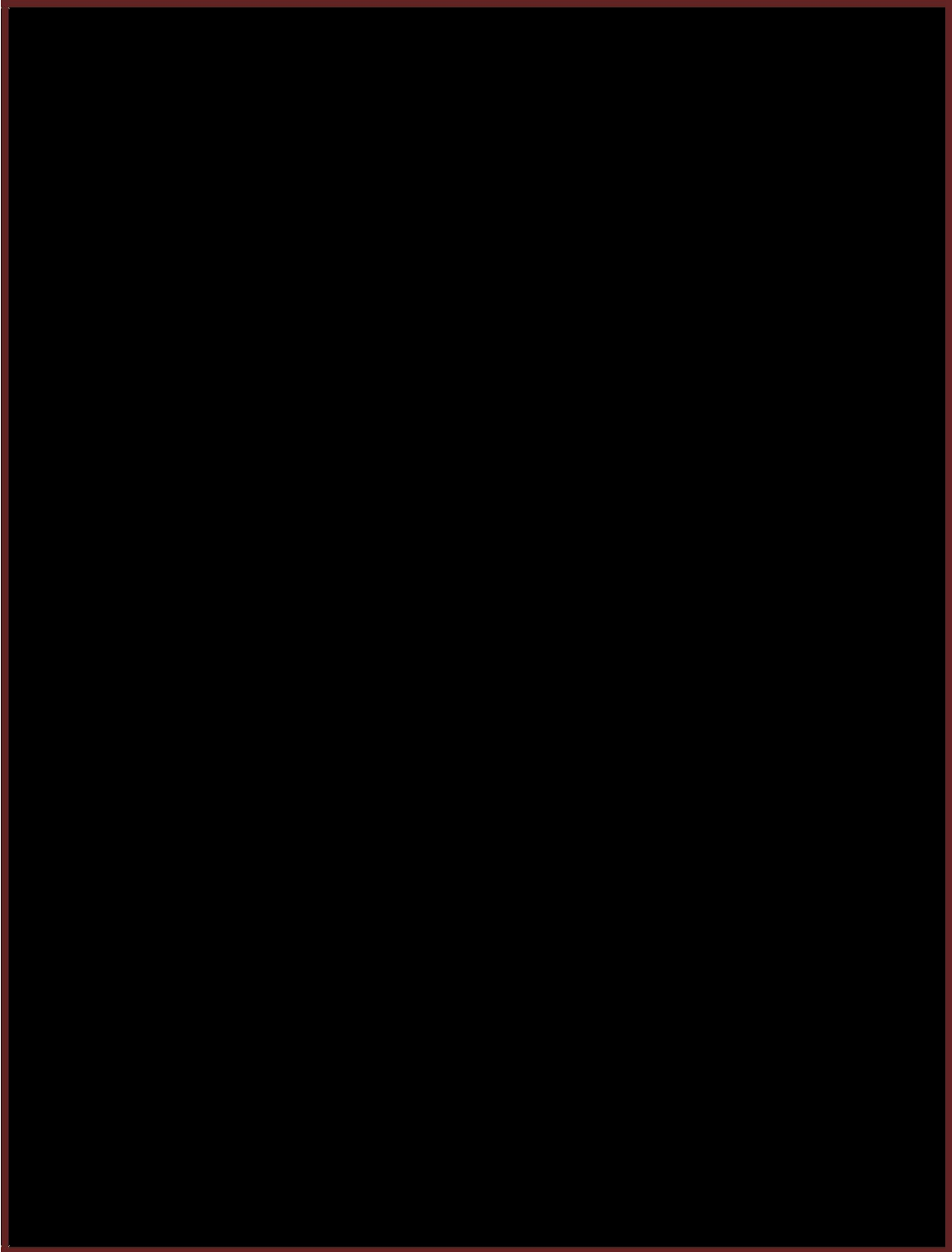
Explain how EFT works

Task:

What are the energy circuits called?



This is a self-study assessment designed so you can check your progress throughout. If you have any difficulty completing any tasks, please go back over the module content to ensure complete comprehension. Do not send the completed tasks to The KEW Training Academy.



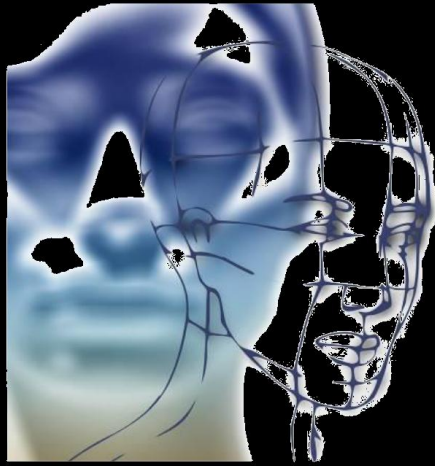
Module Two

Emotions

More and more people are coming to the conclusion that negative emotions are linked directly to physical health and wellbeing. If you're not sure about the reality of this, consider your own health and emotions and whether you have any niggling aches and pains or health concerns? If yes, when did they begin? Quite often if you look back, you will find a distinctive link tying the emotional events and the physical symptoms together.

It's important to understand that sometimes a situation may act as a trigger. Although an initial situation may have been traumatic (and even unresolved) the feelings of that time can lie dormant and a simple, unrelated event or trigger can cause the initial and often suppressed feelings to come rising to the surface.

We all want to be emotionally healthy and to achieve this, it's important to understand how the brain functions and specifically, how the brain is connected to emotional events. It's impossible to go through life without experiencing emotional disappointments, or traumas, and as painful as these occurrences may be, it is worthwhile turning your attention inwards and trying to discover



these deeply buried emotions. Once you do so, you can then apply Emotional Freedom Technique to help with your own personal blockages.

What are emotions?

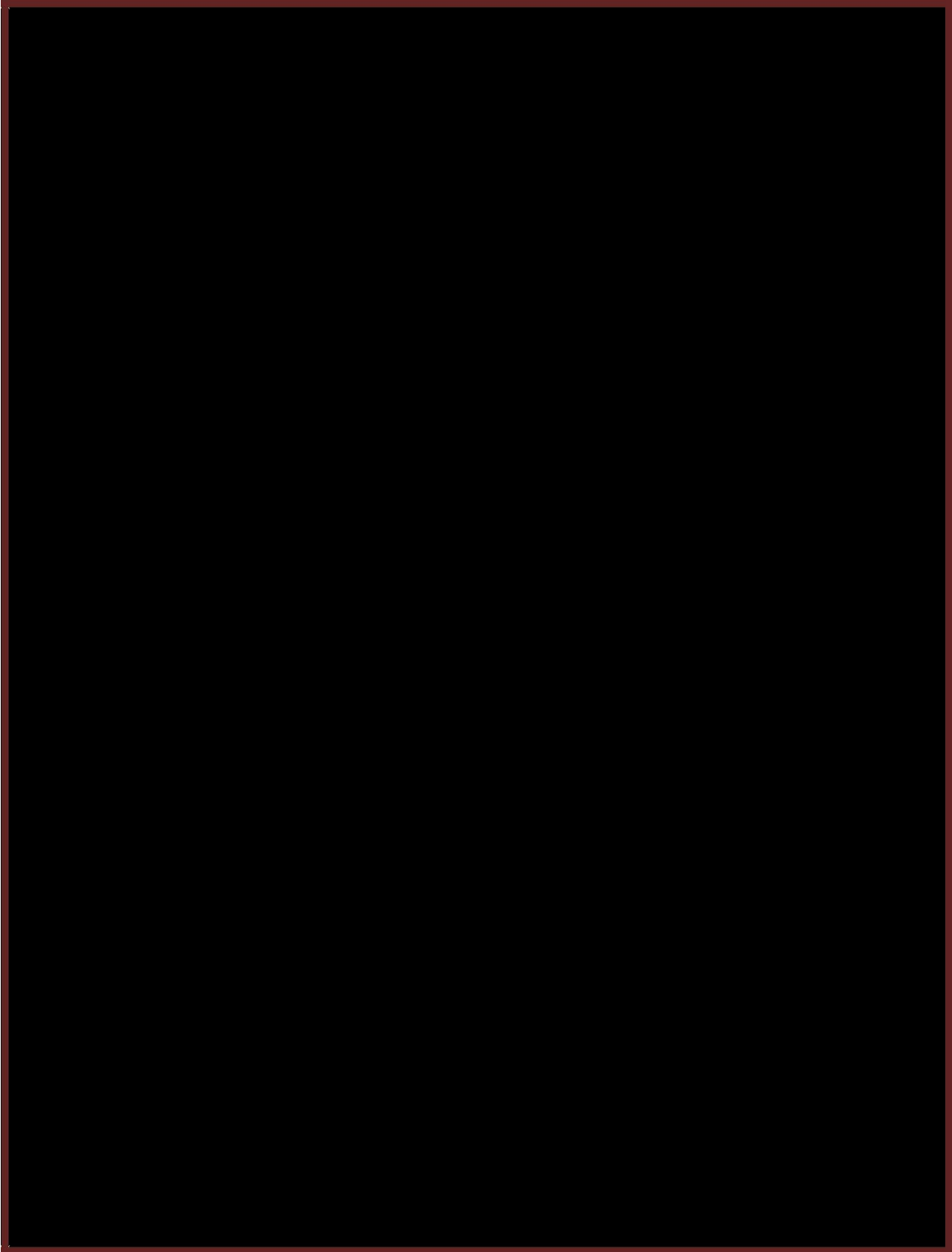
Emotions are a complex series of chemical and electrical signals that your brain will try to interpret so as to produce a feeling. The emotion that you experience at any given time will naturally lead towards a moment of contemplation about what to do thereafter.

It's worth noting that the very same situation if experienced by two people, will conjure up different emotions. One person may have be able to see positivity in an experience while another would be left unmoved or unimpressed by the situation. So what makes the emotions different? We are all driven by our own personal experiences, thoughts and behaviours and often these are learned in those early formative years.

Everyone's experience in life is different and because people are unique, the rich tapestry of life's experiences can be visualised and felt in multiple ways depending on lessons learned, experiences lived and the individual's perception in life. Your emotions are split between your thoughts and your feelings. Your brain is not considering whether your thoughts are positive or negative, it simply responds to them by releasing chemicals and hormones that translate to a feeling. Therefore, the emotion becomes tangible.

From this point, you may respond positively or negatively.

Consider your five senses; they can be triggered by a sight, scent, by sound, touch or taste. Imagine watching a film, one that is deeply emotive. You may feel your eyes well up and you fight back tears. You are connected to this moment. In your conscious mind, try to feel the emotion and note whereabouts in your body that the feeling exists. Perhaps your heart is heavy, or, you feel anxiety, tension or sadness in the pit of your stomach?



When you achieve professional status in EFT, you need to appreciate that each of your client's will be very different. People react in a predictable and unpredictable way to stimuli.

There are lots of different techniques that can be used in EFT but the core treatments are similar in terms of tapping. It's important to take a holistic approach to each client and individual problems and to help them to help themselves.

The Personal Peace Procedure

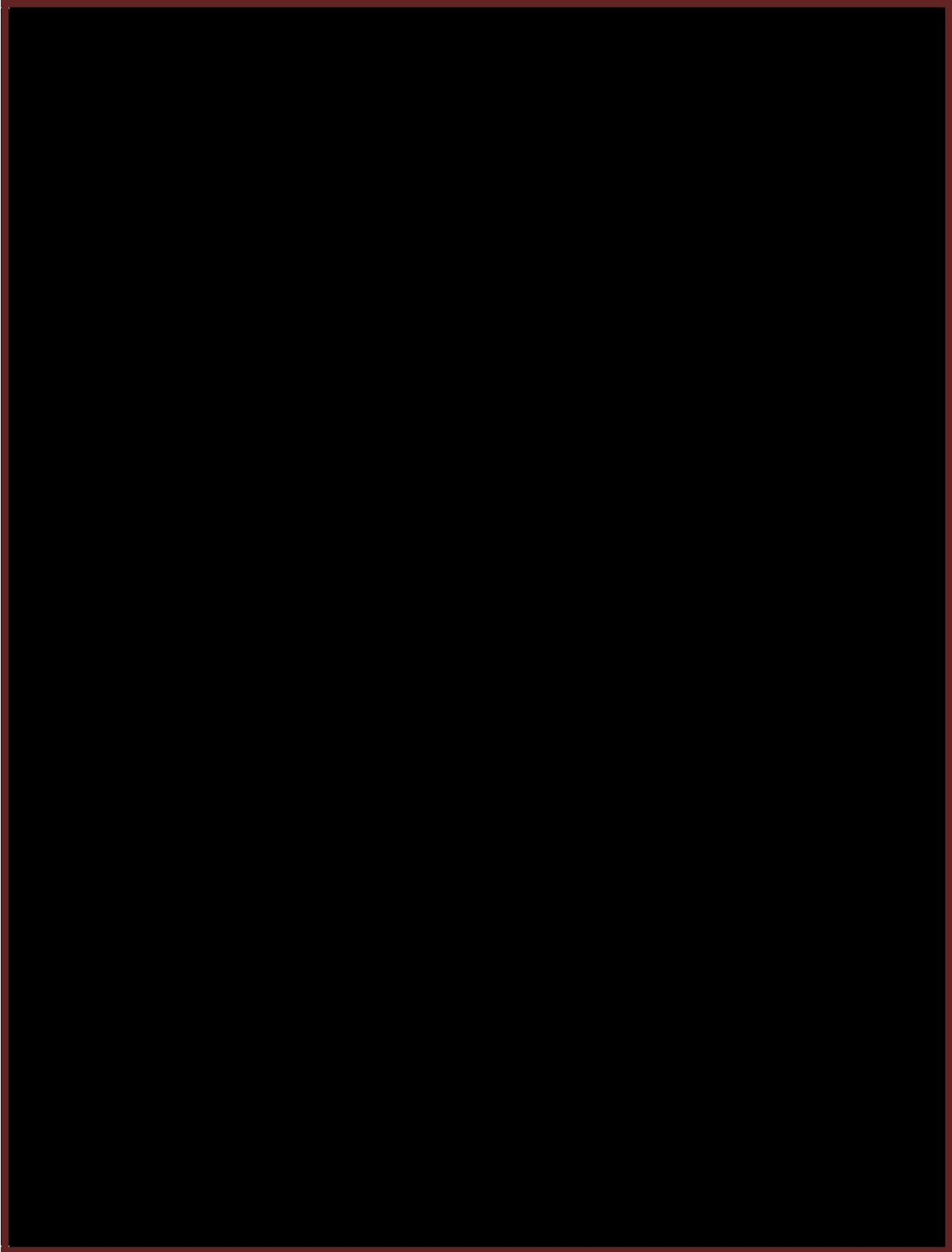
This is an excellent procedure useful to help clients' make peace with any difficulties experienced in life. It works by the client creating a list of all of the irritating events that have happened (those that are regularly remembered). Once the list is complete, it's easier to systematically work through them, applying EFT to each individual item.

Ask the clients whether:

x They provide the same level of energy to any of the problems now as previously?
x Whether they feel guilty or ashamed regarding any of the events?
x How might their thoughts around this event have affected them at the time?
x Do they use food, alcohol, drugs etc. to provide escapism from the event?

Then, clients must assign an intensity level to each item on the list.

They should do this regularly for one month and then assess their progress.



The idea is for the negativity for any event to begin to dissipate so that bad memories or feelings can disappear for good, but if some events remain problematic, the techniques can be continued or increased. It's also possible to break down an event into a series of small scenes, to name each scene and then consider applying EFT separately.

Therapists often use this technique to help transform the energy in connection to former events and this can be a strong healing technique. Why not try this yourself? Buy a notebook and create your

own Personal Peace Procedure Journal.



Module Two

Self-Assessment Task

Task:

Try to find a time when the same experience has been felt by two people. If possible, discuss whether the outcomes were different and if the emotions varied. This will help you to fully understand the complexities of human nature.

This is a self-study assessment designed so you can check your progress throughout. If you have any difficulty completing any tasks, please go back over the module content to ensure complete comprehension. Do not send the completed tasks to The KEW Training Academy.



Module Three

Core Problems

Many clients who come to see you will be hoping for fairly rapid results in terms of issues being resolved. While it's impossible to predict how long before positive results are felt, it is important to be able to manage a client's expectations. There may be underlying issues – ones which the client is not really fully aware of. This can increase the complexity of any situation and the duration. The good news is that the client can learn the relevant EFT techniques and be able to practice at home.

So not every case will be straightforward especially if core issues are buried.

Although a client may come to you with one problem, there are often crossovers of symptoms and so even a diagnosis of sorts can be difficult. Some clients may be reacting to symptoms of stress and certainly, tapping enables blocked energy to flow freely and this can be a great relief to the individual. Tapping will help the emotional and physical symptoms but it will not change the individual's situation, so if the stress continues, EFT becomes the prop rather than an actual solution.

Stress and anxiety very common in this day and age. Feelings of anxiety can be mild to extreme but inner turmoil is damaging and should be eradicated as soon as possible. Accompanying



feelings of anxiety will be nervousness, muscular tension, insomnia and even fatigue. The use of tapping will allow energy to flow freely easing those symptoms of anxiety. It does not eradicate the cause if it is a physical problem – such as an unpleasant boss who continuously puts too much pressure on the individual in the workplace.

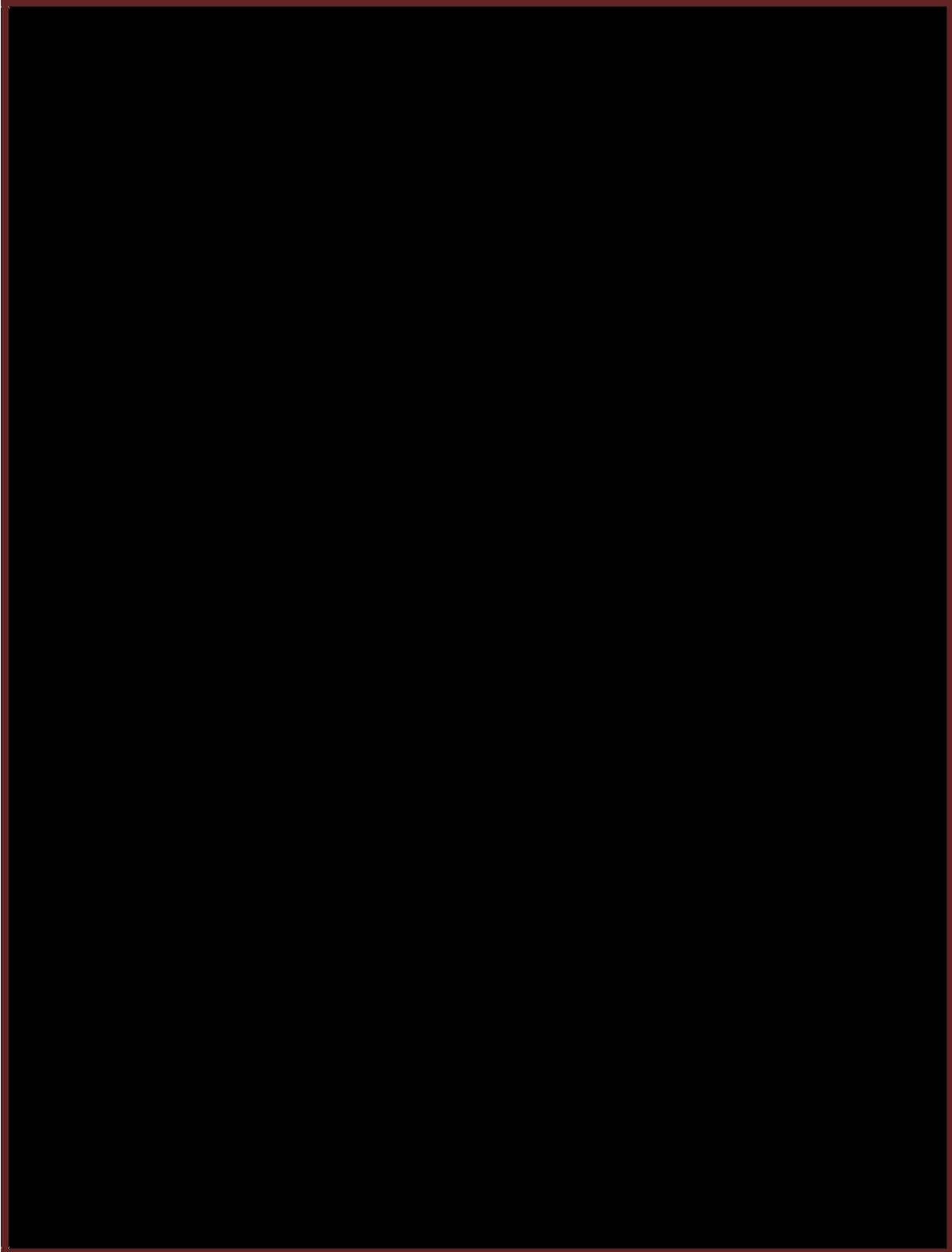
The term depression is often used even when feelings of sadness are experienced. Real depression is totally different as it impacts the individual's ability to cope in life, filling them with hopelessness and even a sense of helplessness. Often depression lowers self-confidence and self-esteem and sufferers may feel worthless too. In a time when antidepressants are handed out frequently, it's good to know that tapping can be beneficial in easing the symptoms of depression. You may have clients who feel depressed but the individual should still seek medical support alongside EFT.

Your client list is likely to be varied. You may have clients with eating disorders as these are emotional habits and their reactions-often quite extreme - can lead to binge eating, anorexia or overeating. When people put on too much weight due to unhealthy emotions, they also suffer from extreme feelings of body consciousness and in some cases, this can lead to anorexia or Bulimia Nervosa. Extreme dieting can also lead to a number of serious health conditions including diabetes and heart conditions.

Because eating disorders relate to severe emotional issues, it is important to support the individual, building rapport and trust and trying to identify core issues. Tapping is used alongside this to help ease the pressure of negative emotions. Tapping can also be used to maintain weight or for healthy weight loss.

Some clients will suffer from long-term pain and tapping can be used to help alleviate the individual's suffering. If a client is attending chiropractic treatments or even acupuncture as a prime example, tapping will also support and maintain the benefits gained from within these sessions.

Relationship issues



Disharmony within relationships is common and conflicts will arise irrespective of the bond between two people. Even when a couple is deeply in love, it does not mean to say that there is no friction between the two, but a lack of communication and where feelings of resentment exist, this can fracture the foundations of even the healthiest of relationships. Because these are emotional issues at the core, tapping can help to improve clarity, to insert some stability to an otherwise fraught situation and to maintain or improve health.

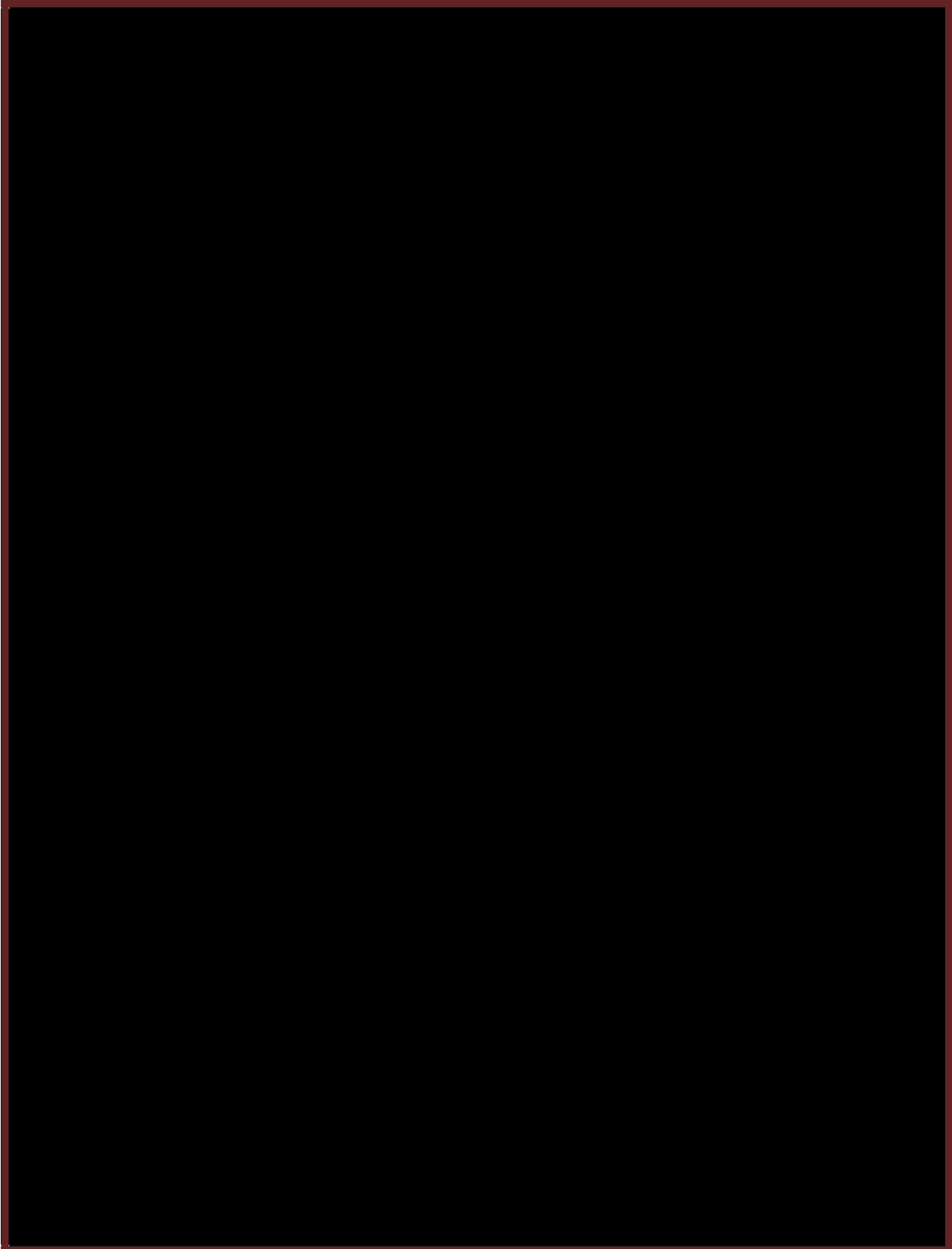
Addictions

Many people succumb to addictions of sorts these days. When we talk of addictions, we usually think of a dependency on alcohol or drugs, but smoking is also an addiction and gambling can be too. There are many compulsive disorders which are also out of control. It's important to note that the underlying cause of any dependency is often feelings of anxiety. The individual will feel weak and helpless, but an addiction does not mean this at all. It's important to get rid of the root cause i.e. anxiety and tapping can do this.

When the root cause has been eradicated, the addiction will cease to be. This will put the individual back in control and they will feel much healthier as a result.

Blood pressure

Problems with blood pressure is another health condition which may be present in some of your clients and it is important to take this seriously. Some will not be aware of it but when possible, medical advice should be sought. For those who are unaware, the damage can be done, as it can affect blood vessels, kidneys and the heart as well as other areas of the body. Tapping along with other de-stressing practices such as yoga and meditation will help to keep positive energy flowing throughout the body, lowering stress levels which will reduce or eliminate high blood pressure.



Pain

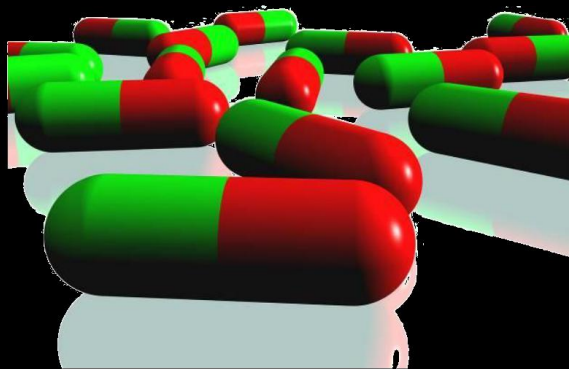
Many people are in pain and symptoms can be mild to extreme. Medication helps to alleviate the symptoms but often individuals are frightened, tired and stressed out by continuous pain. Acupuncture, physio and prescribed medications may help but tapping can help aid a natural release from the confines of pain too.

Tapping serves to alleviate or eradicate many of the issues that cause suffering of sorts (a positive action in itself) tapping also provides additional benefits because when energy is freeflowing throughout the body, it aids a positive outlook, provides clarity of mind and emotional health.

Without pain impeding life, the client can feel some happiness – which can feel like a natural high. Tapping, along with the relevant techniques of deep breathing, will release endorphins and this will raise serotonin levels. So from this you can see that it boosts mood and therefore, is a natural antidepressant.

It is not always easy to cope in life.

Problems when they arise are usually in multiple numbers and interlinked. This is why it can be difficult when meeting clients for the first time and trying to build a connection and to unveil the



crux of the matter. This is because symptoms quite often muddy the true picture and clients can, knowingly or unknowingly, mask the core issues. Once deeply rooted issues are revealed, solutions can be sought.

By energising the brain, there is obviously a greater sense of equilibrium and moods will be enhanced which also impacts every area of life. When someone is feeling overwhelmed with problems and often unwell as a result, it can be difficult to improve mood and well-being as they are confined within the stranglehold of stress.

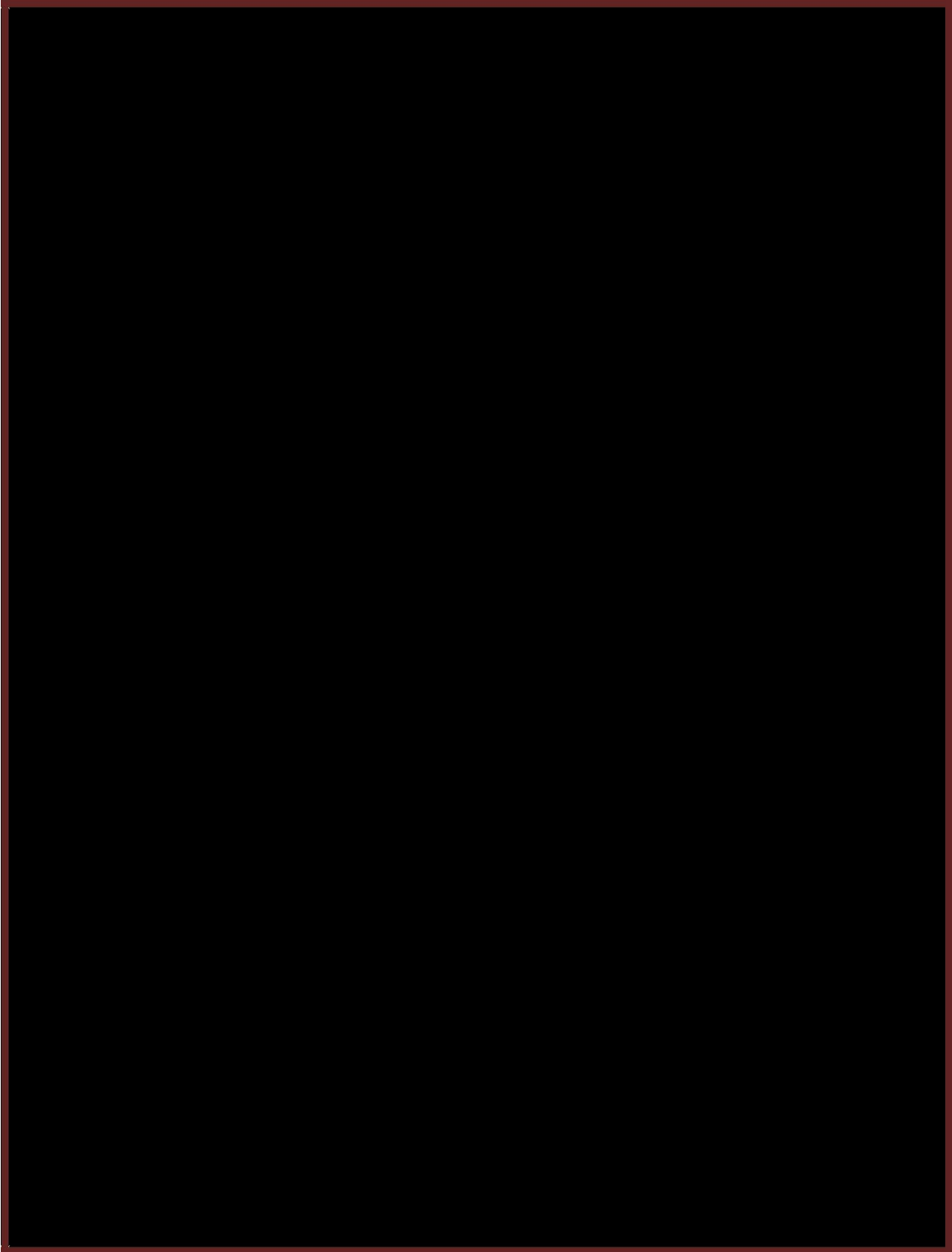
Tapping can lead to feelings of calmness and serenity.

So the solution is to improve moods, enabling them to feel more positive which will in turn, override negatives. Once improvements have started to happen, the client will naturally have greater focus and be able to concentrate more readily simply because their energy levels are free and circulating.

With improves concentration, they will be out to identify and deal with any matters much more succinctly. In addition, when someone starts to obtain feelings of inner peace, they lose their fears and become free from anxieties and stress. Automatically, relationships improve and become more positive as there is less tension and fear. When mood is enhanced in one person, it is contagious and has a ripple effect on others. In fact, when the client starts to feel better about themselves, the whole world takes on a rosy glow and becomes a nicer place.

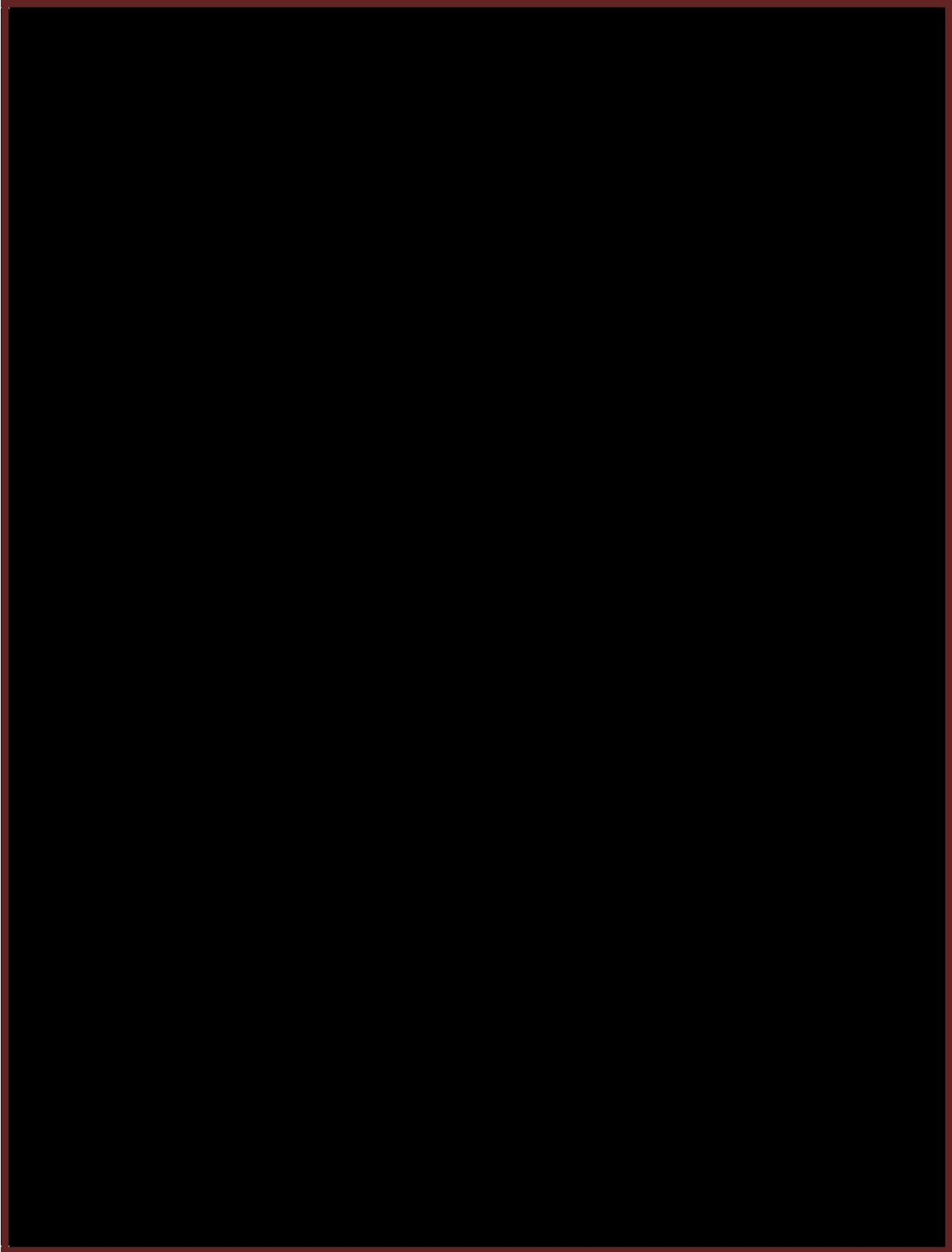
Clients will start to experience an improved quality of life.

They will fret less and will get things done without worrying. There will be a natural increase in productivity because the way forward is clearer. This is productivity at home and work. This



may sound too good to be true even if you are a believer in EFT, but with tapping, it is possible to eliminate the stress and anxiety experienced and then, to help the client process new information, increasing their capacity to make more informed decisions.

When the brain is clearer, the increase in positivity and capability is substantial. Negative emotions, anxieties and fears only serve to weaken the individual, tiring them and putting obstacles in the way. EFT can help the individual to see the true path in life and to make it a far more enjoyable journey.

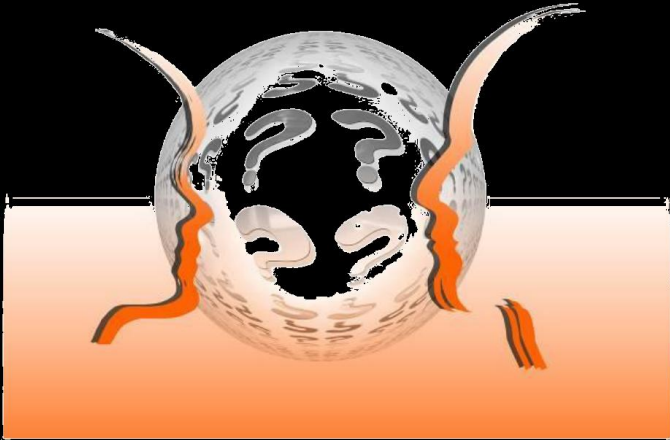


Module Three

Self-Assessment Tasks

Task:

How can tapping help with common problems?



This is a self-study assessment designed so you can check your progress throughout. If you have any difficulty completing any tasks, please go back over the module content to ensure complete comprehension. Do not send the completed tasks to The KEW Training Academy.

Module Four

How EFT Works

EFT works on the ethos that problems may be as a result of a disruption within the body's energy system and this is the source of negative emotions. We all know that the human body is made up from electrical energy—consider when you feel pain. The sensation is transmitted electronically and relayed to your brain in an instant. Once the pain has been acknowledged, it forms the reaction.

It makes sense that electrical messages are consistently transmitting to the brain and our senses are engaging all the time even if we don't have conscious thoughts about a situation, it is an automatic response that our senses are still analysing scents around us, we take in images of the view and any sounds etc. The electrical impulses send the details directly to the brain and, recognition occurs.

A word cloud shaped like a closed mouth, filled with negative and defensive terms. The words are arranged to form the lips and the interior of the mouth. The most prominent words include 'closed', 'aggressive', 'defensive', 'grandiose', 'insensitive', 'pretentious', 'impressive', 'secretive', 'indulgent', 'invulnerable', 'protective', 'compliant', 'shielded', 'dramatic', 'passive', 'resistant', and 'reactive'. The background is black with colorful icons like hearts, snowflakes, and stars.

offensive
insensitive
closed
aggressive
grandiose
defensive
grandiose
insensitive
pretentious
impressive
secretive
indulgent
invulnerable
protective
compliant
shielded
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passive
resistant
reactive

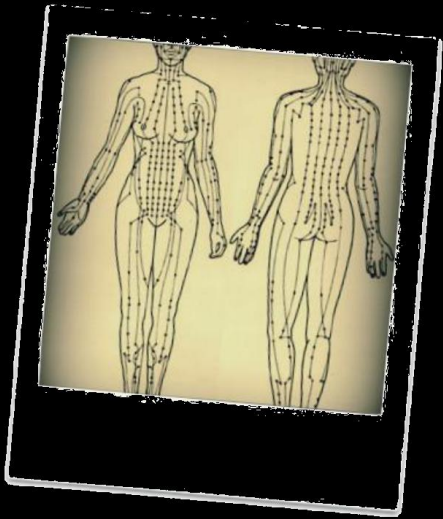
A word cloud shaped like an open mouth, filled with positive and open terms. The words are arranged to form the lips and the interior of the mouth. The most prominent words include 'Breathe', 'Open', 'Hold', 'Thank', 'Empathize', 'Reflect', 'Attend', 'Release', 'Observe', and 'Sense'. The background is black with colorful icons like hearts, stars, and circles.

Follow
Appreciate
Be with
Embrace
Open
Hold
Thank
Breathe
Open
Empathize
Reflect
Attend
Release
Observe
Sense

There is no doubt that we are comprised of electrical energy and this is backed up by medical science using electroencephalographs (EEG's) and this records all electrical activity of the brain and also electrocardiographs (EKG's) which record electrical activity of the heart.

Until now, you may have not considered how we can use this energy so that we can become more positive, happier and feel more balanced in life.

Meridians



If you've never heard of meridians, they are electrical circuits. Consider them the routes around the body in which energy travels – making their way to the brain as in the above image. Chinese health practitioners discovered meridians 5000 years ago and they form the foundation for many therapies of today including acupuncture, massage therapies and acupressure.

Although many cultures around the world have long understood the prospect of energy within the body, the Chinese were able to detail it in depth. EFT works on blocked energy meridians. Those times when an individual feels out of sorts, constricted, or if feeling that something is wrong. This occurs when natural positive energy is unable to flow along the meridians of the body to the relevant areas of the brain. There is an analogy in EFT which describes the flow of energy that occurs between a magnet and the door of a refrigerator.

Consider that the magnet holds your daily schedule to the front of the refrigerator, but if you place the non-magnetic side of the magnet to the refrigerator, your schedule will fall to the floor. This means that it is important to connect the positive side of the magnet to the negative side of the refrigerator door so that it generates energy flow and, holds the schedule in place for you. When your internal electrical circuits are opened, it allows your body to function at optimal levels.

Although it is not necessary to remember all of the meridians throughout the body, just understand that when a disruption occurs in the energy system, illnesses or emotional distress can occur. So, when it comes to treating others, it's important to ensure that their energy power is open and working sufficiently to allow positive energy flow.

Tapping works and importantly, tapping works quite quickly.

To some people, it may take just one session. For others, it may take several sessions. Some people will find that the changes are gradual, others will feel a slow but positive improvement. It is the consistency of tapping that really matters.

This is understandable when you consider that people tend to visit a doctor or an alternative health therapist when they are in pain or worried about a

health problem. Once they start to feel better, they forget the pain that they were in and often miss out on their maintenance visits thereafter. But maintenance sessions are extremely important, patients are booked in for a reason and although by missing one, it does not mean that the person will feel ill, it's important to advise clients that these maintenance sessions help to keep the body in harmony.

Tapping is best done daily. It eliminates negative energy that is at the root cause of the problem – whether mentally or physically. The intention is to always clear any blockages of energy and by doing, so the energy afterwards is allowed to flow uninhibited throughout the body and to the brain.

Once positive energy is flowing throughout, negative forces will gradually dissipate.

Initially, you will want to see your clients a few times. Primarily to determine the symptoms and the cause of any issues and then to begin the healing tapping practice. Depending on the client's situation, it may be possible to then teach them some basic tapping practices which they can use every day at home.

Advise clients that sometimes underlying problems may come to the surface.

Module Four

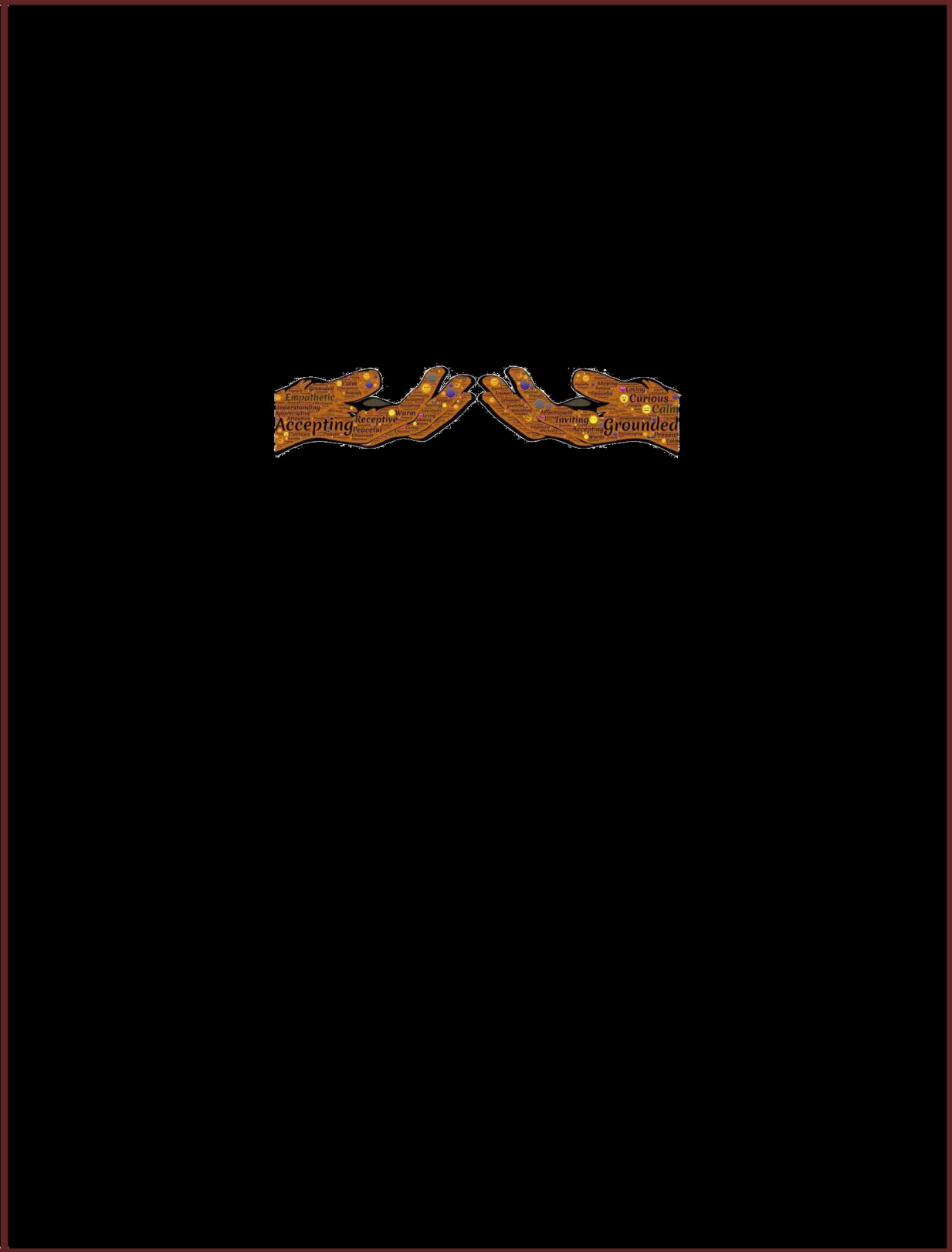
Self-Study Assessments

Task:

What are meridians?

Task:

How long does it take for tapping to start working?



This is a self-study assessment designed so you can check your progress throughout. If you have any difficulty completing any tasks, please go back over the module content to ensure complete comprehension. Do not send the completed tasks to The KEW Training Academy.

Module Five

Tapping Routine



EFT tapping routine

There are four basic steps in the EFT tapping routine and these four steps have to be carried out in a specific order. To become fully familiar with the steps and to be able to utilise them in a proficient manner, it's a good idea to try out the routine on yourself. You may need to do this quite a few times so that it embeds in your conscious mind. It is not complicated but it is important to be fully familiar with the location of the tapping points on the body.

During the EFT sessions you tap (or rub) certain meridian points and say a phrase as you do so. Locating these points is of course important because they are the end of the major meridians and the idea is that they begin to stimulate energy around the body when tapped. It is also important to focus on the intent so to have a clear goal while doing so and this can take the form of the key phrase used.

The sore spot

The sore spot is an acupuncture meridian relative to the lymphatic system. It is called the sore spot because it feels tender to the touch and this is because lymphatic congestion occurs at this point. The sore spot can be found between the collarbone and nipple and the sore spot should always be treated gently (rubbing) as opposed to tapping upon it.

The karate chop



The karate chop is located in the midst of the fleshy part of the side of the hand. You can either tap both fleshy parts of the hands together or use the fingers of the other hand to tap firmly in this area as in the example above.

Eyebrow (EB)



The eyebrow tapping point can be located at the start of the eyebrow or, at the point where the eyebrow meets the top of the nose

Side of eye (SE)

This tapping point can be located on the bony part alongside the eye but slightly towards the temple.

Under the eye (UE)

This tapping point is located underneath the eye but in direct alignment with the iris, you'll find it on the bony part.

Under the nose (UN)



This tapping point is located beneath the nose but above the top lip.

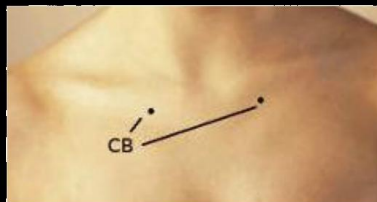
Chin (CH)

This tapping point can be located in the indented part of your chin so found between the bottom lip and where the chin protrudes.

Collarbone (CB)

Tap just beneath the collar bone area.

Under arm (UA)



This tapping point can be found approximately 4 inches below the armpit at

the side of the body.

The finger points

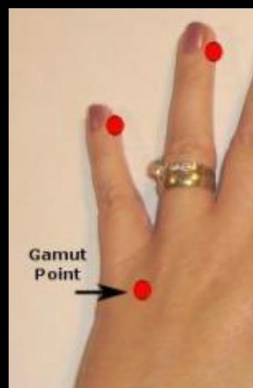
The finger points are on the outside edge of the finger and is located where the nail meets the skin as depicted in the image.

Thumbnail (TH)-located on the outer edge of the thumbnail



Index finger (IF)-on the outer edge of the index finger nail

Middle finger (MF)-located on the outer edge of the middle fingernail
Little finger (LF)-located on the outer edge of the little finger nail. See image below.



Gamut point (GP)-located in the crease between the little finger and the

ring finger (on the back of the hand). See above image.

Working with EFT

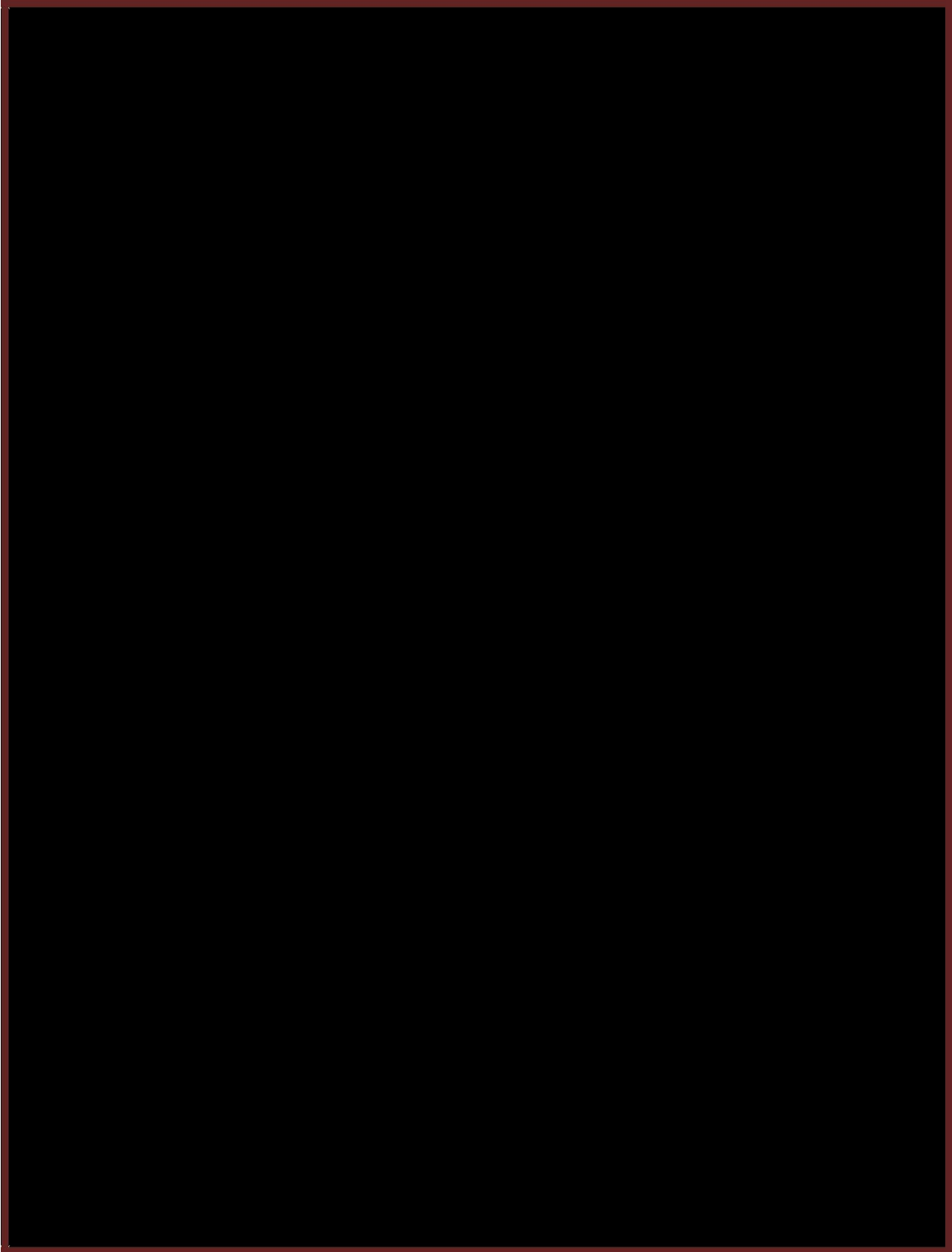
Before learning anything else in EFT, it's wise to practice awareness of these points so that you can quickly locate them on yourself and one others. Take a good look through the photos and consolidate the placement, committing it to memory, so to establish where the points are on each of the tapping points listed above. You can use either hand to do the tapping motion but most people use their dominant hand. Use the index finger and middle finger for tapping or, two fingers of choice. Alternatively, tap with the flat of your hand. It is more important that the movement feels comfortable.

Each point should be tapped rhythmically 7 or 8 times. Don't tap too fast or too slow. It doesn't matter which side you use during the sequence. To gain the most benefits from an EFT session, it's best to give yourself time to practice (initially, you will be slower due to locating the correct points). Make sure that you have some time to yourself as you work through the sequence and will not be disturbed. Make sure you are hydrated before starting too. You may find that during the session, you start to feel a little lightheaded or even emotional but don't worry if you do, these feelings are quite normal and if possible, you should just continue the sequence.

As you tap, it's important to choose and say your desired phrase and this can be anything that suits your state of mind at that time. Spend time considering your phrase, it must be relevant and said with meaning.

Use this tapping sequence every day.

Before moving on to the basic steps, do spend time to become familiar with these tapping points and once you have memorised the sequence and identified the points, the process should take you proximally two minutes. This is even if you are a complete beginner to EFT. Once you're ready, let's move on to the setup.



By setup, we mean that you have to identify the issue of concern and then focus your intent as this disrupts the energy system. You then rate the intensity using the Subjective Units of Distress Scale. Then, create an appropriate phrase for the issues experienced and start rubbing the sore spot (remember to be gentle) or tap on the karate chop point all while repeating your created phrase 3 times. This sequence will help to remove the blockages.

As previously stated, the best way to be able to teach others is to work through any issues or problems of your own first bearing in mind that future clients may have a multitude of problems which they need to deal with. You must feel confident in your approach and know the benefits of EFT through personal experience.

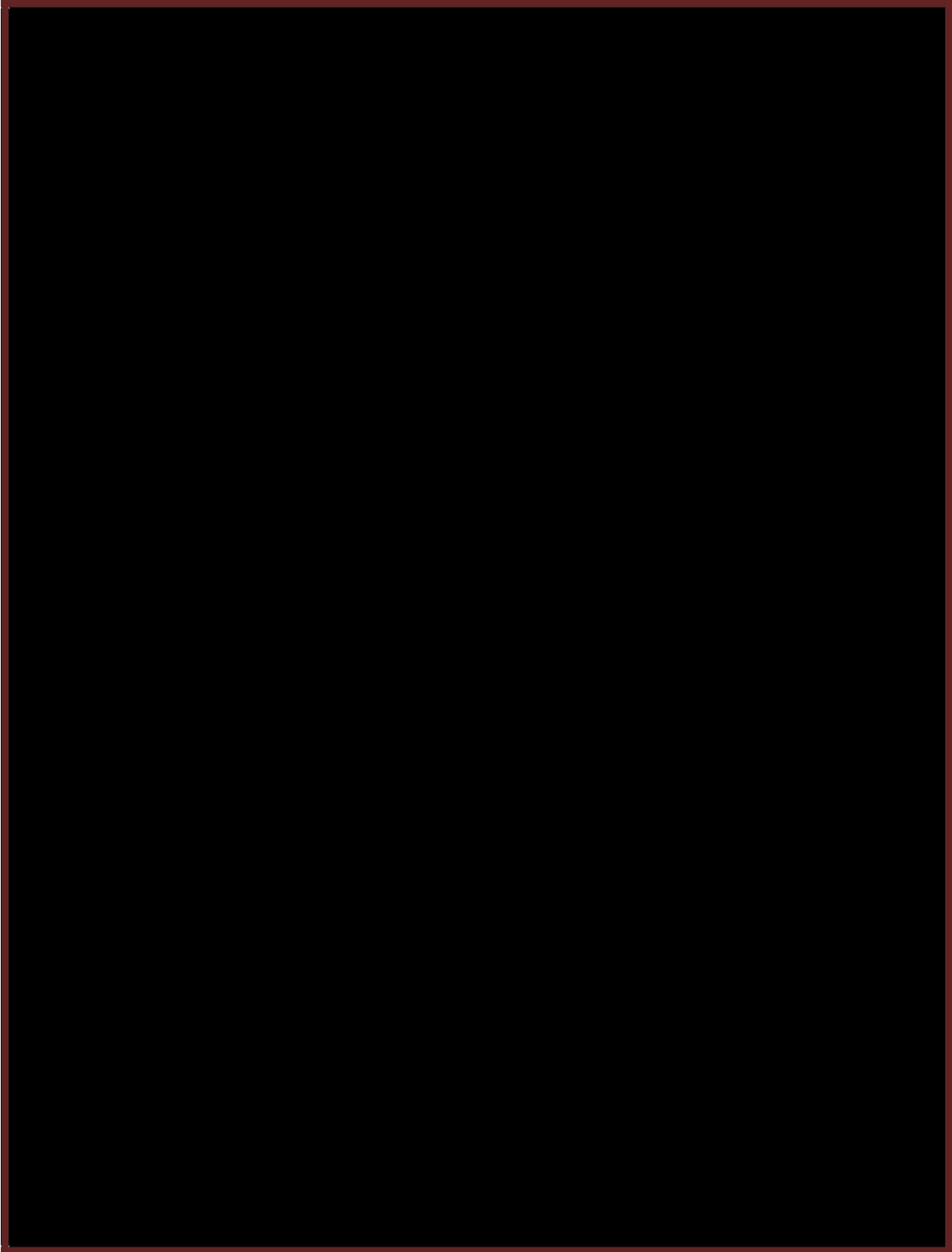
It can be difficult initially to ascertain the area of importance upon which area to work or indeed, to be able to identify the core issue. Sometimes issues may be relatively minor - you have a headache, but at other times there may be larger issues which are affecting you on an emotional or physical level. So the headache might be the symptom but the core issue may be hidden.

When you think about the problem, it's important to determine how it makes you feel and whereabouts in the body the sensations are experienced. If the situation is making you feel angry, you may feel it in the pit of your stomach or even in the chest area.

SUD

We have just mentioned SUD, it is an acronym standing for Subjective Units of Distress. It was developed in 1969 by Professor Joseph Wolpe and is used to measure the intensity of distress experienced while recalling a memory or a situation. To help others, you first will need to focus on the problem that you wish to work with and then to measure the level of distress experienced and consider the intensity of that feeling.

Once you have done so, make a note of the feeling so that you will then be able to judge the difference before using EFT and afterwards. Do remember that when measuring intensity, it



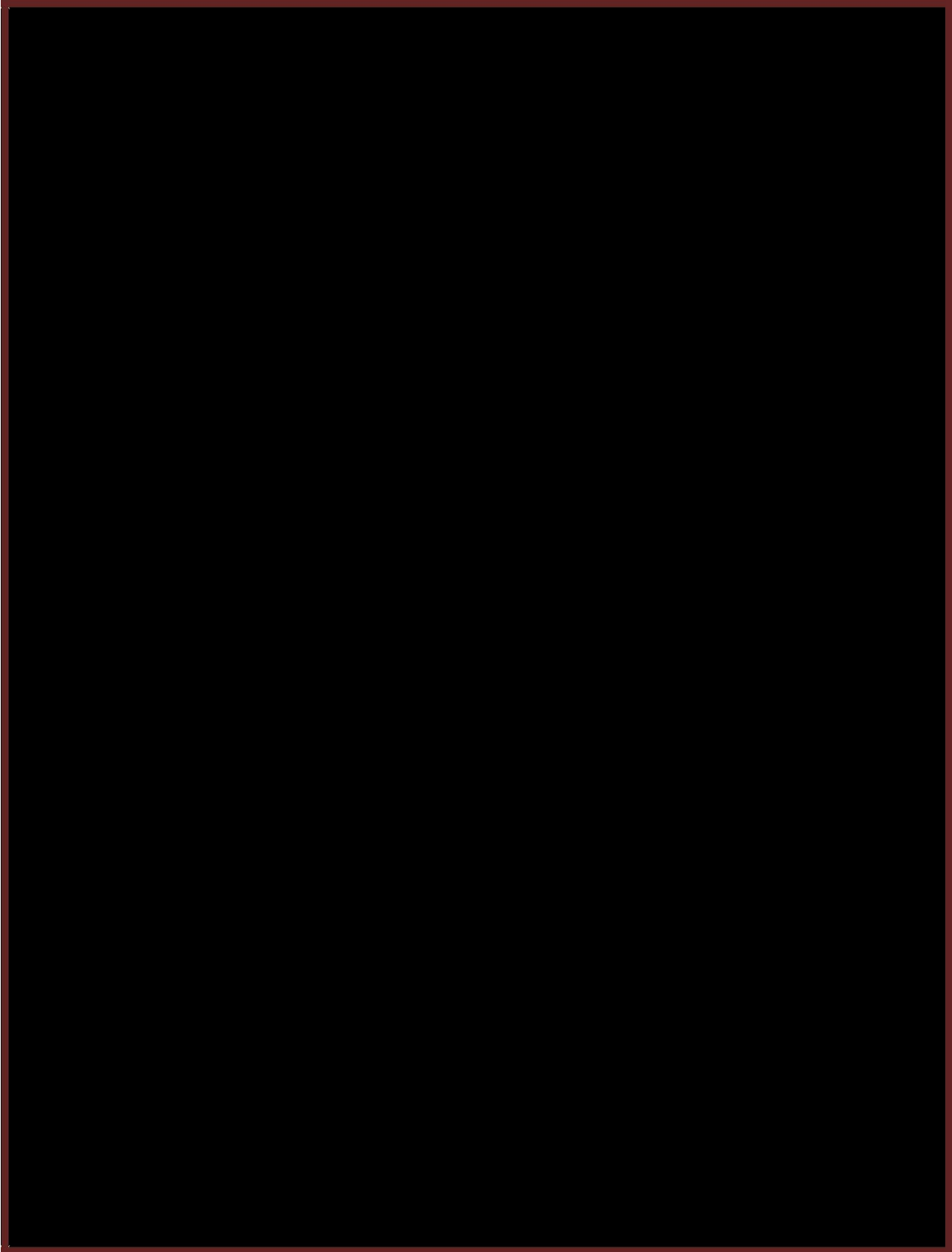
must be recorded at that present moment, do not imagine it or guess. To be able to recall the extent of an emotion, think about the situation that caused any feelings of anxiety, bring forward any dark or deep emotions and this should bring it all flooding back. Once the problem has been identified, it's important that you create the setup phrase and this is used at the same time as the tapping routine. Make sure that the phrase is meaningful and then repeat this phrase 3 times while you are utilising the sore spot or the karate chop point. When using the sore spot, rub the area very gently in a circular motion and you can use the index, middle and ring fingers, just the tips in a gentle fashion.

Practitioners of EFT call the setup phrase - the affirmation but this is different than it sounds because usually an affirmation is positive in nature. In EFT, the negative aspect is focused upon. This is done because it helps to bring the issues back to the surface. A strong focus must be kept on the negative throughout the whole routine because the destruction of energy enables the techniques to begin to work. Try to be as specific as possible when describing the problem. You can specify where the situation is taking place and describe the physical location i.e. within the body, you can also use an individual's name if it is relevant (perhaps a partner or a colleague is causing distress) and this personalises it so that the benefits are positive ones. It is of course best to make these types of personal affirmations in private.

So the first part of the setup phrase simply acknowledges that there is a problem and also how you feel about it. The second part works on the acceptance of your feelings and also how willing you are to be able to resolve or let go of these issues. So you would begin the setup phrase with,

Although or Even though....

Then, follow up with the acceptance part of the phrase.



These words are tried and tested and they do work and it is a very important feature of EFT and should be followed accordingly. You or your clients may find the acceptance phrase a little uncomfortable at the beginning, but that's okay, this is all working towards recovery.

Here are some examples:

Even though I feel bad about not passing my exams, I accept that I was doing my best.

Although I still feel guilty talking badly about my best friend, I accept that I am not a bad person. I really want to heal even though I know I am holding on to feelings of resentment.

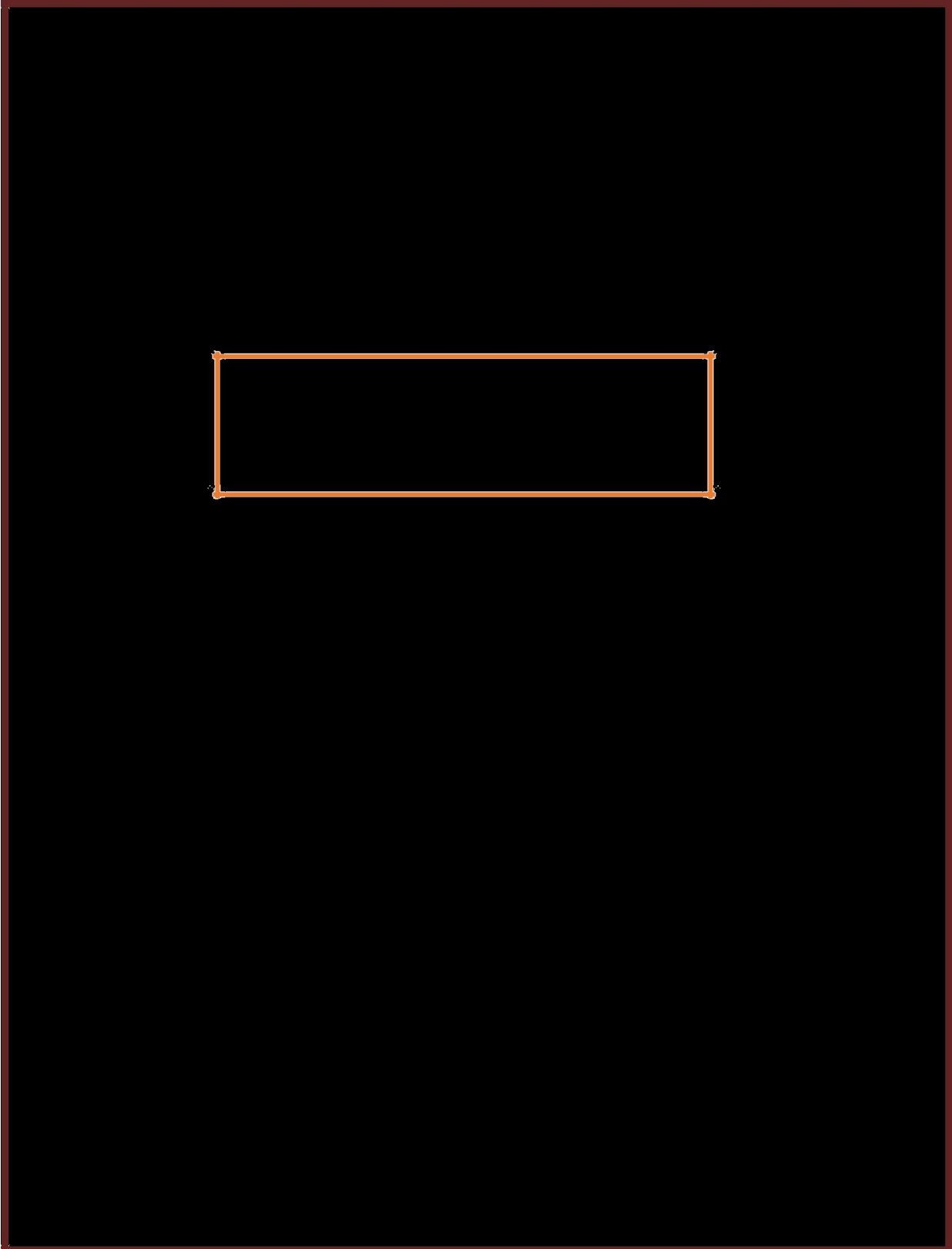
By rubbing the sore spot or karate chop spot and saying your chosen phrase out loud, it will remove any blockages ready to aid EFT treatment.

EFT can be used to help alleviate many different ailments – health conditions do not have to be substantial, consider the common headache as a prime example. Headaches are painful and disruptive to daily life even though they are not usually indicative of anything serious. Here's how to treat a tension headache that is affecting the right eye. You simply need to change the wording if you experience a headache over the over eye.

Example:

Rub either the sore spot or tap on the karate chop point and at the same time say;

Even though I have a bad headache over my eye, I care for myself and accept myself.



(You can also be more specific by stating where the headache is...i.e. over

my right or left eye)

Do this 3 times.

You then go over the remaining sequence– tapping on these meridian points and shortening the phrase (now called the reminder phrase) saying...

This headache or headache over the right eye.

Tap approximately 7 times on each meridian point. Remember to try and breathe evenly as you do so.

Sequence reminder:

EB – Eyebrow

SE – Side of Eye

UE– Under Eye

UN – Under nose

CH– Between Lip and Chin

CB– Collarbone

UA – Under Arm

TH– Outside of Thumb

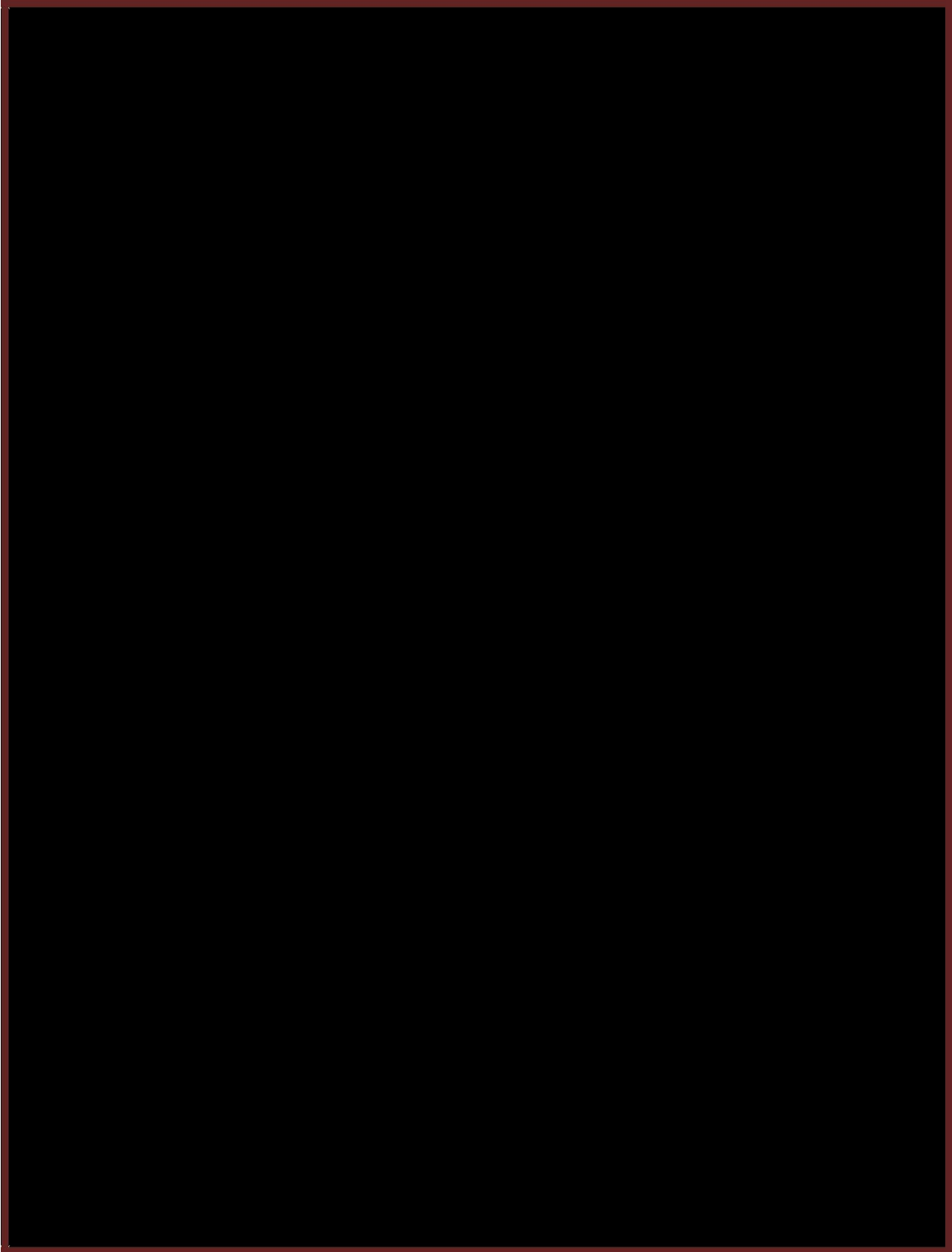
IF– Outside of Index Finger MF- Outside edge of Middle Finger LF–

Outside edge of Little Finger

State your shortened (Reminder Phrase) as you do so.

Now it's time for the Nine Gamut Procedure.

This is an excellent brain balancing exercise.



This works to stimulate your imagination, memory and internal dialogue. You have to roll your eyes and need to 'hum' a tune which works with the right brain activity and, then count. Counting engages the left brain.

The gamut point is located on the back of the hand – look for the spot between the knuckles of the right finger and little finger and approximately 1 centimetre up.

Tap the Gamut point continuously while you complete the following steps:

1. Close your eyes for a moment
2. Then open your eyes
3. Without moving your head, look down to the right
4. Without moving your head, look down to the left
5. Now, roll your eyes in a clockwise direction (ensure you exaggerate the eye-rolling movement)
6. Roll your eyes in an anti-clockwise direction ensuring exaggerated movements
7. Hum. This could be any song. Continue for approximately 5 seconds.
8. Now count out loud... 1,2,3, 4..5
9. Now move onto the following steps as shown previously.

Repeat the sequence below – while tapping on the meridian points and repeating the 'remember shortened phrase'.

EB – Eyebrow

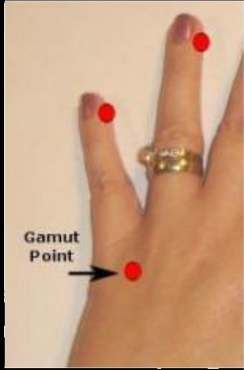
SE – Side of Eye

UE– Under Eye

UN – Under nose

CH – Between Lip and Chin

CB– Collarbone



UA – Under Arm

TH– Outside of Thumb

IF– Outside of Index Finger MF- Outside edge of Middle Finger LF–
Outside edge of Little Finger

After each round of EFT, breathe gently in and out. It's time to evaluate.

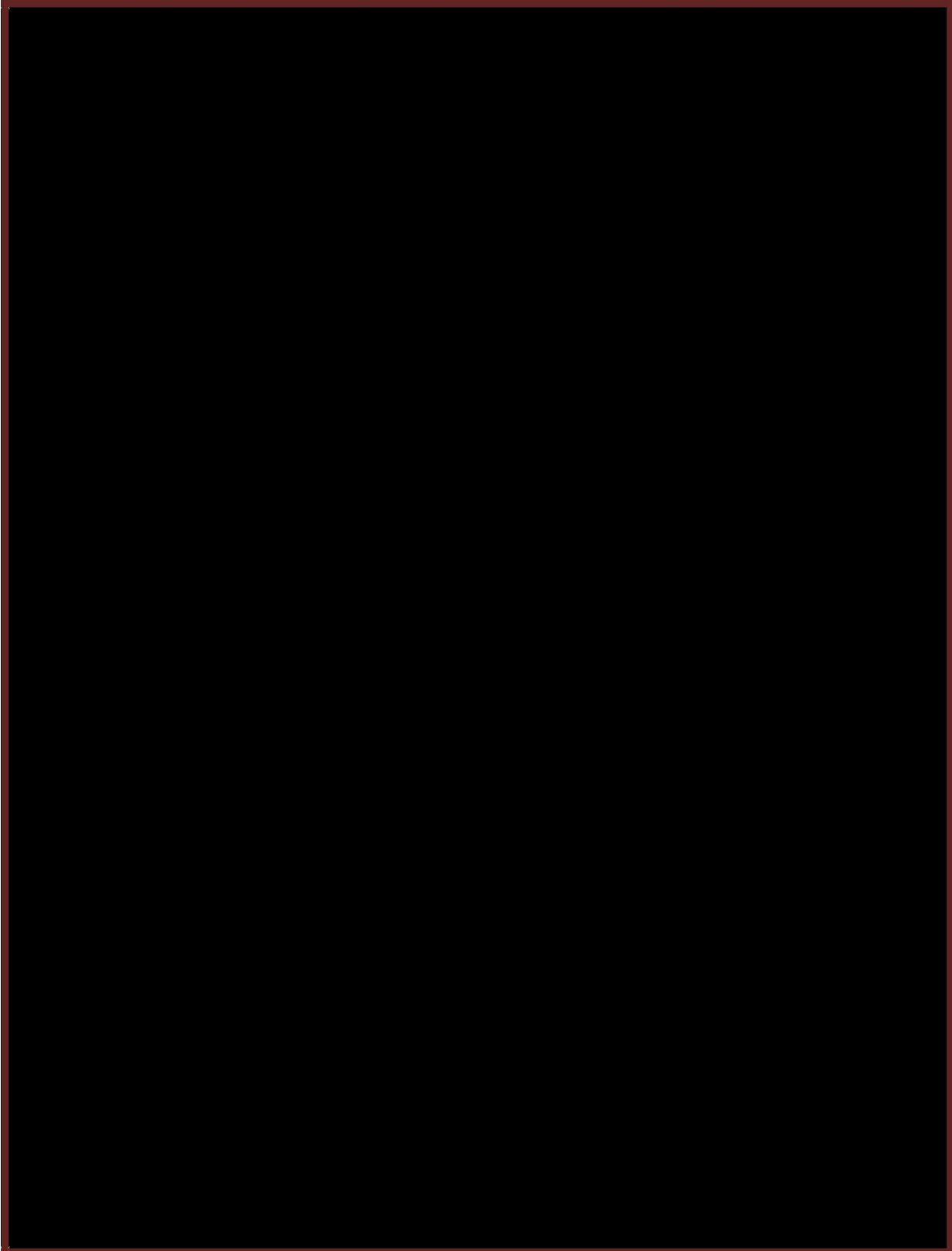
You can evaluate progress using the SUD (Subjective Units of Distress Scale). Be honest as you do this, you are aiming for your distress levels to come down to 0. Do another round of the above sequence and then check the SUD again. Remember, don't let your mind wander as you do so. Stay focussed and consider your phrase– meaning every word as you do so.

Remaining Problems

Sometimes, one round of EFT is sufficient and at other times, you will need additional rounds so to reduce the intensity of any problems. You can repeat the first steps of rubbing the sore spot or tapping on the Karate Chop point and this time, amend your phrase to:

Even though I still have some headache left over my (left or right) eye, I completely accept myself.

Or...



Even though some of my headache is remaining over my (left or right eye), I completely accept

myself.

Note when embarking upon the shortened phrase, remember to use STILL or REMAINING in the adapted phrase.

Now repeat through all the previous steps: EB– Eyebrow

SE – Side of Eye

UE– Under Eye

UN – Under nose

CH – Between Lip and Chin

CB– Collarbone

UA – Under Arm

TH– Outside of Thumb

IF– Outside of Index Finger MF- Outside edge of Middle Finger LF–

Outside edge of Little Finger

Then check out the SUD once more and see whether the headache has reduced. If not, repeat steps 1 and 2 and using the remaining phrase.

Note:

If you are tapping for your own benefits or, for others, please be aware that you may find a surge of emotion rising up as a result of negative pain or emotion. You can use this point to help release inner pain or emotion when necessary.

Here's a CHART to help you remember the whole process.

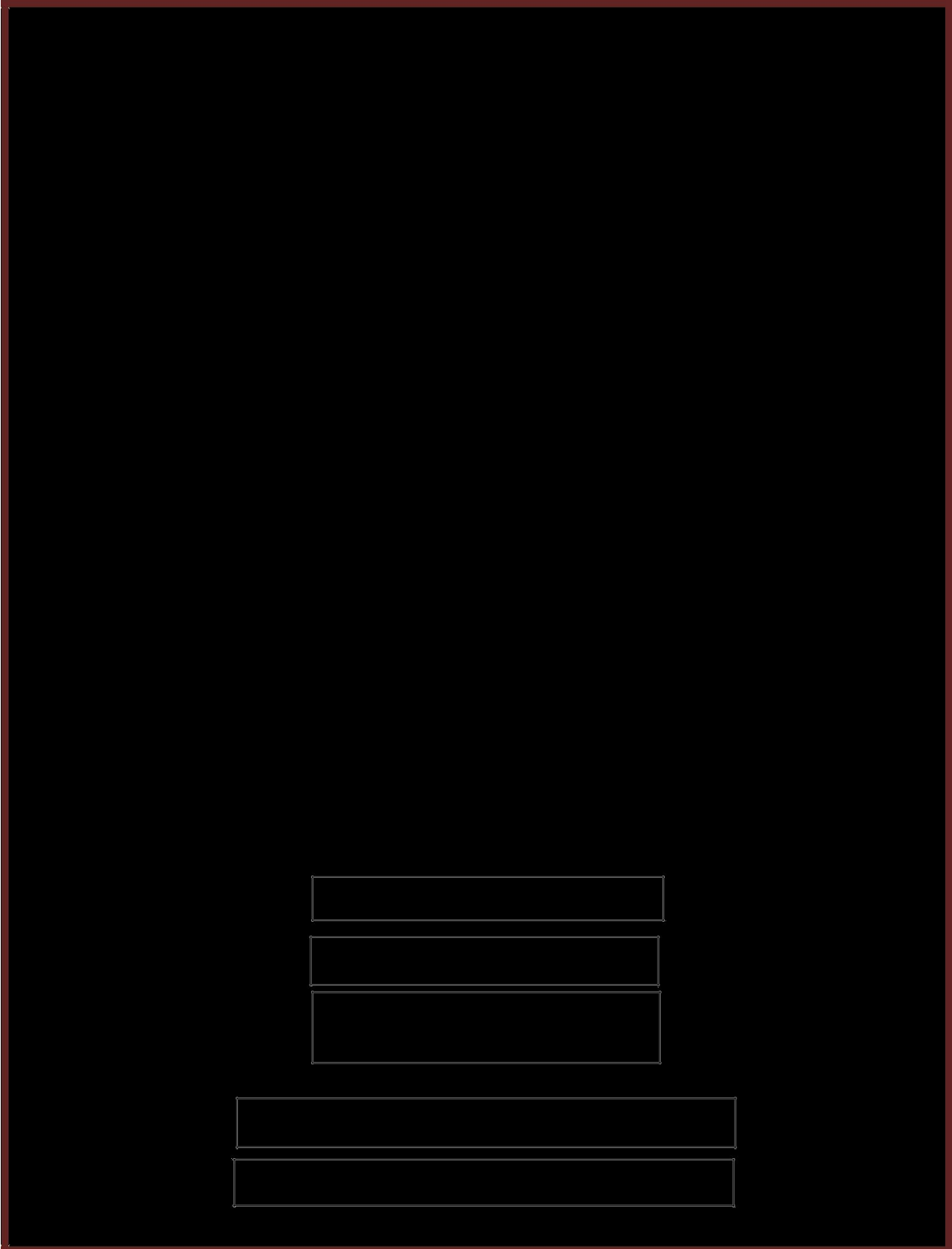
Identify the problem

Identify aspects of the problem

Create the appropriate EFT setup phrase

Using SUD scale – measure the intensity

Carry out EFT tapping routine



Partial relief? Apply EFT again – using STILL or
REMAINING Complete relief? Test using SUD^{No relief?}

and re-apply when necessary^{Use full routine.}

When dealing with a client, know that there are often underlying issues which may not be revealed. This can make a big difference between success and failure. Progress can be measured by the client realising that the intensity of feeling is starting to reduce and that their pain in connection to any circumstances has now lessened.

Clients may report:

- x Tightness and tension within the muscles begin to dissipate
- x There is tingling around the mouth
- x They feel sleepy
- x They feel emotional
- x There is tightness in their chest or shoulder area
- x They feel relaxed

Symptoms of change will vary per individual, reassure your clients in that these just highlight changes that are taking place and this is good news.

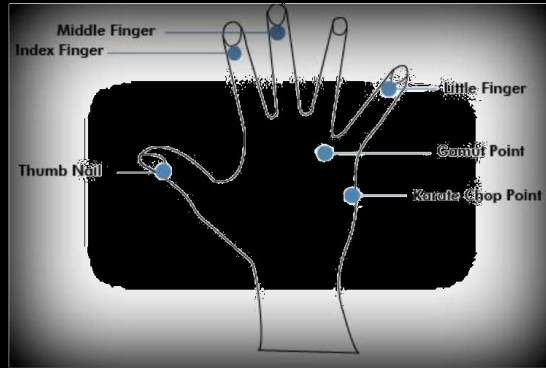


Module Five

Self-Assessment Tasks

Task:

Try out the steps depicted in this module and practice until they are completely familiar to you. You can also try them out on others so you are used to talking your clients through these steps. Keep a note of your progress as you do so.



This is a self-study assessment designed so you can check your progress throughout. If you have any difficulty completing any tasks, please go back over the module content to ensure complete comprehension. Do not send the completed tasks to The KEW Training Academy.

Module Six

Progressing in EFT

The basic tapping routine as previously described works really well but there will be occasions when clients might not respond as expected and you may need to investigate a little further to fathom any deeply rooted issues.

Although EFT is really successful, each client is unique and may have a variety of issues or health problems and so it's impossible to apply a 'one therapy fits all' type of approach. So in this case, it is paramount to drive forward to the root of the problem through communicating openly with your clients or, through asking a series of open questions which prompt your client to reply.

Use questions starting with....Who, Why, What, Where, When. These prompt the client to respond rather than to say yes or no to general questions.

Once you are able to eliminate many of the obstacles in place, you will find that your success rate starts to improve. Remember that people rarely have just one issue and sometimes, easy to ascertain issues can mask the more relevant ones.

In EFT, practitioners call the various parts of problems 'aspects' and so, each aspect has to be treated with EFT before full relief is experienced.

Sometimes, only one aspect is needed to be resolved and the others begin to fragment and dissipate, it depends how long since they occurred.



Once you have found the core issue, this is the aspect that you work on. It's also worth noting that some aspects may seem minor to you and you may miss treating them because you feel that they cannot cause any real distress, but just because they seem minor to you, does not mean that they will seem minor to your client.

Sometimes experiences can be traumatic but for the client to be able to move forward, they must be able to talk with honesty and confidence. If they can't, you do need to know the right questions to ask so that you can get results. Obviously, if you can build rapport and trust with the client, they will in time be more likely to reveal these aspects to you. Sometimes you have to go through the whole of the EFT experience, in order to be able to eliminate aspects.

Just remember that on the odd occasion where EFT is not working, it's usually because you have not addressed the relevant aspects. Bear in mind that when not treated fully, problems will return. Also aspects may not be a physical problem or event, they can be emotional and linked to occasions when your client was emotionally hurt through negligence or a throwaway remark that was hurtful.

It's important that the client is specific when they want results.

You can guide them through this process right from the start, reminding them of the importance of saying what they mean as they break down aspects of the problems. Ultimately, what you are looking for is the absolute trigger that has caused the emotional intensity i.e. is connected with the memory or of the actual event. When you can identify the core issue, it is important to be able to find the key to unlock the problems that cause the reaction. You also need to listen to the words that are used when describing the feelings of anxiety experienced, this is where you need to use your intuition and where necessary, write these words down to build up a case history. Sometimes by analysing the words, they can be very revealing and help to identify core issues. There's no doubt that this identification process is a fundamental part of EFT. Everyone's lives are made up out of layers, and it's important to be to strip back those layers a little at a time until you find the crux of the matter. You will find that you need to be good at identifying these core issues to be as successful as an EFT practitioner.

This is why it is so important that you practice using EFT on yourself and on those friends and family members around you, so that you can become more adept on picking up the essential messages within communication - not necessarily verbal communications. Do remember that people will try to push down bad or unpleasant memories and this will lead to those memories becoming repressed. The last thing someone may wish to do is to bring difficult emotions to the surface. Watch out for those who reveal very little emotion when discussing their situation, it may seem as if they are unaffected but their problems could be so deeply repressed that they can relay the information as if a bystander.

Try asking the following questions:

- x How long have you had problems?
- x When was the first time that you experienced these feelings?
- x When was the last time that these feelings were experienced?
- x What is your biggest regret to date?
- x Do you feel that there is any positivity to your having this problem?
- x Turn your attention back to 'that' moment and try to recall any sounds, sights or even

senses that will help to bring the feeling back

- x What was happening in your life at the time of the event?

You can glean a lot about your client through body language if verbal communications are stilted or non-forthcoming. It is also possible to gain an idea of the depth of emotion or even inner angst through looking into their eyes.

There may be multiple layers of difficulties. Often the most difficult aspects of EFT will be clients understanding how to create the right phrases. Most EFT practitioners would say that the choice of the words is not as important as the ability to tune into the negative emotions or, of being able to understand the words or the meaning which relates to any negative emotions.

Always remember that EFT is an energy therapy and with careful practice, core issues, 'deeply buried aspects' will begin to bubble up to the surface once you start to delve into the pot of emotions.

Emotional chains

There is no doubt that some of your clients will find the intensity of emotion very difficult. Until trust is fully formed, your clients may try to hold their emotions back. For others, their issues might be traumatic and painful to even consider. They may have 'locked' up their emotions and do anything they can to avoid facing the true issues.

In these types of circumstances, clients have to be treated gently, with support but to be made aware that the sessions will take longer than expected. It's important not to rush someone who has deeply rooted issues. Treat outer aspects instead and begin to work into those core levels. You can work with the client to come up with the right setup phrase and reminder phrase.



The setup phrase and the reminder phrase must

be relative to the issue and be heartfelt.

Through guiding your clients, you will start to identify any words that work particularly well and through their repeating these words while they tap, they can even emulate the expressions, posture, and body language or voice of the person who has caused them problems and this can bring it to life even more. They can also try to picture the person and this often brings up a surge of intensity and EFT can then be applied to this situation.

A client who is feeling particularly negative will often use weak words when writing their setup or reminder statements. Try to avoid words such as:

Try, can't, but, don't, or if.

Although these weak words may mirror the client's feelings, success is more likely when using the following words:

Will and want.

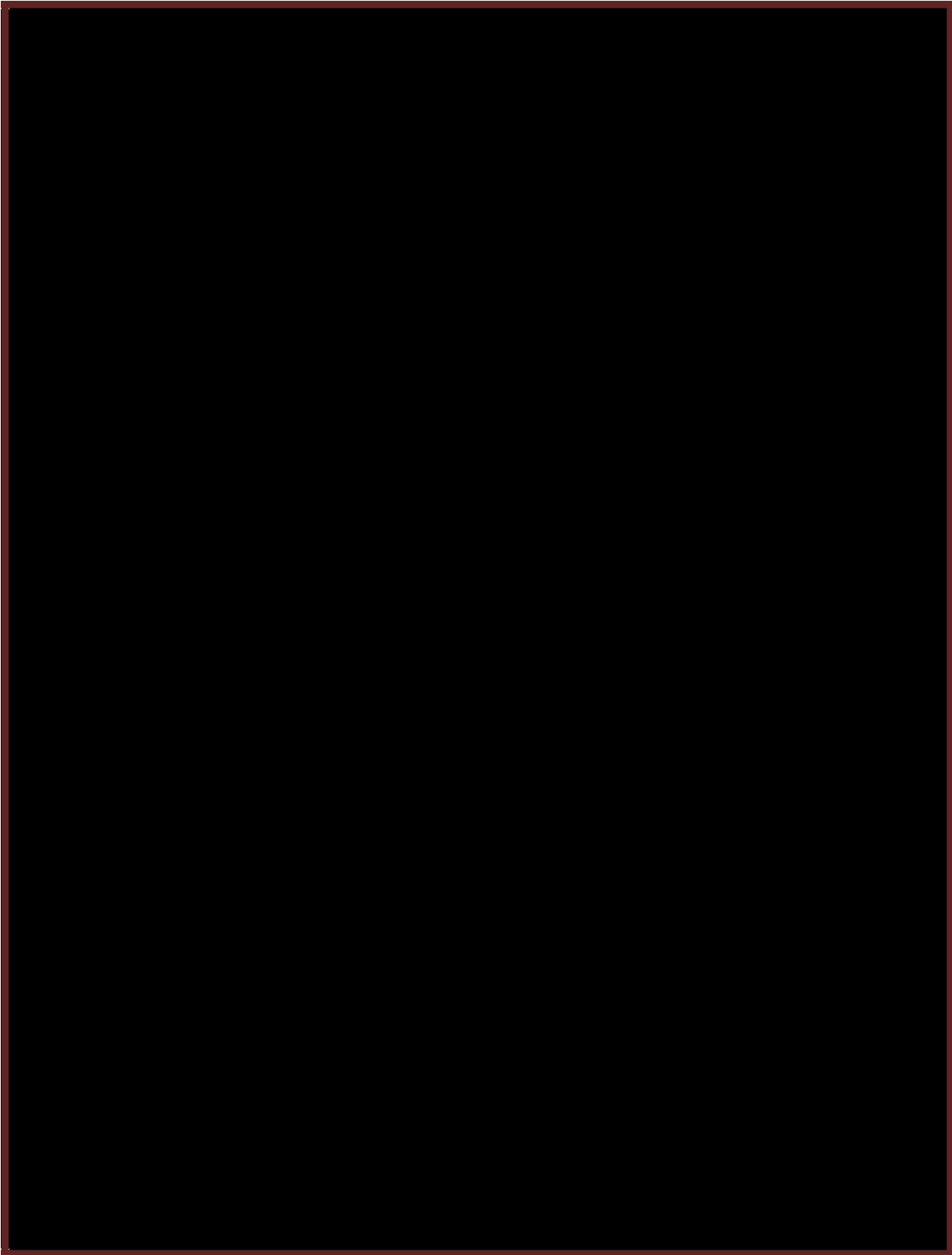
The client should listen inwards and use the words best describing how they are feeling.

Importantly, EFT can be used to help resolve issues that have occurred throughout life, not just in the present.

When looking to resolve issues that have occurred in the present time, make sure that the present tense is used in the acceptance phrase. This is very important because the subconscious mind will take commands on a very literal basis.

Most problems (or at the least the core of the problem) will have occurred in the past, and you can use EFT successfully to tap on any emerging negative memories and to help lessen the intensity. You can also look to the future, considering any previous issues of visualising how you might feel in the future without these issues.

Note:



Sometimes abreactions can occur and symptoms include:

- x Feeling upset,
- x Feeling angry
- x Shaking or trembling x Palpitations

If you find that any of your clients have suffered from severe traumas or even from abuse of sorts, their reactions can be far more extreme. If the client does suffer from an abreaction, keep calm at all times, tap on the hand points and then on the body points. Ask the client to breathe slowly and deeply and reassure the client throughout that these reactions are perfectly safe. Once the client is feeling calm, ask the client to create a setup phrase that covers this reaction and then go through the whole process again.

Calibration

In EFT, calibration simply means having the ability to measure changes. You will find that throughout the session, you'll start to become aware of your client's emotions and how they react to treatments within the session. These changes can be both positive and negative.

The client may announce that they are having difficulties focusing on their problems, or that it now seems a distant memory or, even that their emotions are no longer attached to it. Sometimes they will say, it's as if it is happening to someone else rather than it being something that actually happened to them. These are developments or changes that need to be recorded.

Here is an example chart that can be used for calibration:

Changes From EFT Negative

Breathing— shallow and fast
Tense, irritable, fidgeting

Positive

Breathing - slower Calm, more relaxed Note: This is just an example of the type of information that can be captured in the calibration

form.

EFT often works really quickly, so testing out results is paramount. It's important to be able to assess whether EFT is actually working and if the problems have been eradicated. Some people will continuously tap away and just hope that the problem is being resolved, but this is not a practical way of testing it out. The ultimate aim is for your clients to have reduced their problems to 0 and so they should be to recall the unpleasant memory or emotional trauma without feeling any level of intensity as before. If there is any residual emotion remaining, they will have to use EFT again until any difficult feelings or negative emotions are well and truly gone.

How to test

There are a variety of tests in EFT which can be used to measure the level of discomfort experienced.

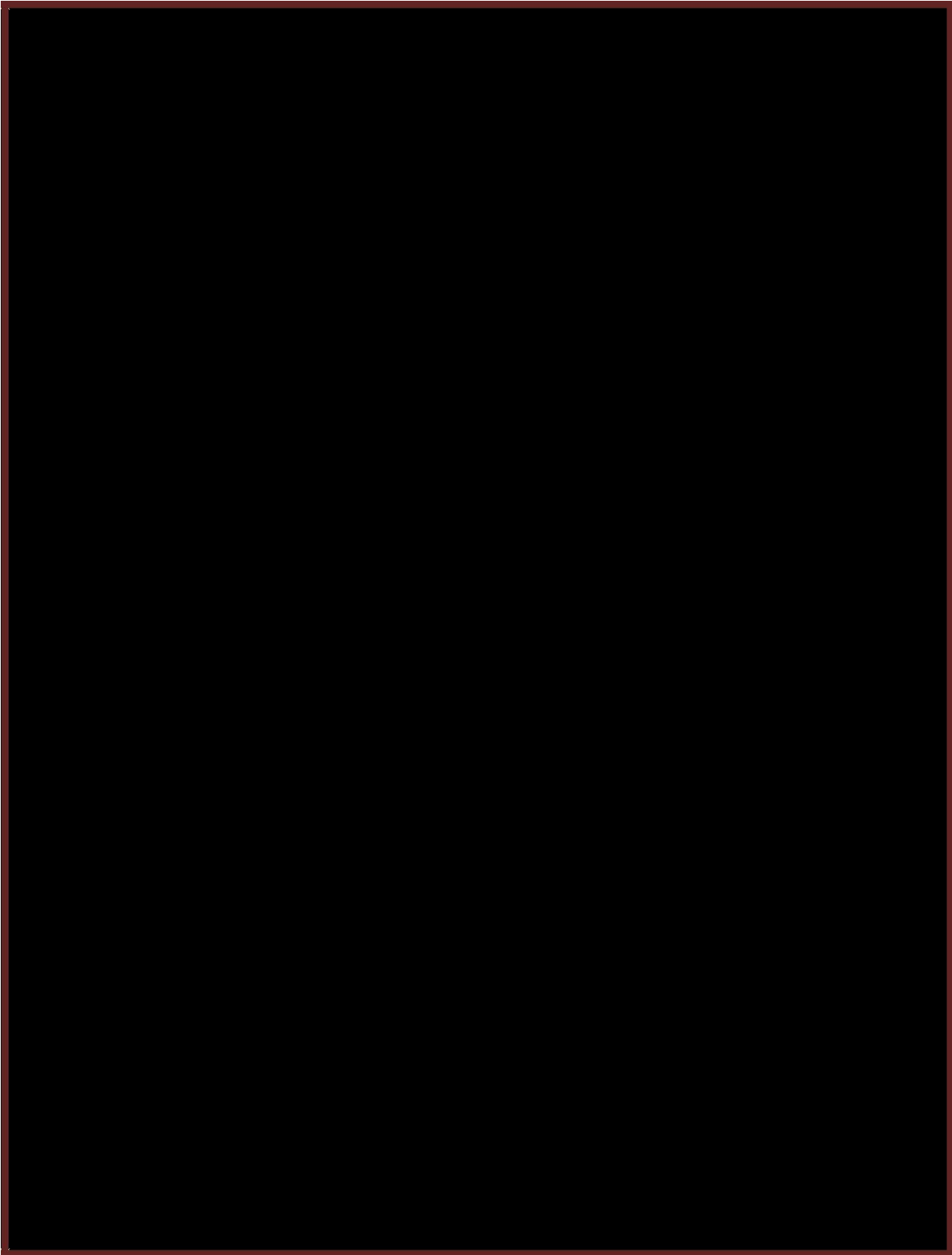
SUD:

The Subjective Units of Distress chart will highlight whether the problem has been reduced or eradicated altogether. You can be sure if it is set to 0, the problem has gone.

Colour and shape:

Some people are visual and so using colour and shape to describe the feeling can be really beneficial. For example: red, rectangular or a large rock. Improvement can be seen when the colour has changed to white or a rock evolves into a pebble and so on.

Senses:



Some clients will prefer to use their five senses to bring back the emotion - this can be through visualising or by using a photo or even a toy that represents the fear (as in a fear of snakes or spiders). By watching or holding onto the objects, you can test whether their levels of anxiety increase.

Sizing:

This works in a similar way to the Subjective Units of Distress scale but children often prefer using this technique because they are able to practically apply the technique, starting with their hands together out in front of them, they then move their hands apart to measure their level of anxiousness.

Live test:

For those who feel that their problems have been eradicated, they may wish to test it out in a real-life situation. If we use a fear of snakes as an example, the client can look at images of snakes or watch programmes that include snakes or even visit a local zoo. The client is never put in a dangerous situation but the subtle way of confronting fears after EFT has been applied is a good indicator of whether the sessions have been completed satisfactorily. It's also important to not test out any reactions to allergies etc.

Muscle testing

Used in kinesiology, diagnostic muscle testing can be really useful. The technique requires the client to extend his or her arm and then you will press lightly with applied pressure while the client makes a remark that is either true or false. If they give a true statement, their arm would remain extended and be rigid. If their statement is false, their arm is likely to drop a little when pressed and will be weaker.

This works because the muscles and the nerves work together, so when there is an upsetting emotion, there will be a change in the muscles as well. Positive thoughts and emotions will make the muscles firm, and by contrast, those with negative thoughts or emotions will feel weaker. This test is not about testing strength, it just occurs as electricity moves through the nerves which are interrupted. This is not an essential part of EFT.

It is fine to experiment while using EFT and you even can be creative in your tapping. Some people prefer to tap on all the points all of the time and believe that this makes the treatment more effective and there is nothing wrong in doing so.

Extending the practice

While some practitioners work on producing shortened versions of EFT, other practitioners use additional points because they believe there is the potential to reduce any emotional intensity more quickly. These additional points can be used with the EFT routine previously described. How they are used is up to the individual but many practitioners find that it is best to finish at the top of the head.

Liver point

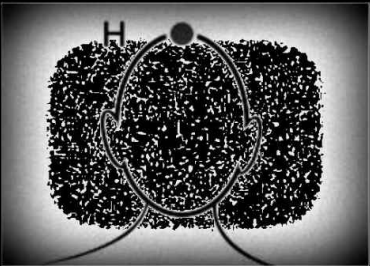


This point is place underneath the breast and approximately 10cm below the nipple. EFT practitioners will often leave this point out when dealing with a female client. This tapping point is relative to depression, anger, sadness and even addictive cravings.

Crown of head

This point is very powerful as it is the main contact point relative to all meridians. Tap with the palm of the hand or by using the tips of the fingers towards the back of the head. All of the fingers can be used in a claw-like position or some practitioners will use three or four fingers to tap.

Inside of wrist



Use two fingers to tap on the entire area where your watch band will go. You can also tap the wrist areas together crossing one over the other with the insides facing towards each other. There are three major meridians here and these deal with stress, sadness and grief.

Module Six

Self-Assessment Tasks

Task:

Which therapy uses muscle-testing?

Task:

In EFT, what does calibration mean?

Task:

Why should you often use open questions with a client?



This is a self-study assessment designed so you can check your progress throughout. If you have any difficulty completing any tasks, please go back over the module content to ensure complete comprehension. Do not send the completed tasks to The KEW Training Academy.

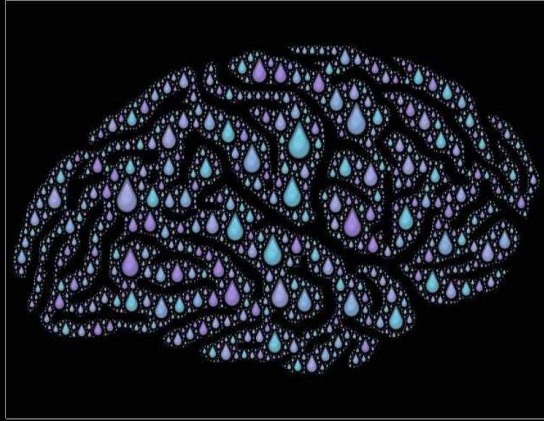
Module Seven

Emotions and Traumas

EFT affords a very gentle approach to healing and it also enables your clients to re-gain control over their lives which is especially important if they are dealing with high levels of stress or suffering from depression. We all know that if you perceive danger, your body immediately goes into flight or fight response. Once the danger is over, your body should return to a balanced state but for some people, their stress is continuous and so flight or fight mode becomes the norm. These high levels of stress prevent the body from returning to a healthy state.

Sometimes stress can be good. Think of an athlete in the starting blocks. Their short term stress levels helps them to perform but long-term stress is highly damaging and stress is often attributed to conditions such as:

- x High blood pressure
- x Arthritis
- x Cancer
- x Heart disease etc.



Often an individual's chosen career will contribute to their stress levels and rising workloads, increased pressures, longer hours and difficult colleagues can certainly add to the pressure experienced. As an EFT practitioner, you may find that by talking to those who are in highpowered positions, many would benefit from using EFT. But it's not just in the workplace that stresses can arise, unhealthy relationships, family problems such as grief, financial issues or even situations such as moving house, or getting divorced can increase stress levels beyond belief. Some people recover quickly from stressful situations or traumas, they have a more pragmatic approach and work through their feelings in a healthy way, others will ignore these feelings of stress or pain and bury them deep within.

As a beginner in EFT, it can be very difficult to know the extent of any issues and, you may wonder how far you can go in search for the core problems. Within the EFT community, substantial issues are known as the small T trauma and the big T trauma. A big T trauma is likely to be associated with a very recent or severe trauma that has created high emotional or physical anxiousness as soon as the memories of the event surface.

A small T trauma is one that happened 3 years or more ago and will cause only a mild-to-moderate level of anxiety— with either an emotional or physical response when the incident is recalled. So as a therapist, you will be able to ask your clients to discuss how significant the trauma is and how they feel they are recovering.

It's important to not push them towards recovery because for some people, even thinking about their situation causes anxieties. Just consider how difficult it must be to continuously relive the scene which perhaps for them is terrifying and the emotions experienced are of the highest intensity. For those suffering from post-traumatic stress disorder (PTSD) they may regularly experience nightmares, panic attacks and depression.

In the world of psychology, there is a belief that PTSD occurs when any trauma is stuck fast in the memory and this frozen trauma causes constant flashbacks. So EFT, when used correctly and regularly, can help to unblock the trauma and to re-boost the energy circulating. The aim will be to remove negative emotions. Traumas such as this affects not only the individual but

the whole family. Often these severe traumas are not recognised initially and the individual tries to carry on in life and yet, the trauma holds them fast preventing them from moving on. This equates to families feeling incredibly powerless. Fortunately, EFT has been proven to help those with these types of conditions and although sometimes it is painful for the individual, it can certainly provide release.

Let's assume you have a client who has been assaulted and who finds it difficult to move a way from this physical attack. It will be difficult to create setup phrases but they are a powerful tool to recovery. Here's an example:

Even though I have constant flashbacks of being attacked, I love and accept myself

As a practitioner, you can discuss the setup phrases with your clients and work on finding the right one for that individual. Once they are able to talk about the trauma without being too affected, you will be able to see that progress is being made. Don't expect this to be an overnight achievement.

Sometimes, clients will come to you with one set of problems and these may seem significant and, following several sessions you realise that their problems have been resolved, only to find other issues coming to the surface. This is not uncommon and some of these issues may have been deeply traumatic and therefore, buried.

For example, a client may have been abused and has kept this secret for many years. They may have experienced relationship problems or depression and have asked for help – for these issues and not for the memories of abuse which have long been buried but not resolved. Eventually, through treating aspects, you start to see some changes in your client. Perhaps increased emotion, or fluctuations of behaviour.

Eventually, through EFT, this old trauma now rises to the surface.

This is a positive sign, although it can be difficult initially. From this you will see the importance of trust and rapport between client and therapist. How else will these deep, buried secrets come to light and be treated? Note that some people may be so badly traumatised that they have developed

severe psychological problems and although EFT can help in some cases, it is far better to recommend that they report to a mental health professional for medical care. But for others, you will be able to treat accordingly, using the tapping techniques and teaching your client how to do the same at home.

Your aim is to always help lessen the reaction from their anxieties, emotions or traumas and to help with this, ask your client to:

Write down any negative phrases, or words or actions which have been said to them.

The client then has to rate these statements using the Subjective Units of Distress scale.

To create setup phrases to help eliminate any resistance experienced, either you or your client will tap on the relevant points and state:

x I am afraid to let go of (this experience) x I identify with (experience)

After one complete round, they should then leave out the setup phrase and instead state:

x Even though I have this (experience/trauma) I want to love myself x

Although I have had this (experience/trauma) for so long, I want to accept myself

After each round is completed, the client should rate themselves identifying whether the emotions are reducing or has actually reduced to 0.

Sometimes clients will find it difficult to recall memories or if they do, will have no actual associated feelings. This can be as a result of those individuals losing their memories completely or even partially. They may have had trauma to the head and damaged the part of the brain where the memories are stored. Other people may remember traumatic episodes. They may have PTSD, have suffered from sexual abuse or domestic abuse.

Whatever their trauma, EFT can help. If the client struggles to relay this story, ask the client to tell the story as if from someone else's perspective:

x Ask for a description of sounds, sights or scents experienced at the time x

Ask for in-depth description

x Aid recall by use of objects or photos

x The client should write a story about the events and use EFT as a way to reduce

emotional disturbance which may be experienced as they do so.

It is important that you never force a client to recall difficult memories. Some clients will feel strangely calm when discussing deep traumas and in particular those of rape or abuse, and it is quite normal if they discuss it as if talking about someone else. It does not lessen the difficulties of treatment, but it's important to understand why this is the case.

EFT should be used on a daily basis and done at a time to suit. It can be used at any time during the day or before going to bed. After using daily for approximately one month, the client should begin to notice a considerable improvement.

Module Seven

Task:

How is long term stress dangerous?

Task:

Can EFT help with severe emotional traumas?

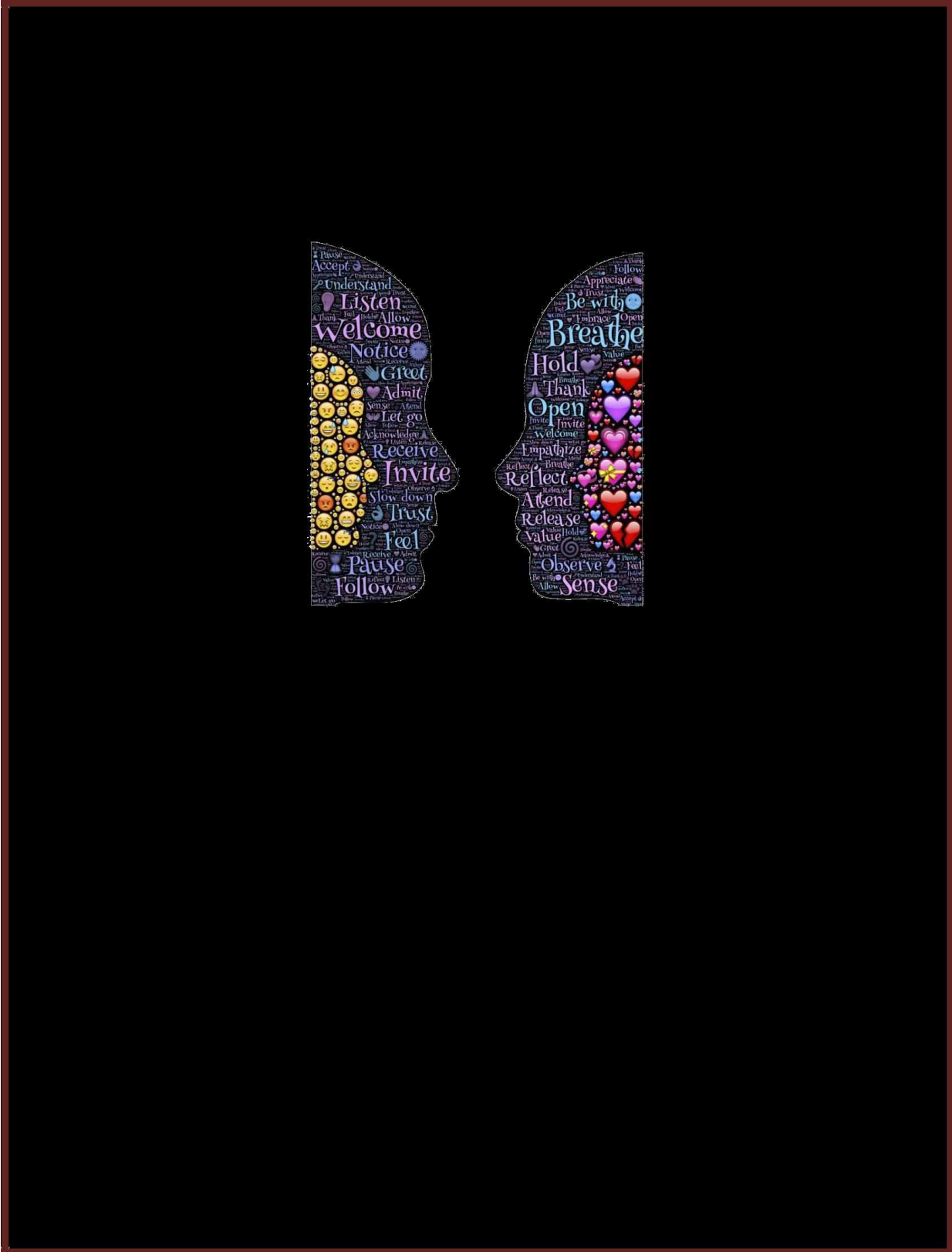
Task:

How often should EFT be used?

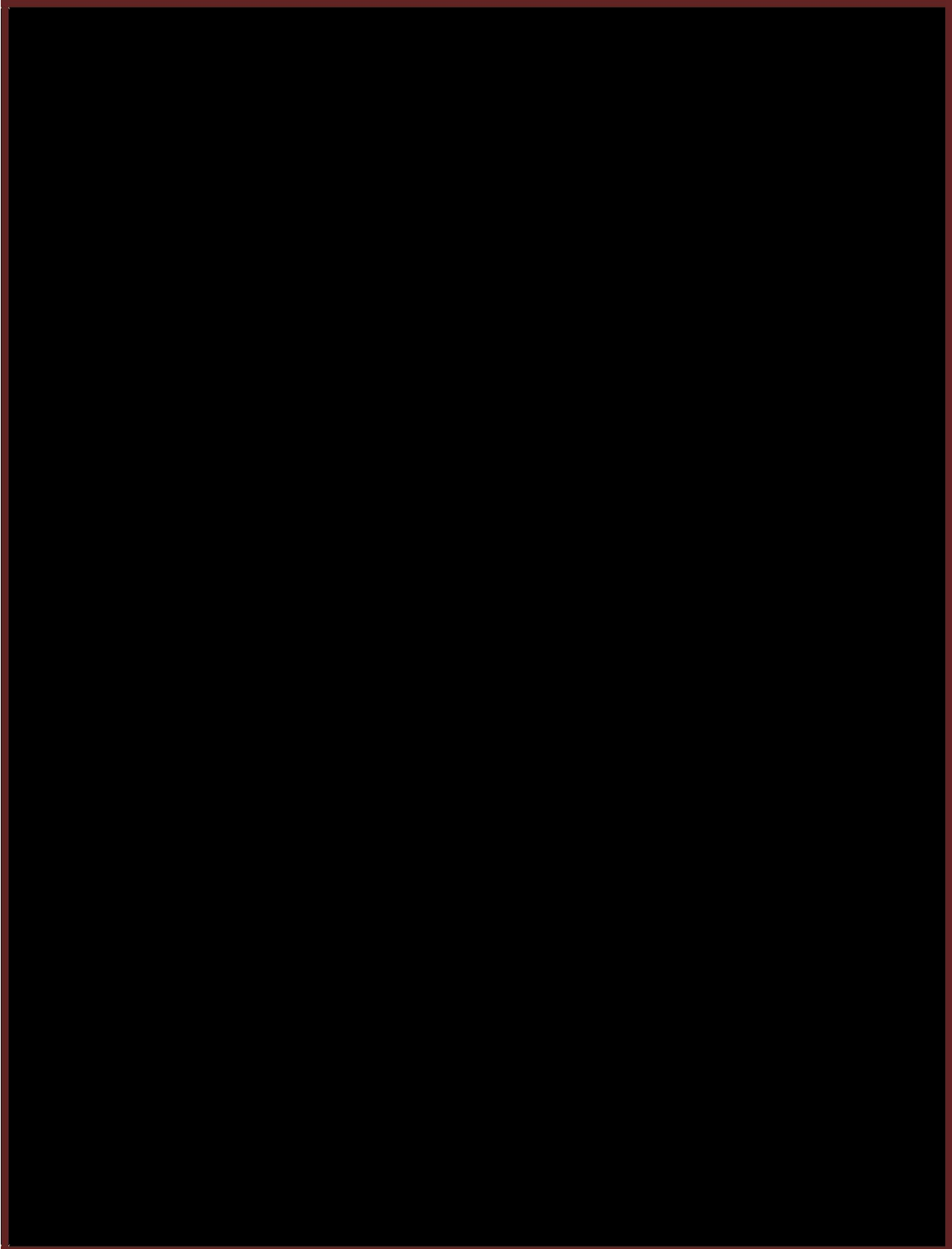
Task:

Consider how you would treat a new client using EFT

Self-Assessment Tasks



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Module Eight

Heal the Body

In EFT, the same technique is used for every physical symptom but the approach is very different and this will depend upon the client's experiences or the emotions that may be causing a problem in the first place. While EFT is not a replacement for medical diagnosis or medical treatment, it is comforting to know that no harm can be caused by using EFT. Some clients will ask if it can make the condition worse, but you can reassure them that this is not the case.

When sudden or acute pain is experienced - it has to be an indicator that there is something wrong with the body and therefore, should not be ignored. When pain continues for a period of time, perhaps some months, it is then regarded as chronic and in traditional Western medicine, this is considered problematic in its own right. In fact, there are pain management clinics.

As useful as this can be for some people, it is important to note that pain management merely mask the symptoms but the underlying problem remains. Of course, those who have lifethreatening conditions such as cancer, medication is recommended because constant and chronic pain only wears the body's immunity down and, lessens the individual's resolve to heal.

EFT is not going to mask any pain rather, the client has to focus on the pain while EFT is

Putting myself at the center of my life

Taking responsibility for the reality I create
Learning and using a personal model
Taking responsibility for the reality I create
Valuing equally mistakes and successes

Shedding personal distress one false belief at a time
Learning when to love someone different than me

Redefining the meaning of Life Expectancy
Learning not to take disagreements so personally

Discovering the power of radical acceptance
Remembering I am safe I matter and I belong

Putting myself at the center of my life
Rebuilding the meaning of Life Expectancy
Remembering we all matter and belong

Discovering the power of radical acceptance
Accepting all my feelings instead of picking favorites
Valuing equally mistakes and successes
Accepting and valuing all parts of myself

Becoming more present by healing from the past
Deciding not to confuse self-worth with feelings
Individually unique yet deeply connected to all
Learning to pause breathe & listen more ... react less
Rebuilding personal distress one false belief at a time
Remembering we all matter and belong

applied. In the first instance, the client has to focus on the pain and to ask questions about it. During a session, you can ask them:

When did the pain first begin?

The answer to this may be quite revealing especially if it occurred around the time of emotional distress. You can make notes of any answers as you question your clients and this will help you to ensure the appropriate set up phrases are in place.

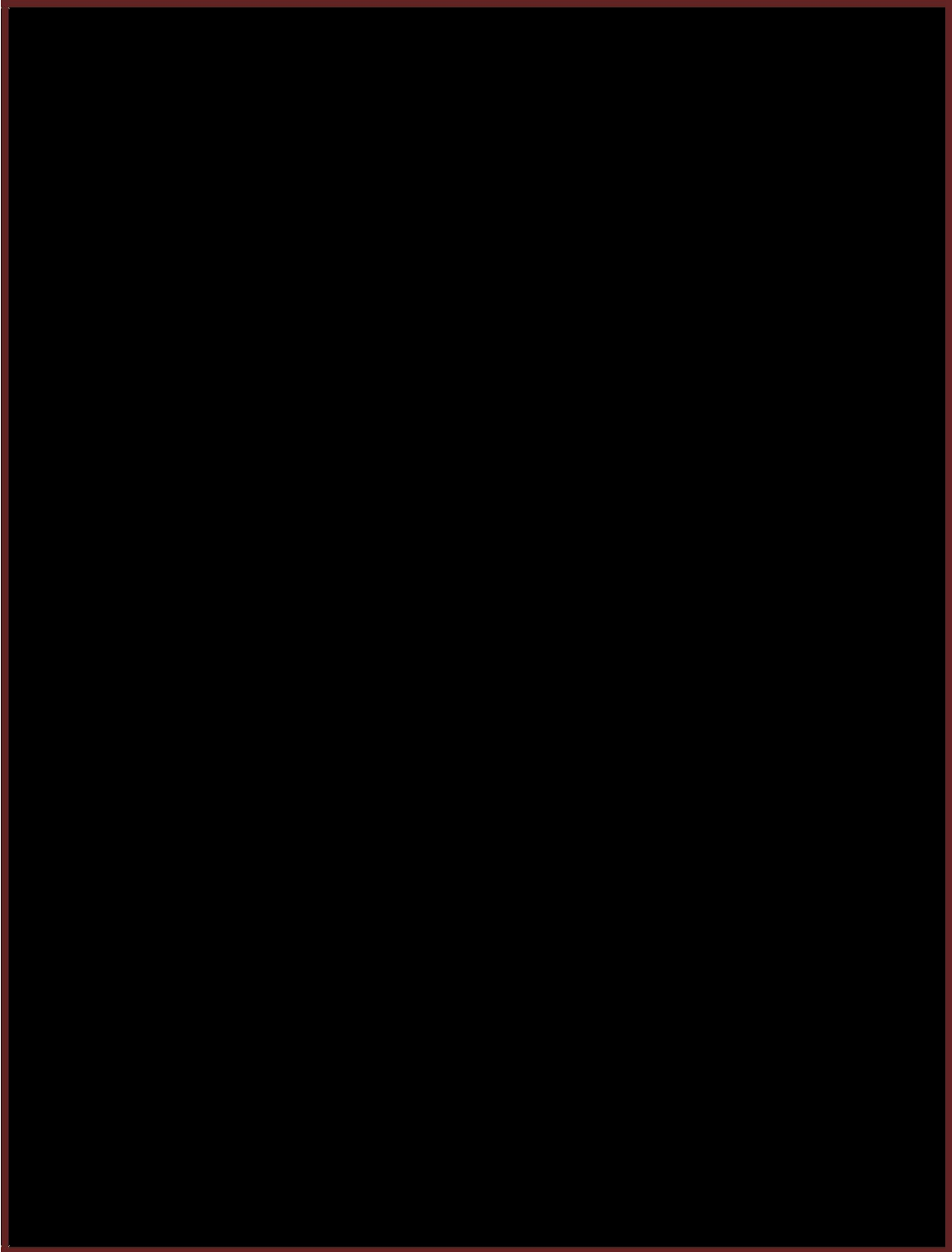
Here are some example questions as a starting point:

- x Consider where the pain is most prevalent x How would you describe the pain?
- x When does the pain feel worse?
- x What emotions are attached to these feelings of pain? x Where do you feel the emotion in your body?

If you have a client who is experiencing long-term and acute pain, you may notice that through applying EFT, feelings of pain or discomfort may move to other parts of the body. This can be a surprise for new therapists but it may happen often. As a prime example, the client may feel the pain change from the knee to the hip and the acute pain may end up as a dull ache. This is a recognised phenomenon known as 'chasing the pain'. It is called this because EFT is then applied to whichever area of the body the pain has moved to.

Inform the client that you need to know whereabouts in the body the pain is at the time of asking as you need to work on that area. Your goal is to persevere until you have managed to reduce the sensation of pain for them. This pain chasing session may take some time but it is very important so as to allow any hidden emotions to emerge.

There has been much research into the benefits of using EFT on those who have serious health conditions such as:



- x Diabetes
- x Parkinson's disease
- x Cancer
- x Chronic fatigue syndrome etc.

We would recommend that only experienced EFT practitioners work on the most serious of diseases but certainly many health conditions can be helped through the regular use of EFT.

By now hopefully, you will have seen the link between emotional and physical health and the benefits of enabling your body to heal in a way that is completely natural. Because you are working with the body's energy system and allowing the energy to flow freely throughout the body, you provide the perfect foundation for health and well-being. Problematic symptoms often disappear once the core emotional or physical problem is found.

Having good communications skills will stand you in good stead and enable you to help the client understand the benefits of practicing EFT regularly and by learning all the techniques, they can continue the treatment in between sessions.

Asking leading questions is paramount and include:

- x Are you holding onto feelings of anger or resentment?
 - x Do you blame anyone for having this illness or problem?
 - x Did any traumatic events happen to you around the time you became ill? x
- How do you feel during the very worst symptom?

If you have a client who hurts too much for tapping, then instead, simply press on the correct point and tell them to focus on the breath as they

do so.

Visualisation technique

In addition to tapping, clients can also practice visualisation techniques and these can be highly beneficial in helping the body to heal. For example, someone who is in a great deal of pain may find the traditional tapping methods too painful but through visualization, they can give their immune

systems a boost helping to fight back against any health conditions. The more visual they can be, the better. To do this, they must focus with intent on the tapping or even 'holding' pressure and try to visualise the body healing. Some people use traditional meditation tools such as visualising colour.

You will find that some clients will have a multitude of health problems - some of which will be very painful while others can be less so. Never attempt to diagnose medical conditions and always advise clients to seek out professional medical help.

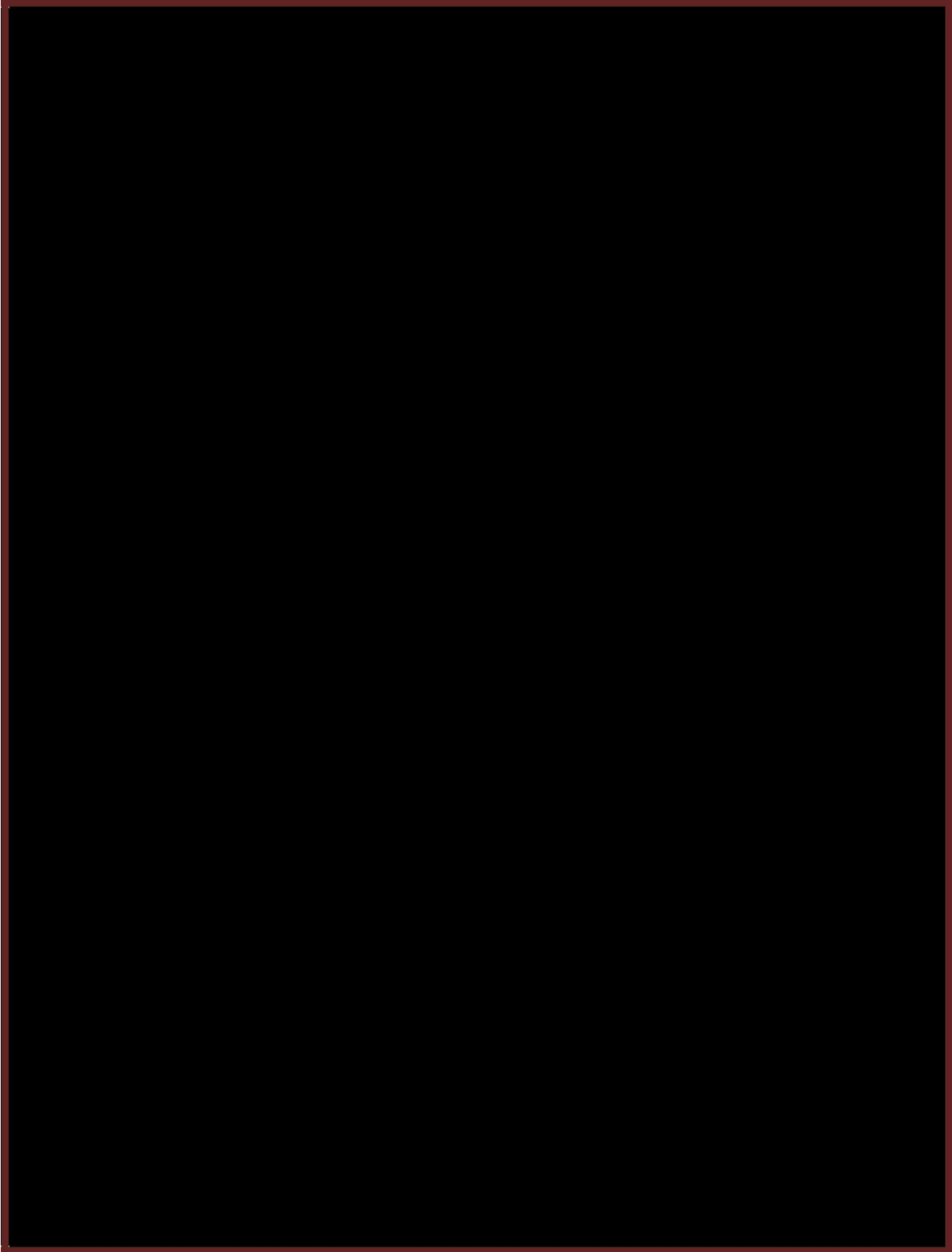
Conditions such as irritable bowel syndrome are common because they are often synonymous with stress and anxiety and although it's a chronic disorder, once stress levels are reduced, often, the symptoms begin to ease.

Symptoms include:

- x Constipation x Diarrhoea
- x Abdominal pain

Doctors typically treat the symptoms and try to manage pain but EFT looks at the emotional impact and potential triggers which include:

- x Depression
- x Stress
- x Low self-esteem



x Traumatic event x Anxiety attacks

To help a client who has the pain of IBS, the emphasis must be on their letting go or releasing any deeply rooted issues and to concentrate on any negative feelings that are being experienced. Many people are embarrassed by conditions such as IBS or Crohn's disease (another health condition affected by stress) and this is often associated with anger, fear, and embarrassment.

Useful phrases include:

Even though I am gripped by abdominal pain, I allow myself to be free from negative emotions and pain.

You can amend these phrases to suit the condition and the individual.

Sleep

Many people who experience emotional or physical distress will find it difficult to sleep and the harder they try, the more difficult it becomes. Sleeplessness can become a bad habit and over a long-term period, it can erode health and impact health substantially.

Having a good night's sleep certainly makes daily life so much easier and when sleeplessness continues, it's important to focus on the underlying cause of your client's sleep problems. Some people drift off to sleep very quickly but continuously wake up through the night and find themselves not able to go back to sleep. Others will feel that they have had a good night's sleep but are still feeling tired and listless because their sleep is unproductive.

It's important to note that everyone has different sleep patterns. Some people average 5 to 6 hours a night and this is fine for them, another person will need 7 to 8 hours. Sleep patterns will change through age too and sometimes as a result of medication. For EFT to be beneficial with sleep problems, as usual, the underlying cause must be identified.

Here are some questions that will help you to establish any root causes:

- x When did your sleep problems first start?
- x Have there been any substantial changes in your life that happened around the same time as your inability to sleep?

- x How long does it take on average for you to fall asleep?
- x Do you usually fall asleep easily but then wake up several times through

the night? x When you wake up, is it then difficult to return to sleep?

When EFT is used on a daily basis, your clients are likely to notice an improvement in their sleep patterns. EFT should be used each evening before the client goes to bed. This is the best time as the client is likely to find EFT relaxing. The client needs to create phrases (with your help) that best suit their individual problems.

Even though I am unable to sleep right now, I choose to relax

When the client has finished choosing their setup phrase, they can tap on the meridian points using negative statements (to disrupt energy levels) such as: *I won't be able to sleep tonight or, I never sleep right through the night.*

They should use whatever negative thoughts pop into their heads. Then, a positive sleep statement is introduced into the EFT setup phrase such as:

Even though I am wide awake, I feel deeply relaxed

The client must choose positive words as they tap on the remaining meridian points and make this become a healthy pattern before bedtime. Often people have poor sleep hygiene habits and by this, we mean going to bed at varying times or, drinking alcohol before trying to sleep. Here is a list of bad sleep habits to avoid:

- x Avoid alcohol or caffeine before going to bed
- x Make sure that the room temperature is comfortable
- x Make sure that the bedroom is uncluttered
- x Make sure that the room dark
- x Remove any distractions i.e. Television

Swap negative habits for positive ones such as:

- x Take a warm bath
- x Read a book
- x Listen to music
- x Listen to a meditation CD
- x Use essential oils

Many people find that their anxieties magnify at night and so, this constant circulation of negative thoughts make sure they are unable to relax sufficiently to let sleep claim them. We all know that worrying has no benefit on the body at all and so, finding out why anxiety is present can help

the client to let go of any anxious feelings. Ask your clients to determine their level of anxieties by using the Worry Scale and this is where they will rate themselves from between 1-5 when they read out the following statements:

- x I don't worry about things
 - x I am under pressure, I tend to worry a lot x I'm always worried
 - x I never worry about anything
 - x I feel overwhelmed by my worries
- By using the scale, this gives them proof of their anxiety levels ensuring that they realise they must do something about it. Once the levels have been established, they need to create the appropriate setup phrase such as:

Even though I'm worried about my boss, I accept myself and I choose to sleep knowing this will enable me to concentrate

The setup phrases are highly personal and so, once you have shown your clients the type of phrases to use, it will help them to create their own in the future and they can always adapt and fine-tune these important statements.

Module Eight

Self-Assessment Task

Task:

What negative habits do you have that may be interrupting your sleep pattern?

Task:

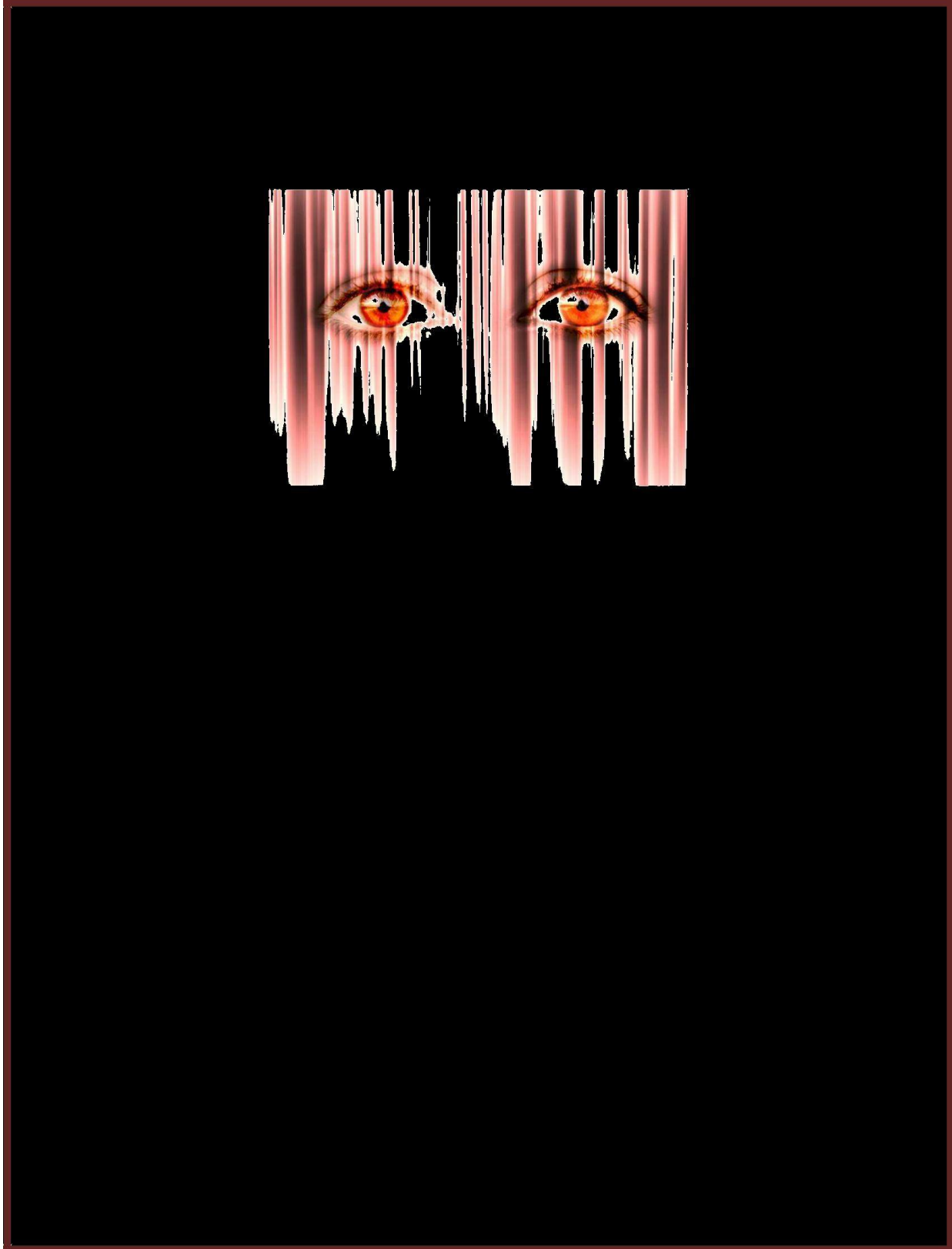
What positive sleep patterns could be introduced?

Task:

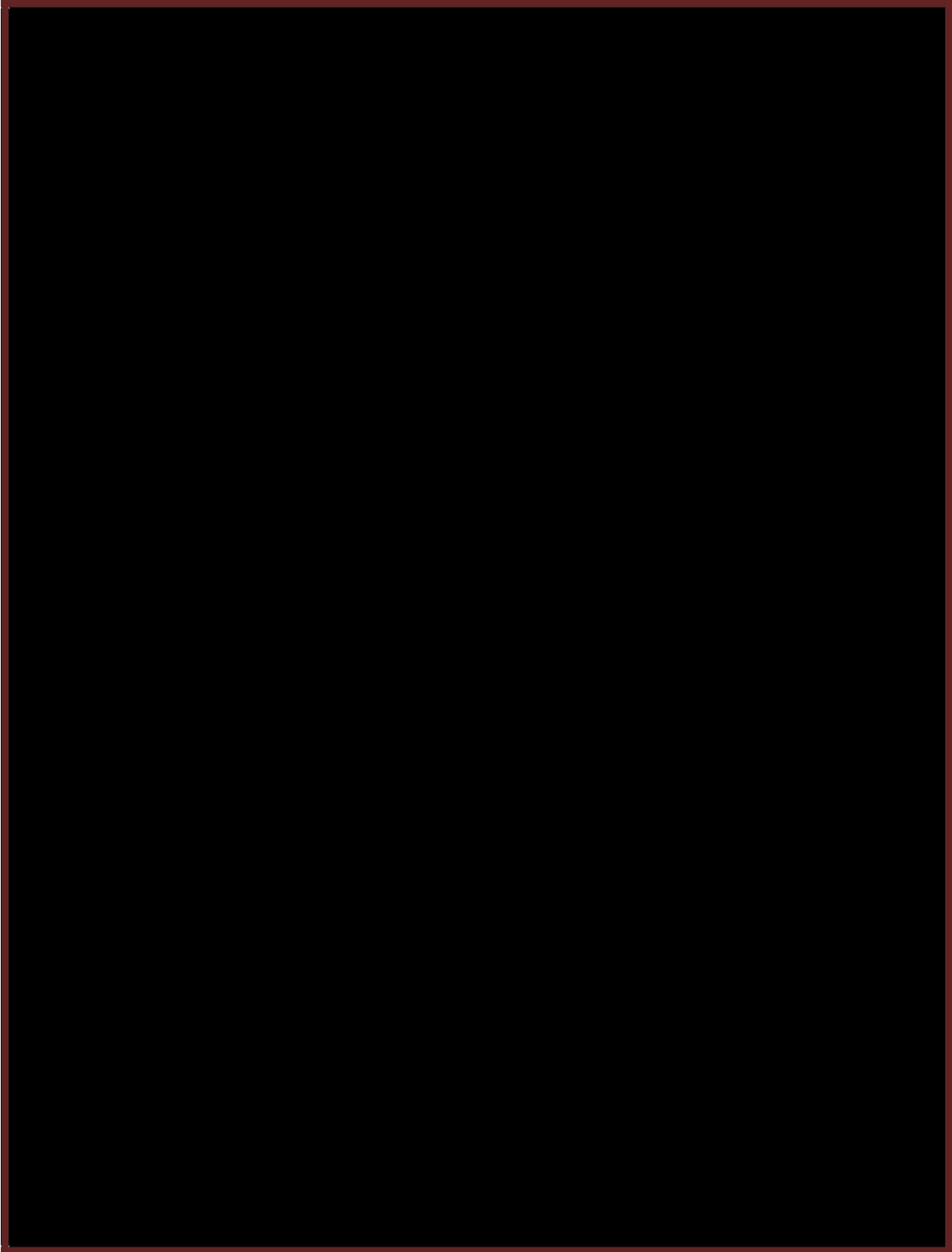
How would you treat a client who has IBS?

Task:

Explain the Worry Scale



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Final Assessment Paper

Congratulations on completing this professional study course.

We hope that you have found it informative and are ready to embark upon your new career.

If you have any difficulties with the questions, please do go back and read through the modules again.

Please ensure that you do not send your assessment earlier than two months after commencing it. This is to give you sufficient time to fully understand, process and practise all the information provided on the course.

Your assessment must be typed and sent in the body of your email or attached as a Word document. Unfortunately, we cannot accept any other form of attachments.

We aim to acknowledge receipt of your assessment within one working day and we will review it and contact you within 14 working days.

Following satisfactory review, you will be awarded a certificate of competence.

Take your time to complete the Final Assessment in full and then email your answers to: hello@kewtraining.com

Ensure you put the title of your course in the subject heading and don't forget to spell out your name exactly as you would like to appear on your certificate.

Good luck!

1. What does EFT stand for?
2. Who is Roger Callahan?
3. What are meridians?
4. What does the amygdale do?
5. How can tapping help with health conditions?
6. What does EEG stand for? 7. What is the sore spot?
8. What is SUD?
9. What do practitioners of EFT call the setup phrase?
10. Where is the karate chop point and how do you use it?
11. Who invented SUD?
12. After utilising the soft spot and karate chop point, what is the sequence of tapping? List abbreviations.

13. Why is the crown of head point so powerful?

14. In your own words, state how you wish to use EFT and the benefits that you have experienced.

15. Include two case studies that support your understanding of EFT, the benefits gained for the client, difficulties encountered and health conditions as necessary. This needs to be written in a clear and concise manner to show your understanding of the content and practical application. Please note that permission must be provided by those individuals for their case studies to be used.

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EFT photos – Crystal Graphics

Emotional Freedom Technique



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