

How to use Emotional Freedom Techniques often referred to as EFT Tapping

Emotional Freedom Technique is an evidence-based mind and body approach that uses the fingertips to tap on acupoints on the face and upper body, these acupoints are based on the energy meridians lines in Chinese medicine which function as pathways along which energy flows. When tapping use the finger pads and gently tap about 7 times on each point, there is no need to count.

❖ A rating 0-10 can be taken at the start then again at end of each tapping round to check if the issue is getting better. 10 being the worst and 0 being it's no longer an issue.

Either hand or both hands can be used when tapping on the points whatever is comfortable for you.

❖ Below is an example of what would be described as one round of tapping.

❖ The best results from EFT are when using your own words to describe the emotion you are feeling and where you feel this in your body. The digital flash cards give examples of some of the reasons that may be causing sleep problems. It could be that one or more really resonate with you or that they are a good starting point to then explore further with your words.

❖ I use side of hand to describe where to tap for the set-up statement, it is sometimes described as the karate chop. The side of hand is used when stating the set-up statement, we generally say this three times and it can be the same or vary about the same issue (the negative) we often say at the end I completely love and accept myself although if saying I love myself is not a comfortable statement for you choose a statement you are comfortable with, maybe I accept this, or I acknowledge this if you have difficulty accepting an issue maybe try I can choose to accept or acknowledge this.

Here is an example of one round of tapping using 'The Anxiety about Health and Seep' digital flash card:

SH Even though I'm worried that not sleeping well is bad for my health I acknowledge this is how I feel x 3 (along the fleshy part at the side of the hand use two of four fingers to tap) After the set-up statement we go round all the points in sequence using a word or two from the setup statement.

The tapping sequence

EB My body is resilient and knows how to heal (eyebrow point where the edge of the eyebrow meets the bridge of the nose)

SE My body is resilient and knows how to heal (side of eye point on the bone at the side of the eye under the temple))

UE My body is resilient and knows how to heal (under eye point on the top of the cheek bone)

UN My body is resilient and knows how to heal (under nose point in the space between the top lip and nose)

CH My body is resilient and knows how to heal (chin point in the dip of the chin)

CB My body is resilient and knows how to heal (collar bone point is the soft part just to the outside side of the collar bone some people use the flat of the hand to tap here)

UA My body is resilient and knows how to heal (under arm point on the bra strap line for ladies' level with the nipple for men)

❖ You can choose to use the top of the head point (the centre of the head) at the start or the end or not use it at all. More recently I personally have not been using the top of the head point as routine.

❖ As you tap on an issue memories or other aspects to the issue may arise, make a note so you also tap can tap on this or come back to it another time.