



Emotional Freedom Therapy (EFT) / Tapping

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What is the Evidence for EFT and Health Promotion?

Nelms & Castel, 2016. -

- A meta-analysis found emotional freedom therapy is effective in decreasing stress, anxiety and burnout in nurses.
- Impact of one session can last up to and over 90 days.

Clond, 2016. -

- The pre-post effect size for the Emotional Freedom Therapy treatment group was 1.23 (95% confidence interval, 0.82-1.64; $p < 0.001$) for symptoms of anxiety.
- The pre-post effect size for combined controls was 0.41 (95% confidence interval, 0.17-0.67; $p = 0.001$) for symptoms of anxiety

Dincer & Inangil, 2021. -

- Emotional freedom therapy intervention decreases symptoms of stress, anxiety and burnout.

What are the Mechanisms for the Health Effects of EFT?

- Decreases Cortisol.
- Decreased symptoms of anxiety.
- Decreased Depression.
- Decreased severity of symptoms.



EFT Demonstration



5 step EFT process (Church, et al., 2012)

- 1. **Commence with SUD (Subjective Unit of Distress) scale, (Wolpe, 1969).**
(Rate yourself from 1 to 10 using the scale below)

Totally Relaxed	1	2	3	4	5	6	7	8	9	10	Highest Distress
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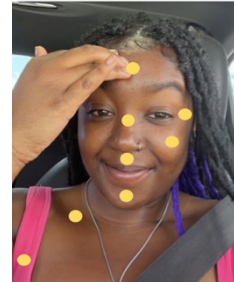
- **Relaxed** - Calm, pulse normal, no preoccupied thoughts
- **Highest Distress** - Anxious, mind preoccupied

- 2. **Acknowledge problem with acceptance**

State your problem with acceptance:

- 3. **Karate Chop 3 times, while repeating the Setup Statement 3 times**

Write your Setup Statement, it should be brief:



- 4. **Repeat Reminder Phrase, while tapping acupoints - 7 points: eyebrow, outside of eye, bottom of eye, above lip, midline of chin and lower lip, collar bone, arm pit. Write your Reminder Phrase, it should be briefer than the Setup Statement:**

- 5. **Post-test SUD (Rate yourself from 1 to 10 below)**

Totally Relaxed	1	2	3	4	5	6	7	8	9	10	Highest Distress
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RNEWU MIND: EMOTIONAL FREEDOM THERAPY (EFT)/TAPPING

References:

Church, D., Yount, G., & Brooks, A. J. (2012). The effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial. *The Journal of Nervous and Mental Disease*, 200(10), 891-896.

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