

Introducing the Emotional Freedom Technique (EFT)

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EFT is a therapeutic approach for releasing excess emotional charge and freeing up one's innate process of growth. It has its roots in ancient insights of Chinese medicine and the modern science of Applied Kinesiology. The basic theory is that the cause of all negative emotions is a disruption in the body's energy in the acupuncture meridians. By correcting the disturbance on an energy level, we simultaneously correct it on the emotional level.

These techniques are gentle, rapid and startlingly effective. New or old emotional upsets can often be released in less than half an hour! Similarly, life long phobias, compulsive behaviours and unhealthy patterns of belief can be dispelled. These techniques are nothing short of miraculous.

Sound too good to be true? It did to me too, until I experienced profound results personally and with others. The actual process is simple and easy: thinking and feeling about a problem topic and then tapping on acupuncture points to cleanse and balance the energy.

These techniques have a success rate of about 90%. I'm very excited about these techniques because, having worked as a professional counselor for the past decade, I know that issues can be worked through in half an hour, when they would have taken months of work with more traditional approaches.

Some details on the process:

More complicated issues often have a number of different "aspects" to them. For instance, we may be sad and angry and hurt about the break up of a relationship, and each one of these aspects of emotional upset will need to be balanced in turn. Each aspect typically has a slightly different feel or emotional tone, so a person can usually tell that another aspect has arisen. The treatment is to simply persist until all the relevant aspects have been released.

When working with long standard patterns, a person may find that more aspects show up over the course of the day or week. Some people can tell that a different aspect of the issue is up, but it may seem like the issue is stubbornly persisting. The treatment for this is to follow a regular schedule of treating the issue several times a day for a week or so. Profoundly rooted patterns (such as addictions) or beliefs may take as long as a month to completely dispel.

EFT in the Context of Psychological Development:

These techniques work on releasing excess emotional charge and freeing up our potential. But in many cases this is only part of the benefits that therapy can offer. Good therapy of any style helps a person release emotional blocks and learn more effective ways of living. EFT can greatly accelerate the first part, but other approaches are necessary for learning new patterns. As an

example, these techniques will rid you of phobias of water, but you still need to learn how to swim. In some situations, of course, simply releasing the blocks is all that is required. However, types of skill areas that may benefit from therapeutic assistance include:

- Creating and maintaining intimacy with self and others
- Setting and maintaining appropriate boundaries
- Taking care of our wants and needs
- Assessing others clearly
- Communication
- Expressing emotion moderately

In many cases the most effective way to work on these skills is to join a group for which this is specific focus. If you are ready to do this kind of thorough work on yourself please talk to me.

Types of issues EFT works well with:

- Anxiety
- Grief
- Sadness
- Anger
- Resentment
- Jealousy
- Loneliness
- Shyness
- Phobias
- Traumatic memories
- PTSD
- Addictions
- Compulsions
- Insomnia
- Peak performance
- Self esteem

EFT has shown effectiveness with some physical complaints and pains as well.