

Why I believe the Emotional Freedom Technique works



woman getting Emotional Freedom Technique

On the surface, if you aren't familiar with acupuncture, tapping on acupuncture points while talking about your feelings doesn't make much sense and may feel silly to try. How could it possibly help you feel better and accomplish more? When I first heard about Thought Field Therapy (TFT) and the later development called Emotional Freedom Technique (EFT) I was curious but skeptical. I was curious because I had learned about using acupuncture for chronic pain during my internship at the Fort Miley Veterans Administration in San Francisco. I was skeptical because of the innovative application to psychology.

The mystery deepened when I took a TFT weekend workshop in 1996. I saw a woman who had been unable to ride an escalator for 23 years, after a traumatic fall, empowered to ride that same escalator. The "cure" took only 15 minutes of therapy on stage, plus her own use of tapping when she experienced anxiety while taking on the challenge. This was impressive, but personal experience is the most convincing. I happen to bruise easily and could feel a bruise coming as the audience tapped to learn the technique. We did a lot of tapping on the back of our hands on a point between the bones at the base of the pinky and ring fingers. Of course, by the end of the first day, I had a lovely blue bruise. The next morning, I debated tapping on the other hand, but decided one bruise was better than two. All morning I tapped on the existing bruise. It was quite a shock to notice that in the afternoon, the bruise and pain were gone. This isn't what I expected.

I started using EFT because it is easy to teach people to use for themselves. This simple technique helped a woman release 50 years of snake phobia. It took nearly five sessions to coax her to try it because it seemed so

silly. Of course, with therapy in a snake-free office, how would we know if it had helped? This is where the challenge came in. I suggested buying a rubber snake like the one her grandnephew tormented her with or a trip to the pet store or local nature center. She didn't like any of my ideas and wanted something more personal and meaningful. She came to her next session carrying two purses and told me I'd be amazed. One of the purses contained the rubber snake she had confiscated from her grandnephew. About a year later, a friend of hers told me she had handled a live snake without fear.

When I did group therapy for chronic pain, we spent a part of the session doing EFT for pain, anxiety, frustration, depression and so on. I learned a lot from this group, because they went online and experimented with EFT on their own. Other clients experimented with EFT for social anxiety, jealousy, procrastination and grief. Part of the fun of this therapy is personalizing it for the individual. Several clients practiced tapping enough that they could accomplish results by just doing it mentally.

While it might feel silly starting out, I invite you to give it a try. It is very safe and likely to have only pleasant side effects.

Dr. Phyllis Kasper has expertise in anxiety disorders, depression, post-traumatic stress disorder, peak achievement, biofeedback, hypnosis, EMDR, cultural diversity and pain management. She can help you use personal empowerment to unleash your best you! Call her at 920-693-2250. Visit <http://evolveability.com> for a free download of a hypnosis sample. She is also available at Healthy Connections, 510 E. Wisconsin Ave. in Appleton and can be reached there at 920-257-4601.