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EMOTIONAL
FREEDOM TECHNIQUES
EFT

What are Emotional Freedom Techniques?

Emotional Freedom Techniques is a treatment within the field of Energy Psychology. It is a self empowerment approach that draws from ancient healing traditions and provides simple methods for shifting brain patterns that lead to unwanted thoughts, actions and emotions, such as anger, fear, anxiety, and depression. It has been called acupuncture without the insertion of needles.

Also called Acupoint Tapping, it is a unified body-mind approach that generates electrical signals that can rapidly disrupt the psychological symptoms that are based in our neurological networks

While EFT is initially taught by an EFT Practitioner or an Energy Psychology Practitioner, it is also a powerful self-help tool that the clients can use on their own to reduce stress and create a more balanced sense of well being.

How does it work?

The EFT method combines two psychotherapeutic methods that are widely used in therapy, Cognitive Behavioral therapy and Exposure Therapy, and pairs this with tapping on the energy meridians of the body. When the client taps on these acupuncture points while being coached therapeutically, signals are sent to the brain that decrease stress chemicals. The tapping signals the brain to immediately reduce stress.

There are three reasons that EFT is effective:

- 1. EFT reduces stress**
- 2. EFT diminishes the intensity of emotional trauma**
- 3. EFT modifies the way the brain processes emotional information**

While after EFT a memory of an event will continue, the individual no longer is emotionally triggered by the event, and also is less troubled by life events that are similar.

How do we know it is effective?

EFT studies have met the standards of the American Psychological Association for "efficacious" treatment for phobias, anxiety, depression and PTSD. This means that the outcomes have been statistically significant and meet the Gold Standard of research.

In his most recent published papers, David Feinstein, Ph.D., discusses that there are more than 100 peer-reviewed outcome studies, 51 of which are randomized controlled trials. He concludes that there is a growing body of evidence showing that acupoint-based tapping protocols are rapid and effective.

The research studies have shown EFT tapping to be effective in significantly reducing cortisol in the body. Cortisol is a chemical that is produced in the body when a person experiences stress. Cortisol is thought of as the main aging and weight gain hormone. People who experience prolonged stress also experience a decrease in memory and learning and lowered immune functioning.

Studies, using EEG measurements, have also demonstrated that when EFT is being implemented, anxious brain wave patterns shift to calming brain wave states.

Research studies have shown significant levels of improvement for a range of mental health problems:

- Post Traumatic Stress Disorder
- Anxiety
- Phobias
- Depression
- Pain
- Craving
- Obesity
- Traumatic Brain Injury
- Fibromyalgia.

How do I learn more about this?

You may read about the research in this area and read more about Emotional Freedom Techniques by going to the website: www.EFTUniverse.com.

You may also view some excellent presentations on youtube.com by Dr. Peta Stapleton.

Who do I contact about Emotional Freedom Techniques at Bridges and Pathways?

Call:

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