

## EFT BASIC RECIPE

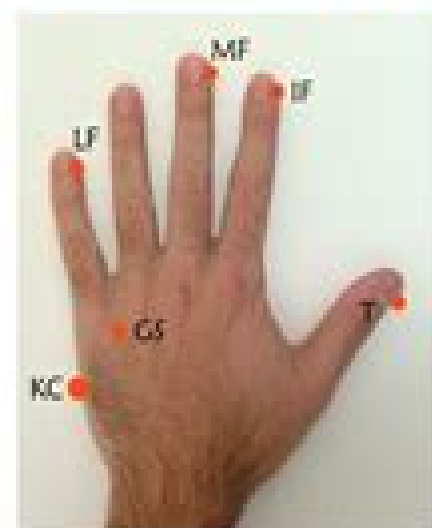
### The Discovery Statement of EFT:

*"The cause of all negative emotions is a disruption in the body's energy system".*

- TH** - Top of the head point (points stated in tapping order)
- EB** - Eyebrow point (bilateral, you can tap on left or right side or both)
- SE** - Side of eye point (bilateral, you can tap on left or right side or both)
- UE** - Under eye point (bilateral, you can tap on left or right side or both)
- UN** - Under nose point
- UC** - Under chin point (found right under bottom lip to be exact)
- CB** - Collar bone point (bilateral, you can tap on left or right side or both)
- UA** - Under arm point (bilateral, you can tap on left or right side or both)
- LP** - Liver point
- T** - Thumb point (side of nail facing body)
- IF** - Index finger point
- MF** - Middle finger point
- LF** - Little finger point
- GS** - Gamut spot
- KC** - Karate chop point (also known as side of hand, bilateral, you can tap on left or right side, corrects PR)
- SS** - Sore spot (bilateral, rub left or right side, corrects PR)

### Tapping procedure

1. Rate your issue from 0 to 10. 0 = not upset and 10 = the most upset you could be. If rating it by numbers is difficult, ask yourself how 'big' or 'small' it is, or if it is still there. You will know by how you feel.
2. The **set up statement** prepares your energy system for tapping. It does this by correcting any **psychological reversal**. PR is any objection, conscious or unconscious, that you may have to healing. It is stated as follows:  
**Even though** I have this (describe the issue in your own words) ... I deeply and completely love and accept myself **X 3 times**, continuously tapping either the karate chop or continuously rubbing the sore spot.
3. Repeat a **reminder phrase** "this ..." on all the points, tapping approximately 7 times on each point. The reminder phrase/word keeps you "tuned in" so tapping can correct the disruption in your energy system.
4. **9 gamut procedure** - Hold your head steady. Close your eyes, open them. Moving just your eyes, hand down right, hand down left, clockwise, anticlockwise, hum a few bars of a song, count to 5, hum a few bars of a song again. All the while tapping continuously on the gamut spot. Repeat another round on all the points.
5. Rate your issue, if not at 0, repeat the procedure. The subconscious mind is very literal so the wording you use needs to reflect this: Even though I **still** have **some** of this issue **left**, I deeply and completely love and accept myself. Repeat **"remaining ..."** on all the points. Repeat procedure until you reach 0, or until you don't feel upset when thinking about the issue.



# The Basic Recipe Eft

**Jacqueline Garrick, Mary Beth Williams**

## **The Basic Recipe Eft:**

**Clinical EFT Handbook Volume 1** Dawson Church, Stephanie Marohn, 2013-05-30 EFT Emotional Freedom Techniques or tapping is used by an estimated 10 million people worldwide Yet a lack of standardization has led to a field in which dozens of forms of EFT with varying degrees of fidelity to the original can be found This led to the establishment of Clinical EFT the form of EFT taught in the original EFT Manual and associated materials and validated in over 20 clinical trials In this volume the most noted scholars researchers and clinicians in the field compile a definitive outline of the EFT protocol as it is applied in medicine psychiatry psychotherapy and life coaching This first volume covers Biomedical and Physics Principles Psychological Trauma Fundamental Techniques of Clinical EFT This series of handbooks is essential reading for anyone wishing to understand EFT as validated in research science and best clinical practice

**The EFT Manual** Dawson Church, 2017-06-01 This is a new and completely revised edition of the original manual for Emotional Freedom Techniques EFT one of the most successful psychology self help techniques ever developed Thousands of people tell amazing stories of how it has helped them with psychological problems like anxiety depression phobias and PTSD as well as physical problems like pain and stress Author Dawson Church is the best known researcher in the field and this manual is based on Clinical EFT the only version of EFT to be validated in dozens of scientific studies Step by step you will learn the evidence based form of EFT used in those studies You ll discover how you can identify the hidden roots of emotional problems and how to alleviate them using EFTs Basic Recipe as well as advanced techniques This book shows you how to use Clinical EFT fo a variety of common conditions including pain fears addictions and cravings weight issues insomnia and guilt With the healing keys of EFT you ll be surprised at how many problems that hold you back can be quickly and easily relieved opening up new possibilities for your life

*Introducing Emotional Freedom Techniques* Christine Moran, 2017-07-05 Emotional Freedom Techniques EFT is an energy therapy that is rapidly gaining recognition as a simple yet very effective way to aid emotional and physical wellbeing This title provides an exploration of how EFT can be successfully applied to a wide range of social emotional behavioural and health issues

**Eft Level 2 Comprehensive Training Resource** Ann Adams, Davidson Karin, 2011-10 The EFT Level 2 Comprehensive Training Resource is a companion to the EFT Level 2 classes based on the Harmonized Curriculum for EFT training EFT Emotional Freedom Techniques is an evidence based self help intervention used by millions of people worldwide Clinical trials have shown it to be effective for a wide variety of conditions including pain fibromyalgia depression anxiety phobias and PTSD The authoritative EFT training program by EFT Universe leads to certification in Clinical EFT and uses this Resource by EFT Master Ann Adams and Karin Davidson as one of the required readings

Trauma Competency Linda A. Curran, 2009-12 Unique in its approach author Linda Curran not only defines and explains the current trauma paradigm relevant theories and current neuroscience but step by step demonstrates its in session clinical utility and applicability

*The Trauma Therapies* John Marzillier, 2014-07-03 It is well recognized that those

who go through a major trauma can go on to experience psychological problems Many seek psychological help and there is now a range of psychotherapies specifically for those who have been through trauma In this authoritative book John Marzillier describes and reviews the various forms of trauma therapy examining what the therapies consist of their research basis their similarities and differences and what they tell us about trauma and its effects Designed specifically for therapists and engagingly written the book ranges from established therapies such as prolonged exposure EMDR and imaginal reliving to newer developments such as mindfulness meditation compassionate focused therapy and energy psychology techniques Aware that therapy is more than a collection of techniques Marzillier discusses the nature of psychological trauma the therapeutic relationship and what psychotherapy can offer The domination of a quasi medical model notably in terms of PTSD and of evidence based psychotherapy has led to a misleadingly simplistic notion that effective trauma therapies are those based on exposure This book does much to dispel this notion For all psychotherapists and counsellors this is a valuable book describing the many and varied trauma therapies It shows how therapists of all persuasions can benefit from further understanding of how best to help those who have been through a major trauma     *Heal Yourself with Emotional Freedom Technique* John Freedom,2013-05-31 Emotional Freedom Technique is a new and innovative alternative therapy that is rapidly becoming a phenomenon It is a safe and non invasive healing method based on tapping acupuncture points while you focus on a particular issue It has been shown to be effective in treating fears and phobias performance anxiety guilt shame self sabotage and other emotional conditions It is also being used to enhance and improve academic and athletic performance psychic and intuitive abilities confidence and self esteem and overall health and well being     EFT for Procrastination Gloria Arenson,2009-07 Break free from the guilt and shame of not doing what needs to be done EFT Emotional Freedom Techniques can rapidly eliminate the fears that hold you back In EFT for Procrastination psychotherapist Gloria Arenson shows you the hidden programs that lie in your subconscious sabotaging your best intentions Using dozens of real life case histories of people who ve overcome procrastination she reveals the deep childhood roots of these behaviors and provides dozens of simple yet proven practices to create fast and permanent change EFT is magic for many psychological and physical problems and this is the first book to apply EFT s breakthroughs in ways that can help you overcome even a lifetime of procrastination So if you have trouble getting started or finishing projects try this revolutionary 21st century healing miracle and you ll be amazed how quickly and easily your life can change     EFT for Weight Loss Dawson Church,2013-10 Weight loss is one of the most frustrating problems imaginable People trying to lose weight usually fail and most wind up weighing more than before Not with EFT Several studies show that by using the method in this book called Clinical EFT because it s the only version of EFT validated in dozens of clinical trials you can lose weight and keep it off permanently One study found that people lost an average of 11 lb in the year after a Clinical EFT weight loss program In this book you ll hear from dozens of people who lost weight successfully with EFT Their deeply moving stories tell how many

other parts of their lives improved too from skin tone to marriage from self confidence to financial abundance That s because EFT also called Tapping eliminates stress Author Dawson Church has conducted many scientific studies of EFT These show that Clinical EFT reduces cortisol your main stress hormone while lowering anxiety depression and pain leading to long term weight loss Clinical EFT has been used successfully by thousands of people to lose those unwanted pounds without expensive drugs or risky surgery and is your proven solution to keeping weight off permanently When you experience the simple powerful science based solutions in these pages you ll understand why tens of thousands of people like you have made EFT for Weight Loss the best selling book on the subject ever published **EFT for Fibromyalgia** Dawson Church,2013-08-06

EFT is a breakthrough treatment for fibromyalgia chronic fatigue and similar conditions This book is packed with heartbreaking stories by former sufferers talking about the pain despair and limitation they lived through before finding EFT After EFT many report complete or partial remission even though fibromyalgia and chronic fatigue are labeled incurable by the US National Institutes of Health and many medical professionals This book will teach you the steps of the method they used It s called Clinical EFT because it has been validated in dozens of clinical trials including one showing that fibromyalgia sufferers experienced much less pain anxiety and depression after learning EFT with many recovering completely The reason for EFTs remarkable results is that it reduces stress especially stress associated with negative emotions such as anger guilt grief shame and blame This book will guide you into identifying the traumatic experiences that contribute to stress and tapping away their emotional charge Imagine no drugs surgery or demanding treatment regimens just the powerful medicine of emotional healing stress reduction and inner peace **101 Trauma-Informed Interventions** Linda A. Curran, BCPC, LPC, CACD, CCDPD, EMDR Level II Trained,2013-05-01

This is an imminently practical workbook that shows a variety of invaluable techniques to get centered calm and organized An effective and enjoyable guide to help you feel in charge of yourself Bessel van der Kolk M D This is the workbook that all mental health professionals wish they had at the beginning of their careers Containing over 100 approaches to effectively deal with trauma this workbook pulls together a wide array of treatments into one concise resource Equally useful in both group and individual settings these interventions will provide hope and healing for the client as well as expand and solidify the professional s expertise Tools and techniques drawn from the most effective trauma modalities Art Therapy CBT DBT EFT EMDR Energy Psychology Focusing Gestalt Therapy Guided Imagery Mindfulness Psychodrama Sensorimotor Psychology Somatic Experiencing and Movement Therapies **BONUS** Book includes a link to all reproducible worksheets Print and use with clients right away Praise for 101 Trauma Informed Interventions Linda Curran s unflagging energy and dedication to the healing of traumatized individuals has led to a voluminous exciting and comprehensive 101 Trauma Informed Interventions This workbook provides a plethora of effective tools traditional as well as innovative that can be used in whole or as a part of a course of therapy and also as self help The variety of options offered goes a long way towards dispelling the unfortunately popular misconception that there are only a

limited number of interventions that help people to recover from trauma Survivors as well as therapists who have been frustrated by the rigidity of strict adherence to evidence based practice will be greatly relieved to find a wealth of useful strategies to experiment evaluate and sort into a personally tailored trauma recovery program This workbook is a god send for the trauma field expanding the possibilities for recovery in a most generous way Babette Rothschild MSW author of *The Body Remembers* and *8 Keys to Safe Trauma Recovery* Linda Curran has carefully and knowledgeably curated a practical effective collection of interventions that actually work for trauma survivors Any clinician committed to helping those suffering from posttraumatic stress needs to have these tools and resources to draw upon because standard talk therapy nine times out of ten is simply not going to cut it These exercises will Belleruth Naparstek LISW author of *Invisible Heroes Survivors of Trauma and How They Heal* Drawing from the whole spectrum of trauma based therapies Linda Curran has compiled a sampling of practical exercises designed to help therapists and their clients better navigate the mine field that trauma work can be and find the path to healing Richard Schwartz Ph D author of *Internal Family Systems Therapy* 101 Trauma Informed Interventions provides an accessible functional playbook for therapists committed to the rehabilitation of the client with a trauma history In a readable volume Curran integrates diverse approaches of treatment and emphasizes the unique role that trauma plays in mental health Underlying this eclectic strategy is the common theme emphasizing that healing will only begin when the trauma related feelings embedded in the body are appreciated Stephen W Porges Ph D author of *The Polyvagal Theory* An interesting compendium of potential interventions that can be interwoven into any therapist s existing conceptual framework Louis Cozolino Ph D Pepperdine University and author of 5 books including the best seller *The Neuroscience of Psychotherapy Healing the Social Brain* 2nd edition Enjoy Emotional Freedom Steve Wells, Steve Wells M. Psych, 2010-07 Emotional Freedom Therapy or EFT is a remarkable technique that alleviates emotional distress using simple yet elegant techniques based on the body s energy meridians By teaching an easily adopted system of tapping on the bodys meridian points this book enables you to tune and tone your bodys energy system for immediate relaxation and relief *Unlock Your Seventh Sense* Lucy Marcella, 2015-03-05 This powerful book gets straight to the point Its purpose is to show you how to achieve all that you might have believed impossible These simple but powerful techniques are strategies you can use to change your lifeto attain the wealth love happiness and health you desire *Unlock Your Seventh Sense How to Will What You Want* tells you exactly what to do and how to do it It can serve as a resource for a lifetime These principles have helped many people around the world achieve success and now you can learn and use the same principles The author includes several personal real life stories *Unlock Your Seventh Sense How to Will What You Want* is a users guide with invaluable tools for unlocking your potential and gaining success in any area of life you choose These basic techniques can provide new ways to pursue true and lasting success *EFT for Golf* Dawson Church, 2013-09-01 EFT for Golf is a supplement to EFT for Sports Performance **The Promise of Energy Psychology** David Feinstein, 2005-11-03 This

groundbreaking book explains how to tap into your body's energy not only to change your health but to change your behaviors and thought patterns as well. Your body is comprised of energy pathways and energy centers that are in constant motion, a dynamic interplay with other energies and with your cells, organs, immune system, mood, and thoughts. If you can shift these energies, you can influence your physical health, your emotional patterns, and your state of mind. The Promise of Energy Psychology gives simple step-by-step instructions that will help you to overcome fear, guilt, shame, jealousy, or anger, change unwanted habits and behaviors, enhance your ability to love, succeed, and enjoy life. The energy approach presented in this book can help bring about significant change in your life. With this strategy, stubborn phobias often fade in minutes; the lifelong effects of an early trauma can frequently be reduced or completely eliminated; uncontrollable anger can rapidly become manageable; even elusive physical problems may respond where other treatments have failed. The Promise of Energy Psychology is an amazing tool that puts the ability to effect change directly into your hands and finally gives you control over your fears, pain, and destructive behaviors.

Emotional Freedom Techniques Sangeeta Bhagwat, 2015-05-22 Emotional Freedom Techniques is a new path-breaking technique. By following the simple steps of tapping certain energy points in our body coupled with awareness and positive affirmations, we can unblock our inner creative force. It helps us enhance our positive traits and arrive at a state of perfect health. With EFT, abundance and well-being are just a tap away.

**SHIFT Stress** Vij Richards, 2020-11-10 Caring for others is an extremely satisfying experience, but one that shouldn't come at the cost of your own health and happiness. Nurses and health care providers are often stressed at not being able to care for their patients the way they want to. When the demand for beds reaches over capacity, caring for more patients with fewer resources takes its toll. The demands of deadlines, expectations of patient care from families, and management can be overwhelming. Sometimes pleasing everyone else leaves little time for one's self. WHAT IF YOU COULD LEARN EASY WAYS TO MAKE YOUR DAY LESS STRESSFUL? If you are a health care provider or caregiver who is struggling with anxiety, depression, or coping with the demands of each day, then this book is for you. It offers lots of practical tools in every chapter to help you create a tool box that will support your emotional health. This book will help you learn how to identify where you are holding and carrying your stress in your body. Help you to recognize the triggers that you react to. Feel your feelings, don't disown them, own them. Learn to respond differently instead of reacting. Learn to manage your emotions when conflict arises.

**Quest for your Empowered Self** Thomas Ventimiglia, 2014-05-05 This is NOT the required book for San Diego Community College Students. The life skills techniques and exercises in this book will help you gain confidence to live the life of your dreams. The book seeks to help you answer the four meaningful questions: Who am I? Identity. Where am I going? Direction. Why am I going there? Purpose. How will I get there? Strategy. In order to be self-empowered, you must learn these key life skills within a self-empowerment model developed by author Thomas Ventimiglia. It consists of the eight elements of the self that make up the titles of the eight chapters in the book. You will find fifty-six high-powered strategies in bold print.

that can help you achieve each of the eight elements of the self In addition you will find 168 life skill exercises that can help you achieve these fifty six strategies These exercises have been proven to be successful with college students from ages 18 to 90 as measured by Ventimiglia in his twenty four years of teaching You ll learn state of the art skills in stress management taking responsibility raising self esteem emotional development managing anxiety depression and grief reframing negative thoughts and beliefs energy psychology methods learning style identification meditations clarifying cultural family religious and societal value systems life balance goal achievement personality style attracting the right person setting boundaries of communication and much more He has also used these strategies to help others eliminate anxiety phobias trauma pain in the body negative emotions grief PTSD and many other ailments **Energy Psychology Journal, 4.2** Dawson

Church,2012-11-15 Energy Psychology Theory Research and Treatment is a peer reviewed professional journal dedicated to reporting developments in the field of energy psychology EP that are of interest to healthcare professionals and researchers It contains original empirical research into the efficacy of EP methods theoretical experimental and basic science papers illuminating the mechanisms of action of EP clinical insights on the application of EP to various populations and interfaces with other interventions book reviews and abstracts published in other journals that are of relevance to the EP field Its goal is to further the development of EP as an evidence based method in the healing sciences *EFT for Christians* Sherrie Rice Smith, RN,2015-05-15 While Emotional Freedom Techniques EFT has been gaining in widespread use and popularity during the past decade most Christians are unfamiliar with this gentle and astonishingly effective self help tool Those who have discovered its healing potential may be unsure how it fits in with their faith Sherrie Rice Smith RN Retired has an extensive faith based EFT practice and has pioneered the use of this breakthrough approach also called tapping with Christians In this book she shows how to use Scripture while tapping and how EFT can strengthen the prayer life of the believer Packed with compelling case histories of both physical and emotional healing drawn from her Christian EFT practice as well as her extensive nursing background Sherrie explains the science behind Clinical EFT and how it works in harmony with our divinely created physiology She shows how a combination of good science and firm faith is able to provide dramatic relief from a wide variety of suffering whether it is spiritual emotional or physical and how to integrate this self help method with the Christian life



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