

What is EFT?

Most people are familiar with acupuncture and/or acupressure techniques. EFT is a form of emotional acupuncture.

Dr Roger Callahan, a clinical psychologist, is credited with the pioneering work. He discovered that tapping with a finger on specific acupuncture points, while focussing attention on a problem can remove the emotional component.

Dr Callahan's work came to the public's attention under the name, Thought Field Therapy. It was also referred to as the Callahan Technique. Although its value as a therapeutic tool was immediately apparent, many people found the training complex, time consuming and expensive.

One of Dr Callahan's early students, Gary Craig, decided to explore the possibilities of simplifying the procedure. He was able to streamline it, yet still retain the excellent results achieved by the original. From this, EFT was born.

If you think of a negative emotion as a "fuse-blower" and the brain/body's ability to cope is therefore compromised, the application of EFT can reset the circuit breaker or repair the blown fuse. Once this is done, one can begin to think more resourcefully and effectively again. Please remember, 80 per cent of all psychotherapeutic interventions are about resolving the negative emotional component.

EFT can be used to treat:

Fears and phobias:

About 10 per cent of the population suffers from one or more phobias. They can cause intense fear and often severely limit the lives of those who live with them. There are hundreds of possible phobias and EFT can be effective for all of them. Some of the more common ones are:

- Heights
- Lifts
- Failure
- Snakes
- Spiders
- Flying
- Dogs
- Bees
- Claustrophobia
- Rejection
- Dentists
- Needles
- Disease
- Driving

- Being alone

Physical problems:

We now know that negative emotions contribute to physical ailments. EFT is an effective technique for dealing with the emotional component so that the physical symptoms appear to subside:

- Headaches
- Asthma
- PMS
- Back pain
- Allergies
- Snoring
- Insomnia
- Constipation
- Joint pains
- Psoriasis
- Chronic fatigue
- Irritable bowel

Using EFT to enhance your Self Image:

“The cause of poor self image is an accumulation of negative emotions about oneself”

- Gary Craig, Founder of EFT

If we eliminate the negative emotions then we eliminate the cause. And without the cause the poor self image fades away, and what better tool to eliminate the negative emotions than EFT./p>

Remember the discovery state upon which EFT is built:

“The cause of all negative emotions is disruption within the body’s energy system.”

What will I experience?

Full treatment and assessment takes about 1½ hours. However the tapping part only takes minutes, with many issues being “one minute wonders”, literally taking one minute. Treatment involves the patient either sitting or standing as they focus on the problem. The EFT practitioner taps the various energy points and the client grades the severity of the problem from 0-10 until the ‘problem’ reduces significantly. The results are not only very fast but lasting. This really is a revolution in psychotherapy

The client knows, almost instantly, whether or not they feel better. It is a marvellous thing to watch a client's face as they start to realize that the problem has been resolved.

I have now experienced psychologists, doctors, psychotherapists and hypnotherapists literally only using EFT instead of the original methods, with brilliant results in a fraction of the time.

EFT is a treatment which enables us to treat a multitude of issues without the need for upsetting details and in-depth analysis. It is ideal for men, children and women alike.