

# EMOTIONAL FREEDOM TECHNIQUES

Calming the lower region of the brain through tapping.

Emotional Freedom Techniques, also known as EFT or Tapping, are evidenced-based strategies that promote stress relief and resiliency through activating a mind-body connection. "The basic Tapping technique requires you to focus on the negative emotion at hand - a fear, a worry, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, you use your fingertips to tap 5-7 times on each of the 9 specific meridian points of the body. Tapping on these meridian points in sequence while concentrating on the negative emotions engages both the brain's limbic system and the body's energy system, encouraging a sense of safety and resolution" (The Tapping Solution, 2018). Thus, this is a bottom-up regulation strategy! By pairing Tapping with strength-based cognitive reframing, the brainstem is activated through the "language" of sensations.



**1**

**IDENTIFY THE STRESSOR AND ANY ACCOMPANYING FEELINGS, PHYSICAL SENSATIONS, OR CHALLENGING THOUGHTS.**

**2**

**DETERMINE THE TITLE AND REMINDER PHRASE FOR YOUR STRESSOR.**

Example of a title: "Feeling sick to my stomach when I have to get on the school bus"  
Reminder Phrase: "Sick feeling in stomach"

**3**

**RATE YOUR STRESS LEVEL**

Identify your stress from a 0 (no stress) to a 10 (the most stress ever).

**4**

**THE SET-UP PHRASE AND KARATE CHOP POINT**

The set-up phrase is formed by inserting your title as follows:

**"Even though I felt this [insert title here], I [insert positive affirmation here]."**

Tap on the karate chop point (shown to the right) while saying your set-up phrase. Repeat the sequence 3 times while repeating your set-up phrase.



**5**

**THE EFT TAPPING SEQUENCE**

Following the Tapping Sequence in order, tap about 7 times on each spot using the balls of the fingertips of your index and middle fingers on each specified acupoints in the diagram below WHILE repeating your reminder phrase, "this [shortened title]".

- 1- Eyebrow
- 2- Side of eye
- 3- Under eye
- 4- Under nose
- 5- Chin
- 6- Collarbone
- 7- Under arm
- 8- Top of head



**6**

# EMOTIONAL FREEDOM TECHNIQUES

Continued.

- 6 ASSESS PROGRESS**  
Rate your stress from 0 to 10 again. If your stress is the same or higher, repeat steps 4 & 5 up to five times. If it is still not helping, try thinking about a different stress. If your stress is lower, repeat step 4, but change the set-up phrase to "even though I STILL have SOME of this [title], I [insert positive affirmation here]." At step 5, change the reminder phrase to "REMAINING [title]" at each tapping point.

**IF YOUR STRESS IS ZERO, IT IS NOT NECESSARY TO REPEAT TAPPING PROTOCOL.**

Information from: Association for Comprehensive Energy Psychology. The ACEP Recommended EFT Research Protocol. Retrieved from <http://energypsych.org/displaycommon.cfm?an=1&subarticlenbr=132>



A great children's book to talk about Tapping with your students!

## RESOURCES:

- Bath, H. (2008). The three pillars of trauma-informed care. *Reclaiming Children and Youth*, 17, 17-21.
- Lieberman, M., Eisenberger, N., Crockett, M., Tom, S., Pfeifer, J., & Way, B. (2007). Putting feelings into words: Affect labeling disrupts amygdala activity in response to affective stimuli. *Psychological Sciences*, 18(5), 421-428.
- The Tapping Solution. (2018). What is Tapping and How Can I Start Using It? Retrieved from The Tapping Solution: <https://www.thetappingsolution.com/tapping-101/>

## HOW TO USE EFT IN SCHOOLS

- Tap together as a class with a shared worry such as an upcoming test
- One-on-one tapping in which the teacher taps with a student in need
- The teacher taps him/herself while vocalizing the stressor of the child
- A student or small groups taps about a stressor

“ Bringing to mind an emotional trigger, problematic scene, or unresolved traumatic memory activates the amygdala, arousing a threat response. Stimulating selected acupoints, according to the Harvard studies simultaneously sends deactivating signals to the amygdala. Repetition of the physical intervention resolves these opposing signals by reducing the arousal while the trigger is still mentally active. The hippocampus records that the memory or trigger is being safely engaged without a stress response, and the neural pathways that initiate the associated stress response are permanently altered.

**BEING ABLE TO ENCOUNTER THE MEMORY OR TRIGGER WITHOUT LIMBIC AROUSAL BECOMES THE NEW NORMAL.**

-David Feinstein, Ph.D.

Feinstein, D. (2012). Acupoint stimulation in treating psychological disorders: Evidence of efficacy. *Review of General Psychology*. Advance online publication. doi:10.1037/a0028602