

## Emotional Freedom Techniques For Trauma-Informed Treatment

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## Nancy & Lynda's Intentions

- ▶ To offer a Trauma-Informed Experience of EFT.
- ▶ Fulfill our Learning Objectives:
  1. Understand the brain/body neuroscience underlying EFT's effectiveness.
  2. Understand the breadth and depth of how EFT is integrated into a Triphasic trauma treatment plan.
  3. Learn and practice the basic EFT Algorithm for Self Regulation, Stress and Symptom Relief.



## 4 Parts To Our Presentation

- ▶ Part 1: A little about EFT: Description, Evolution & Research
- ▶ Part 2: A little about the Tri-phasic Model & Stages
- ▶ Part 3: A little about integrating EFT and this Model
- ▶ Part 4: Next Steps



## What is Emotional Freedom Techniques? It depends who you ask ....

- ▶ Ask an experienced clinician:

"EFT is an evidence-based, mind-body clinical and self-help modality that combines verbal and physical procedures for effecting therapeutic change. While utilizing established clinical methods such as exposure and cognitive restructuring, the approach also includes non-Western techniques derived from ancient healing systems, particularly acupressure. It's most frequently utilized protocols combine stimulation of acupuncture points with the mental activation of a targeted psychological or physical issue"

Feinstein, D. (2012). Acupoint stimulation in treating psychological disorders: Evidence of efficacy. *Review of General Psychology*, 16, 364-380



## What is Emotional Freedom Techniques? It depends who you ask ...

### ► Ask a researcher:

“ EFT is a gentle somatic intervention which has been shown to produce electrical signals that can rapidly disrupt the neurological underpinnings of psychological and physiological symptoms.”

Peta Stapleton, Bond University, Australia, *The Science of Tapping*, in press 2018.



## Research

- Over 100 Outcome studies, 49 Randomized Controlled Trials, 4 Meta analysis
- Strong effect sizes in 98% of studies  
Depression, anxiety, PTSD, Pain, food cravings & weight loss, physiological symptoms
- Biological marker studies:  
Decreased stress hormones (cortisol) after an hour of basic tapping  
Down regulation of stress and PTSD gene expression  
Brain wave normalization  
Shifts in areas of brain associated with targeted problems (fMRI)
- Dismantling studies show tapping is a necessary ingredient.
- Head to head studies (CBT, exposure, EMDR) All work, EFT works equally or better,  
EFT works faster, EFT results endure over time



## A Little About.... Judith Herman's Triphasic Model

Book: Trauma and Recovery: The Aftermath of Violence - From Domestic Abuse to Political Terror (1992)

3 STAGES

- 1.Safety and Stabilization: from unpredictable danger to safety.
- 2.Remembrance and Mourning: from dissociated to acknowledged memory.
- 3.Reconnection To Ordinary Life: from isolation to restored social connection.

\*Spiral nature of the 3 stages



## Part 3: A Little About..... Integrating Triphasic Model & EFT

- “Therapists are trained to believe that language can solve everything. Language doesn't solve everything. It's important but it doesn't get to all the areas of trauma. EP techniques and procedures can bring about remarkably rapid changes in the way people feel.”  
  
Bessel Van der Kolk, Professor of Psychiatry
- “EFT directly works with processing the distorted energetic information in the body mind.”  
  
Robert Schwartz PsyD, ACEP



## Using EFT in Stage 1: Safety and Stabilization

Goal: Self regulation; stress relief & symptom relief TODAY

► Increase client's experience of safety and stability in their body:

1. Facilitate the client's ability to establish regulation in their nervous system in this particular moment regardless of external or internal circumstances.

2. Facilitate the client's ability to establish regulation in their nervous system around their experience of current issues in their life TODAY.



## Using EFT in Stage 1: Safety and Stabilization Personal Experience

1. How at ease do you feel in this moment?

On the At Ease scale of 0- 10. 0 is totally at ease and 10 is totally stressed.  
Record a number on your file card.

2. What is in the way of your being totally at ease in this moment?

## BRAIN BODY Neuroscience of EFT

### Mechanism #1: De-activating undesired brain activity

► PROCESS: MECHANOSENSORY TRANSDUCTION

- The mechanical stimulus from tapping on EFT acupressure points is converted into electrical activity,
- this electrical energy travels QUICKLY and DIRECTLY along the fascia (connective tissue pathways) to the brain body,
- sending regulating signals to brain areas (amygdala, hippocampus, other fear centres) which have been activated.



## Using EFT in Stage 1: Safety and Stabilization EFT TECHNIQUES

► BRONZE STANDARD:

Use only acupressure points from the basic EFT Algorithm, no words just tapping or mindful tapping focusing a little bit on your problem.

Use as prevention, maintenance and in the moment when you feel dysregulated.

To prepare your client to do the work.

► SILVER STANDARD:

Pre-existing scripts (clinician developed, internet, books, videos)

Use as psycho-education to increase awareness and validate their experience.



## Using EFT in Stage 1: Safety and Stabilization EFT TECHNIQUES

### ► GOLD STANDARD

Use set up phrase on the Side of Hand: 'Even though I have this problem, I.. (safety, love and acceptance to the extent possible) together with short verbal phrases while tapping on the remaining points.

Use as a gentle global technique to start regulating nervous system. As the client regulates we will move to greater specificity around the issue today.

Increase the dose by getting more specific as the client is increasingly able to regulate their own autonomic nervous system in the face of the perceived threat.



## EFT criteria for client readiness to move to stage 2

- As a test of readiness in stage one, the clinician begins to “sneak up” on the trauma.
- Client demonstrates a consistent routine of self regulation.
- Clinical evidence of client’s ability to self regulate in their life.
- Clinician has confidence the client has adequate resources internally and externally to handle the after effects of stage 2 work.



## Stage 1: EFT uses for the clinician

### ► Before the Session:

To regulate your nervous system around your upsetting issues and events so that you show up fully present for yourself self and your client.

To clear judgements and challenges around a specific client.

### ► During the Session:

Consistent tapping along with the client offers protection from vicarious trauma. Helps contain any of the clinician trauma’s that are opened up.

### ► After the Session:

To clear any residual impact from the clinical work.

To clear any personal triggers resonating with the client’s situation.



## Using EFT in Stage 2: Remembrance and Mourning

► Sneaking Away and Sneaking Up: titrating the dose by appropriately moving away and toward the trauma while the client maintains a calm nervous system.

### ► Resolve the Trauma/s and Release their associated Limiting Beliefs:

Deal with specific upsetting pieces of the trauma one at a time while client maintain a calm nervous system. A client does NOT have to relive the fear to release the trauma.

First resolve recent past painful events & traumas to build resiliency in the body mind system.

There are specific Gold Standard EFT techniques to achieve these goals.



## BRAIN BODY Neuroscience of EFT Mechanism #2: Memory Reconsolidation

- ▶ “Reconsolidation is the brain’s only known process for eliminating (not merely suppressing) an established learned emotional response.”  
Ecker, B. (2015), Memory reconsolidation understood and misunderstood, International Journal of Neuropsychotherapy, 3(1), 2-46.
- ▶ EFT’s protocol inherently contains memory reconsolidation’s ***three criteria*** for eliminating previous learning:
  - ▶ 1. Reactivate the target learning by bringing it into conscious awareness.
  - ▶ 2. Juxtapose the emotional/somatic experience of the old learning with an emotional/somatic experience of the new learning. Repeat.
  - ▶ 3. Vividly test that the transformational change has occurred.



## EFT criteria for client readiness to move to Stage 3

- ▶ When Stage 1 regulation and/or Stage 2 resolution work has freed previously unavailable energy, it's available to be used toward the creation of empowered beliefs and associated actions.
- ▶ “When energy is available it needs to be focused in a direction of desired change - if it isn't, it is going to strengthen other existing sabotaging habits”. Nancy Forrester



## Using EFT in Stage 3: Reconnection with Ordinary Life

- ▶ In Session: Creation and Reinforcement of the New Learning  
“What empowered belief do you want to create to replace the old belief”
  - 1. Reinforce new learning with repetition and intensity and clear any resistance with EFT.
  - 2. Create specific scenarios associated with the new belief.
  - 3. Create a specific action plan and problem solve obstacles to implementation and accountability.
- There are EFT Gold Standard techniques to facilitate this process.
- ▶ Out of Session: Mental Rehearsal and Implementation  
Clear perceived threats that arise while mentally rehearsing and implementing the action plan using Bronze and Gold EFT.



## Next Steps

- ▶ Start using **Bronze Standard** right away for your own self regulation, stress and symptom relief.
- ▶ Investigate **Silver Standard** resources at the book store or online.
- ▶ Fill out your **Interested in Learning More?** handout including requesting your bonus of ‘Getting Started with EFT - A Primer For Professional Practice’.
- ▶ Register for Neftti’s **Accredited Professional Training** ‘Discover the Power of EFT’.



## Top 20 Benefits of EFT

1. Flexible, gentle, collaborative, client centred, relational approach
2. Allows people with PTSD or any trauma to process the trauma without an overwhelming brain body nervous system response (flooding)
3. Ability to get very specific about the energy information stored in the body mind ( below the cognition, behaviour, emotion)
4. Grounds us in the truth of our body's experiences in the moment
5. Clinically accountable with testing
6. Research showing long lasting sustained results
7. Research showing that the work progresses more quickly
8. Ability to deal with client resistance to healing and growth
9. Readily available, low cost and empowering as a self help tool, including client work between sessions
10. Research effectiveness very strong, including head to head studies with CBT, exposure, EMDR. Research base is solid and growing quickly.
11. Profoundly effective to use in targeted groups related to each phase (phase 1 - support, psycho-education, self regulation skills, phase 2 - memory reconsolidation, phase 3 - post traumatic growth (group essential)
12. Client more likely to stay with the therapy.
13. With advanced training – can use dis-ease symptoms to identify the related traumas.
14. Ability to facilitate post trauma growth – for the client to be in their life in a meaningful way and is a springboard to personal development.
15. Fits beautifully and flexibly with the spiral nature of Judith Herman's Triphasic model of Trauma Treatment.
16. Techniques for titrated doses available for all 3 phases.
17. Clinically easier and less stressful for the clinician by following the process and not needing to try to find out or figure it out. Better clinician energy and quality of life.
18. Allows clinicians to be present as they stabilize their own nervous system during the session .improving the quality of the relationship in the moment. Lessens compassion fatigue.
19. Clinicians can be confident in knowing that they can gently and successfully move through trauma work.
20. Clinicians can use EFT and the triphasic model for their own healing and personal growth, improving their quality of life and professional presence.

*"The ability to consistently self-regulate with EFT has greatly increased my quality of life. Better and more consistent moods, more present with clients, family, friends and colleagues. After teaching clients to self-regulate with EFT, the next session they talk about how the quality of their lives has improved, how their symptoms have abated. They are excited and hopeful about further positive results. You are not a good teacher of this stuff unless you are doing it. The more you do EFT the more you attain what I consider the last level of human maturation - the realization that 'I can't control what's 'out there', but I can control what my reaction to it is'. And when I consistently do that what's 'out there' changes."*

*Robert Rhoton, PsyD, LPC, D.A.A.E.T.S., CEO Arizona Trauma Institute, co-editor International Journal of Trauma Practice and Research*

## **Selected Research: Emotional Freedom Techniques**

For additional research: <http://www.neftti.com/eftresearch>

Feinstein, D. (2010). Rapid treatment of PTSD: Why psychological exposure with acupoint tapping may be effective. *Psychotherapy Theory, Research Practice, Training*, 47(3), 385-402. doi: 10.1037/a0021171

Church, D., Stern, S., Boath, E., Stewart, A., Feinstein, D., & Clond, M. (2017). Emotional Freedom Techniques to treat posttraumatic stress disorder in veterans: Review of the evidence, survey of practitioners and proposed clinical guidelines. *Permanente Journal*, 21, 16-100. doi: 10.7812/TPP/16- 100.

Sebastian, B., & Nelms, J. (2017). The effectiveness of Emotional Freedom Techniques in the treatment of posttraumatic stress disorder: A meta-analysis. *Explore: The Journal of Science and Healing*, 13(1), 16-25. doi: <http://dx.doi.org/10.1016/j.explore.2016.10.001>

Gilomen, S., Lee, C. (2015) The efficacy of acupoint stimulation in the treatment of psychological distress: A meta-analysis. *Journal of Behavior Therapy and Experimental Psychiatry*, 48, 140-148. doi: 10.1016/j.jbtep.2015.03.012

Nelms, J. A., & Castel, L. (2016) A systematic review and meta-analysis of randomized and non-randomized trials of Emotional Freedom Techniques (EFT) for the treatment of depression. *Explore: The Journal of Science and Healing*, 12(6), 416-426. doi: 10.1016/j.explore.2016.08.001

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