EFT:
Emotional Freedom Technique

Level 1 Training for Psychotherapists

By

Margaret Ann Kellogg, LCSW

Presented by CEUSchool
Disclaimer
The Emotional Freedom Technique (EFT), while providing major healing benefits, is considered a nontraditional approach. It is recommended that EFT be used in conjunction with your medical doctor and other health care professionals. By proceeding with this course, you are agreeing to hold Margaret Ann Kellogg, L.C.S.W., and Starwood Counseling Center, blameless.
About The Author

Margaret Ann Kellogg is a Licensed Clinical Social Worker with 25 years of experience. On Oct. 1, 2006 she opened Starwood Counseling Center in Frisco, TX where she practices an innovative combination of leading edge technologies for person growth and healing. Prior to moving to TX, she maintained a private practice in East Tennessee for sixteen years. As an independent contractor, Margaret Ann worked with Quillen College of Medicine, Virginia Commonwealth’s Graduate School of Social Work, Citi Group, United Healthcare and others.

Margaret Ann provides EFT sessions and case consultations by phone. She is also available to conduct EFT training programs across the United States.

Author’s Contact Information

Margaret Ann Kellogg, LCSW
Starwood Counseling Center
5850 Town & Country Blvd., Suite 1201
Frisco, TX 75034
972-768-4795
margaretannkellogg@mac.com
Summary

The Emotional Freedom Technique has been featured on CNN, the Discovery Channel and in the Journal of Clinical Psychology. Yet it is still a secret to most healthcare professionals. Sometimes called an emotional version of acupuncture, EFT uses a gentle tapping procedure, instead of needles, to balance the body’s energy meridian system. Based on the 5000 year old technology of acupuncture, EFT is a safe and noninvasive technique that can be effective with a number of different issues. It is an easy-to-learn, physician-approved, self-help tool.

Objectives

1. Understand the theory and discovery statement behind EFT’s effectiveness.
2. Find out the three best ways to introduce your clients to EFT.
3. Learn the basic EFT protocol.
4. Achieve specific results using EFT and modify the procedure so it applies to almost any issue.
5. Identify the causes if EFT doesn’t work and how to correct the problem.
Benefits of EFT

The main benefits of the Emotional Freedom Technique are: 1. the simplicity of the technique, 2. its applicability to a wide variety of problem areas, 3. the results generalize to positively impact other problem areas or unresolved emotional issues, and 4. it can be used in conjunction with most psychological theories.

EFT is a simple procedure. Results can be achieved in only a few minutes. The simplicity of the technique allows you to teach clients how to use it as a tool for managing feelings between therapy sessions. Clients report a sense of empowerment when they master the technique and experience successful results. This benefit alone allows EFT to be used as a powerful follow up tool. Many therapists use EFT to continue the therapeutic process between sessions via homework assignments. It also gives clients an effective technique for managing daily stressors, feelings triggered from past un-resolved emotions, feelings related to relationship conflicts and other emotional events. Using EFT (tapping) between sessions can effectively avoid escalation of emotions leading to a crisis or impulsive acting out through alcohol, drugs or other unhealthy coping mechanisms.

EFT is applicable to a wide range of problem areas. It has accomplished impressive results when used in treating many DSM IV disorders such as but not limited to: depression, anxiety, post traumatic stress disorder, phobias, complicated bereavement, attention deficit disorder, adjustment disorders, eating disorders, etc. Much of the relief experienced by clients with these disorders is through EFTs effectiveness at addressing unresolved emotional issues. However, EFT demonstrates
impressive results when used in a single session to reduce the symptoms of these major illnesses or to extinguish unhealthy behaviors. For example, EFT is highly effective in eliminating specific food cravings. It can also eliminate the shame the client may experience for having a particular disorder and thus create a clear direction for self care. It is also effective in resolving the many issues related to trauma and abuse.

The results achieved with EFT demonstrate a generalized effect to other issues. Clients may have multiple past events resulting in unresolved emotions. Using EFT to address one or two of these events and the accompanying core issues often eliminates feelings related to other past events. The results of EFT tapping also demonstrate an effect call borrowing benefits (Craig). Borrowing benefits occur when the therapists or others using EFT with the client experience results as well. For example, a therapist was tapping (using EFT) with a client around a craving for caffeine. The therapist and the client ended up abstaining from caffeine. Finale follow up four months later found continuous abstinence for both the client and the therapist. This borrowing benefit makes EFT especially effective for use in group psychotherapy. Clients don’t have to tap (use EFT) on their issues directly in order to derive some benefit from EFT.

EFT as a technique can be used with most psychological theory bases. Many theories identify unresolved emotional issues or faulty cognitive processes as the cause of psychological problems. The primary healing benefit of EFT comes from its ability to effectively resolve emotional issues related to difficult past events. These events don’t have to be related only to past traumas such as physical or sexual abuse. For example, many times performance anxiety can be related back to an event of being shamed or embarrassed by a teacher in school. Normal events such a death or a move becomes traumatic when the emotions are not expressed and dealt with at the time.
Many therapists from a variety of disciplines using a variety of theory bases can use EFT in conjunction with the practice of their current theory.

Introduction

This beginners’ manual serves as an introduction to EFT and is not intended to be the full training. You are encouraged to practice the basic protocol and familiarize yourself with this tool before incorporating it into the therapeutic process. The following case examples are included to give you an idea of the possible results accomplished after just one session using EFT. However, EFT produces greater results the more it can be incorporated into the therapeutic process.

Actual Case Results

Beth is a successful, self-employed business woman who struggled for years to maintain an exercise program and healthy diet. After her doctor diagnosed her with metabolic syndrome, she decided to try EFT. Initially, we targeted her cravings for white bread. At the end of a one hour session, she said she felt a little nauseated at the idea of bingeing on bread. Beth successfully changed her eating habit and hasn’t binged on bread since the session. She also noticed that it was easier to eat healthy foods. During her next session, Beth targeted her difficulty staying motivated to exercise. Exercise was a struggle to maintain because as she said in her own words, “I dread to exercise.” We targeted her dread of exercise and by the end of the session she stated she had a desire to run on her treadmill. Upon follow up, she wrote the following, “After years of dreading to exercise, I am now happily doing 40-50 minutes of exercise per day.” Beth continues to eat healthy and exercises on a regular basis. She learned how to use EFT and applies it to herself when necessary.

Cathy has severe scoliosis. She attended a training seminar to learn how to use EFT for pain management. Unable to have surgery to place a metal rod in her back, she used strong medication to manage her pain. By the end of the seminar she reported having no pain, is a fan of EFT and uses it faithfully at home instead of medication. She wrote the following: “I have discovered something that nobody would ever think of and it really does work. No matter what I have a problem with, I can tap (use EFT) on it. I have severe scoliosis and EFT relieves my pain and helps me sleep.”
without taking medication. I feel I have achieved a higher level in my life.”

Joyce had severe cravings for Puffin Corn (something similar to Cheetos). After one session of EFT, applied to her cravings, she wrote the following: “I haven’t touched a bag of Puffin Corn since we last talked...I’ve thought about it many times and the same sort of repulsive feeling has come over me most every time. I’m very excited about it...I feel hyped about it. Also, I’ve lost 4 lbs. and gone to the gym every day except for one. I’m quite proud of myself. Thanks so much!!!!” A follow up phone call three months later revealed that Joyce continues to avoid Puffin Corn.

A client with anxiety stated the following after attending the EFT training seminar, “When I feel tense, EFT gives me relief and peace. I love doing something other than taking a pill.”

Jean had fibromyalgia and was addicted to Coca-Cola®. Her doctor advised her to quit drinking any cola drinks because the sugar and caffeine increased her symptoms. Despite this warning, Jean was unable to quite drinking cokes and usually drank 4 to 6 per day. I asked her to bring a can of cola with her to the session so we could measure the results. After 45 minutes of EFT she was unable to drink the Coke and ended up pouring it down the sink. She said it tasted funny and burned her throat. Follow up months later revealed that she is maintaining her Coke abstinence, doing mild exercise and has increased energy.
Underlying Assumptions and Theory Base

What is EFT?

EFT, also called tapping, is an emotional version of acupuncture. Based on the 5000 year old technology of acupuncture, EFT uses a gentle tapping procedure, instead of needles, to balance out the body’s energy meridian system. It is physician approved as a safe and noninvasive self-help tool that can be used on a number of different issues. Gary Craig (www.emofree.com), the founder of EFT, explains its effectiveness as follows:

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

Painful emotional event ——— Disruption in the body’s energy or meridian system ——— Negative emotion

Targeting unresolved emotional issues as the cause of psychological problems is not a new concept. However, this procedure corrects the imbalance created by past emotional issues and realigns the body’s energy system to eliminate the existing symptoms or negative emotion.

EFT approaches the body as a whole system. If the body is out of balance energetically, it affects the whole body. Therefore, this understanding takes the whole system of the body into account. Balancing out the system thus eliminates the problem and relies on the body’s natural healing abilities.

EFT is not based on the intention set by the client, the placebo effect or other explanations. Actually, the client doesn’t have to believe in the effectiveness of EFT in order for results to be achieved.

Used in a therapeutic process, EFT is guided by and follows the client’s own intuitive process. When using EFT for a specific problem, the client is able to recover core underlying issues.
Using EFT with Clients

Introducing Clients to EFT

Before introducing your clients to EFT, it is sometimes helpful to assess their level of experience with natural healing methods. One means of accomplishing this is to include questions about their use of nontraditional procedures during the medical history assessment. Many clients have experienced acupuncture with good results, and therefore, EFT can be compared to acupuncture that uses a gentle tapping procedure instead of needles. It is sometimes described as an emotional version of acupuncture. Many clients are sophisticated in alternative treatments and thus EFT will make intuitive sense. Stating an example of an issue, similar to theirs, that was corrected using EFT is also helpful.

In some cases you may want to assure the client that while EFT may seem strange at first, it is physician approved as a safe and noninvasive self-help tool. Most clients are encouraged if EFT has worked in a similar situation and many welcome natural techniques given the increased side effects of medications. However, some clients may not know about or understand alternative techniques. A simple assessment in the beginning of treatment will give you the necessary information to decide how to introduce EFT.

Many times the best approach is just to simply ask the client if you can teach them a technique. If the client is anxious during the session the therapist may simply say, “I know that you are anxious right now. Do you mind if I show you a technique to help with what you are feeling?” Then demonstrate EFT. Introducing EFT in this way naturalizes the process and makes it seem like just another technique. When introducing this tool, a natural approach without a lot of overwhelming information is best.

The Basic Protocol

Developing the Setup and Reminder Phrase

Gary Craig (www.emofree.com), the founder of EFT, designed the basic protocol. This protocol follows Gary Craig’s basic recipe for EFT found in the beginner’s manual. It is called the long version of EFT even though it can be completed in only a few minutes. Level 2 training introduces the EFT short form. Once the short form is mastered, EFT can be incorporated into the therapeutic process vs. working on one single problem area. It is important to use EFT personally in order to become familiar with this approach before using it with clients. EFT is an experiential technique and thus using it personally gives you the necessary information. Just reading about EFT will not adequately prepare
you for using it with clients or knowing what type of results to expect. Using EFT as a therapeutic process, is covered further in Level 2 and 3 Training.

**Identify the Issue**

Identify what the client wants to work on during the session. Discuss this issue till you have identified a specific aspect to be addressed. For example, if the client wants to work on self-care, what aspect of self-care do they want to work on specifically. The issue may be insomnia, giving up chocolate, exercising, etc. EFT is most effective when working on one aspect of a problem at a time. The biggest mistake for beginners is being too general with the issue identified. Remember the more specific the better.

**Take an SUD Rating**

Once you have identified a specific issue, rate the issue on an SUD (subjective units of distress) scale. Ask the client this question. On a scale of 0 to 10, with 0 being no distress and 10 being the highest, how much distress due you feel at this moment about_________? Insert the client’s issue in the blank. How much distress are you currently feeling about your lack of sleep, difficulty exercising, craving, etc. Write the number down as you will need to reference it again after applying EFT.

**Developing the Setup Phrase**

The setup phrase is always used to counter any subconscious desire to hold on to the problem. Gary Craig (www.emofree.com) states that the setup phrase neutralizes psychological reversal. Psychological reversal stops any attempt at healing and must be removed in order to produce healing. In EFT terms (Craig) it is compared to reversing the polarity with batteries. Putting batteries in a flashlight backwards blocks the flow of energy and therefore gives no power for operating the flashlight. Stated another way, the person has a subconscious block that requires holding on to the problem for certain benefits. This is also called the function of the symptom. An example might be a woman who lost both parents during the early years of her childhood. Although she longs for a committed relationship, she subconsciously fears the potential pain of losing another significant relationship. Because the subconscious desire for safety is stronger than the conscious desire, she remains single and protected from further loss. Therefore, the function of the symptom is self—protection.

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Significant relationship ➔ Potential loss ➔ Tremendous grief and pain
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The setup phrase takes care of the client’s subconscious desire to support the status quo and thus neutralizes psychological reversal. Psychological reversal, simply stated is when something pleasurable gets wired into pain. In the example above, a significant relationship is wired into the pain of grief and loss. Remember the subconscious mind always operates in our own best interest. Therefore, the first step in the EFT protocol is to neutralize psychological reversal. Psychological reversal may not always be present but it
only takes seconds to make sure it is neutralized. Therefore, always start the EFT protocol with the setup phrase.

**Develop the Setup Phrase:**

Even though I have this ____ (fill in the blank with the issue to be worked on)  
____________________________ I deeply and completely accept myself.

In the above example the setup phrase might be, “Even though I have this sadness because I don’t have a partner, I deeply and completely accept myself.

The main thing to remember in the setup phrase is to be as specific as possible. The more specific, the better results you will obtain. For example I used EFT with the setup phrase of, “Even though I hate to exercise.” I was perplexed as it was ineffective. After thinking about my lack of exercise, I realized that I love to exercise but I was not motivated to exercise. I changed the setup phrase to, “Even though I am not motivated to exercise,” and it worked great.

Let’s look at some examples of possible setup phrases. We will use only the first part of the phrase for our examples but you will always use the complete phrase in your work. You will also choose the phrase that has the most emotional charge for your client.

<table>
<thead>
<tr>
<th>Nonspecific Phrase</th>
<th>Specific Phrase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Desire to eat sugar</td>
<td>Craving for donuts</td>
</tr>
<tr>
<td>Difficulty with exercise</td>
<td>Not motivated to exercise</td>
</tr>
<tr>
<td>Healthy diet without caffeine and sugar</td>
<td>Craving for coffee</td>
</tr>
<tr>
<td>Depression</td>
<td>Sadness over _______________</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Fear of giving a speech</td>
</tr>
<tr>
<td>Pain</td>
<td>Back Pain</td>
</tr>
</tbody>
</table>

Remember to make the phrase as specific as possible and something that can be measured on the SUD scale in present time. If it is something that happened in the past, measure the current distress when thinking about the past event.
Locating Acupressure Points

Refer to the diagram (Craig, EFT Brochure) for an outline of all the pressure points used in the EFT protocol.

Acupressure Points for the Setup Phrase

The first step in the protocol is to locate the pressure points used in the setup phrase. One of two points is used for this purpose.

Option #1
Option #1 for the setup phrase is called the sore spot. To locate the sore spot place the two fingers (index finger and middle finger) of your dominate hand on your Adam’s apple and move down to the U shaped bone that forms the top of your sternum. Move your fingers down your sternum three to four inches and then to the left or right two to three inches till you find a tender or sore spot on your chest.

This is the spot you will rub gently in a circle while you repeat the setup phrase three times. Remember to continue rubbing this spot the entire time you are repeating the phrase.

Option #2
The second option for the setup phrase is called the karate chop. It is called the karate chop because it is located on the side of the hand where you would chop a board in two. It is on the little finger side of the hand in the middle of the fleshy part.

You continue to tap (not rub) this point while repeating the setup phrase three times.

Either of these points can be used in the setup phrase. Example: The client would repeat the phrase, “Even though I am sad because I don’t have a partner, I deeply and completely accept myself” three time while rubbing the sore spot or tapping the karate chop.
**Reminder Phrase**

Next shorten the setup phrase to the reminder phrase. The reminder phrase will be repeated while you tap each of the pressure points a minimum of seven times. Example: “I’m sad because I don’t have a partner.”

**Acupressure Points and Tapping Procedure**

**Tapping**

Take the same index and middle fingers of your dominate hand to find these points. Once you start the tapping procedure, you will tap each point a minimum of *seven* times each. Don’t worry if you tap more than seven times. You may tap on either side of the body or change sides during the tapping procedure. The order and location of the tapping points begins with the top of the head and works down the body. This makes it easy to remember the sequence. Again refer to the chart for further detail.

- Top of the head – the middle of the very top of the head.
- 1. Eyebrow – Inside of the eye just at the start of your eyebrow.
- 2. Outside of the eye – Just to the outside of the eye where your upper and lower eyelid meet, tapping on the bone.
- 3. Under eye – On the bone just below the pupil of the eye.
- 4. Under nose – Under you nose between your nose and upper lip.
- 5. Chin – On your chin just in the crease below your bottom lip on the top part of your chin.
- 6. Collar Bone – Locate the U shaped bone again, below your adam’s apple at the top of your sternum. Move to the top of one side of the U either to the right or to the left. This point is located where your collar bone, sternum and first rib all come together.
- 7. Under Arm – Place two fingers in the pit of your arm and come down 3 -4 inches till you find a tender or sore spot. For women it is usually in the middle of the bra strap.
- 8. Under Breast – Just below the breast nipple where the fleshy part of the breast meets your chest. For women it is located around the under-wire or bottom part of the bra. For men it is approximately 2 inches below the nipple.

The next pressure points are all located on your hand.
Draw an imaginary line from the base of the nail to the outer side of the thumb. Place your two fingers starting at this imaginary line on the side of the thumb. Repeat this procedure for all the points on the fingers, always tapping on the side of the finger facing the thumb.

9. The thumb
10. The index finger
11. The middle finger

Skip the ring finger

12. The pinkie or baby finger

13. Karate chop – The pinkie side of the hand in the middle of the fleshy part just on the outside of the palm.

14. Gamut Point – On the back of the hand between the knuckle of the pinkie and ring finger you will find an indentation. Place your finger in the indentation and move upward to find where two bones come together to form a V. Tap on the point of the V while following the procedure below. Remember to tap the entire time you are following this procedure.

**Gamut procedure**

While tapping the gamut point on the back of your hand, keep your head still and complete the following.

- Close your eyes and open your eyes.
- Look down hard to the right and back to center.
- Look down hard to the left and back to center.
- Look up to the ceiling and all the way around in one direction and back to the ceiling (it doesn’t matter which direction you start with).
- Look all the way around in the opposite direction, back to the ceiling.
- Eyes back to normal.
- Hum for 5 seconds (yes, I know it’s strange). Gary says to hum happy birthday.
- Count to 5.
• Hum for 5 seconds.

Repeat one more round of the tapping procedure. Remembering to tap a minimum of 7 times on each point.

• Eyebrow
• Side of Eye
• Under Eye
• Beneath the Nose
• Chin
• Collar bone
• Under Arm
• Under Breast
• Side of Thumb
• Side of Index Finger
• Side of Middle Finger
• Side of Pinkie
• Karate Chop

Stopping at the karate chop. You have completed the long version of the basic EFT protocol. Take another SUD rating and if any distress remains, simply repeat the above process using the modified setup phrase below:

Even though I still have this sadness because I don’t have a partner, I deeply and completely accept myself.

Continue the process till you reach an SUD rating of 0. Some issues may require applying EFT for several rounds in order to reach an SUD of 0.

**Case Example**

**Step 1** Identify an issue to work on.
Joan decided to work on her compulsive overeating.

**Step 2** Rate the issue on an SUD (subjective units of distress scale) on a level from 0 to 10.
Joan rated her compulsive overeating as a nine on the SUD scale.
Step 3 Identify the setup phrase with the most emotional charge and a reminder phrase to use when tapping on each point seven times.

Joan identified several setup phrases as follows:
- Even though I stuff myself with food.
- Even though I eat when I am not hungry.
- Even though I overeat.
- Even though I gorge myself with food.

She decided the setup phrase with the most emotional charge was:
- Even though I gorge myself with food, I deeply and completely accept myself.

The reminder phrase was:
- I gorge myself with food.

Step 4 Rub the sore spot or tap the karate chop point while repeating the setup phrase three times.

3 X’s while rubbing or tapping: Even though I gorge myself with food, I deeply and completely accept myself.

Step 5 Repeat the tapping sequence, tapping each point seven times while stating the reminder phrase (I gorge myself with food) one time at each point.

Step 6 Gamut point with eye movements, humming and counting.

Step 7 Repeat another sequence tapping each point seven times while stating the reminder phrase one time at each point.

Step 8 Take another SUD reading on a scale of one to ten.

Joan’s SUD was a six indicating major movement.

Step 9 Repeat the above procedure changing the setup phrase to the modified setup phrase:

Even though I still ________ (want to gorge myself with food) ________, I deeply and completely accept myself.

Step 10 Repeat the tapping procedure with the modified setup phrase. Take another SUD rating and continue the tapping procedure until the issue reaches a 0 on the SUD scale.

Practice Session

EFT is a simple, easy to follow procedure, yet because it is so different from conventional talk therapy, many therapists find that extensive practice is necessary in order to feel confident with the technique. You will not be able to get the “feel” of EFT without extensive practice. The most important aspect of the practice session is gain experience with the technique by applying it to a variety of issues. The easiest way to gain confidence in EFT is by applying it to yourself first. This way you have no investment in the outcome and are more likely to be relaxed and allow EFT to work. Although you may be skeptical at first, you do not need to believe in EFT in order for it
to be effective. Also, the best way to overcome skepticism is by experiencing the results for yourself.

A practice form is included which you may copy to use in your work with clients. You may want to incorporate some version of this form into the clients chart or therapy note as a reminder of the client’s progress.

Exercise: Identify an issue you wish to work on in yourself and apply the steps listed below. You may choose a specific food craving, pain, anxiety about giving a speech, etc. However, be sure to identify one specific issue to work on. Remember the more specific the issue, the more effective your results.

Step 1: Identified issue______________________________________________

__________________________________________________________________.

Step 2: SUD rating________

Step 3: The setup phrase. Even though I ______________________________

____________________, I deeply and completely accept myself.

The reminder phrase __________________________________________________.

Step 4: Repeat the setup phrase three times while rubbing the sore spot or tapping the karate chop.

Step 5: Repeat the tapping sequence, tapping each point seven times while stating the reminder phrase one time at each point. Gamut and final tapping sequence.

(Refer to the Summary starting on page )

Step 7: SUD rating________. If the SUD is not 0 continue.

Step 8: Modified setup phrase. “Even though I still have some of this________________

________________________, I deeply and completely accept myself.”

Repeat the setup phrase three times while rubbing the sore spot or tapping the karate chop point. Tap using the full protocol in Step 5 with the reminder phrase, “Even though I still have this ____________________________.
Step 9: Finale SUD rating _________. Continue with the procedure until you reach an SUD rating of 0.

In certain cases, but not often, the SUD will drop to .5 or a very low number and persistently remain. In these cases, a simple change in the set up phrase to, “Even though I still have this .5 (anxiety or pain, etc. as the case many be) I deeply and completely accept myself. This usually works very well to achieve an SUD of 0 just after one round.

Replacement Behavior

Once Lori reached a 0 on the SUD rating scale we identified what she would prefer to do vs. compulsively overeat. This step is not necessary for EFT to be effective with the initial issue. However, it provides a natural bridge into the next issue to be worked on in the therapeutic process. Lori decided that she would prefer to have fun vs. compulsively overeat. While this may seem like an easy task, once we explored the issue it became clear that Lori comforts herself with food or sublimates her need for fun and play through compulsive overeating. Raised in an alcoholic family, she learned to be overly responsible. She worked 45 to 50 hours per week and had little time for self care let alone fun. Lori said she had almost forgotten how to have fun. While exploring this issue Lori got in touch with a blocked emotion. She remembered being criticized by her mother for playing and having fun as a child. Her mother would call her lazy or irresponsible if she saw her playing and said she would never accomplish anything in life unless she put her responsibilities first. Unfortunately, this left no time for play. It also instilled a belief that she needed to work all the time or “bad things will happen,” i.e. failure. Therefore something pleasurable, play, was wired into the pain of failure.

Fun and play ➔ Irresponsible and lazy ➔ Failure

Lori’s subconscious mind was protecting her from failure by avoiding having fun. In Lori’s case, the function of the symptom protected her from failure. Since having fun means she is irresponsible and a failure. EFT was an effective tool for correcting this issue. The setup phrase we used was, “Even though I feel irresponsible when I have fun, I deeply and completely accept myself.” We could have used a number of phrases including, “Even though I feel like a failure when I have fun.” Or, “Even though my mother called me irresponsible, I deeply and completely accept myself.” However, the one with the most emotional charge for Lori was the feeling of being irresponsible when having fun. We also could have used, “Even though my mother called me lazy, I deeply and completely accept myself.” Remember to use the setup phrase that has the most emotional charge for your client or the one they intuitively want to use. Then repeat the basic protocol on the new issue with the new setup phrase.
Assigning Homework

I often give homework assignments to clients. If the issue didn’t reach an SUD of 0 in the session, I will ask the client to continue tapping at home till they reach a zero. I teach clients the protocol so they can repeat it on their own. If the issue reaches a zero, as is often the case, I give other homework assignments as necessary. Lori’s homework assignment was as follows:

- Be aware of any desire to compulsively overeat and tap on the specific trigger or issue.
- If compulsive overeating returns, look for a different aspect of the problem and tap on that issue. Another aspect might be that her mother called her fat, etc.
- Identify the next issue that you would like to work on.

The replacement behavior is an optional step in the procedure. It is not necessary in order for EFT to work. However, I find it to be extremely helpful in reinforcing change as it links a positive behavior, having fun, to a now extinguished behavior, gorging one’s self with food. It also creates a nice progression to the next underlying issues to be addressed in therapy.

What to Do If EFT Appears To Not Be Working

- Review the setup phrase making sure it is specific.
- Drink water. Sometimes dehydration can interfere with the effectiveness of EFT.
- Suspect food allergies or chemical sensitivities
- Take further training for exercises designed to remove blocks if it appears EFT is not working.

What EFT Will Do and Won’t Do

<table>
<thead>
<tr>
<th>Will Do</th>
<th>Won’t Do</th>
</tr>
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<tbody>
<tr>
<td>EFT gives the client freedom to resolve issues outside the therapeutic process.</td>
<td>EFT can’t substitute for the object constancy of an experienced therapist.</td>
</tr>
<tr>
<td>EFT provides powerful healing benefits not just emotional resolve.</td>
<td>EFT can’t replace the relational benefits of therapy.</td>
</tr>
<tr>
<td>EFT acts as a powerful tool to alleviate</td>
<td>EFT can’t substitute for psychodynamic</td>
</tr>
</tbody>
</table>
specific issues. psychotherapy or family therapy.

## Final Do’s and Don’ts

<table>
<thead>
<tr>
<th>Do</th>
<th>Don’t</th>
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<tbody>
<tr>
<td>Do teach you clients how to use EFT and provide continuous training.</td>
<td>Don’t assume your client will know how to use EFT after an initial demonstration</td>
</tr>
<tr>
<td>Do encourage clients to use EFT.</td>
<td>Don’t assume they will use it on their own.</td>
</tr>
<tr>
<td>Do identify issues in the therapy process that would be appropriate for EFT.</td>
<td>Don’t interrupt the client’s therapy process in order to use EFT.</td>
</tr>
<tr>
<td>Do prepare the client before using EFT with traumatic issues.</td>
<td>Don’t work on traumatic issues without a plan for addressing these issues and the intense emotions that may come up during and after the therapy session.</td>
</tr>
<tr>
<td>Do work EFT into therapy and give relevant homework assignments once the client can repeat the protocol correctly.</td>
<td>Don’t think the client will correctly use EFT or remember to use it at home.</td>
</tr>
<tr>
<td>When giving homework, assist the client with a setup phrase related to the therapeutic issue.</td>
<td>Don’t just ask the client to use EFT.</td>
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</tbody>
</table>

For now practice the entire protocol, commit it to memory and be comfortable using EFT before introducing it to your clients.

## Reference

Gary Craig, Beginners’ EFT Manual, [www.emofree.com](http://www.emofree.com)

Gary Craig, EFT Brochure, [www.emofree.com](http://www.emofree.com)