

## Manual Emotional Freedom Technique

**A manual to accompany a workshop on Emotional Freedom Technique. Take your students from a basic understanding of EFT and the Basic Recipe, through more advanced concepts such as the Tell the Story Technique and the Personal Peace Process. For trainers, this manual can be customized and is available as a complete training solution, with PowerPoint slides and a video showing how to conduct the 2-3 hour workshop. 90 days of email reminders and affirmations are available should you choose to lead your students through the 90 day Personal Peace Process. A complete workshop. To purchase the workshop and have the manual customized, contact the author through her website, [MinnesotaHypnosis.com](http://MinnesotaHypnosis.com).**

**Inside this EFT Manual you will discover the most simple and effective methods known today to quickly and easily relieve stress within minutes. You will then discover how to re-energise yourself rapidly so you are feeling on top of the world! What wonderful feelings will you choose to enjoy when you've discovered the Emotional Freedom Technique (EFT) secrets inside this book?**

**Emotional Freedom Technique (EFT) through the Chakras (2nd Edition - Expanded and Updated) is a new dynamic system of healing that combines EFT tapping with the Chakra energetic system. This book brings to light each of the 7 Chakras, their associated acupuncture meridian, the muscles governed by and the emotions directly influenced by each of these Chakras. When we include this information in the EFT tapping process it allows for a much deeper healing to occur. This technique is simple, easy and effective. When using EFT through the Chakras you can - Reduce emotional anxiety and emotional turbulence in a few minutes - Clear and reduce any muscular pain instantly and dramatically - Effectively treat all 3 levels of the human being - physical, mental/emotional, spiritual - Treat and heal yourself or use it to treat and heal others - Establish more awareness in your daily life by working with the Chakra's. When you work with the Chakras you can effectively - Reduce pain - Improve Digestion - Calm the mind (and calm others down too) - Prepare the body for quality sleep - Perform at your potential - Speak more clearly and with ease - Feel more grounded and energised - and so much more... If you want to learn more about EFT and to work it in with the Chakras in a very easy manner within an hour or two, then this is the book for you!**

**A member of the Energy Therapies family - which includes, acupuncture, acupressure and shiatsu - Emotional Freedom Technique is a simple and increasingly popular self- development therapy used to treat a wide range of physical and emotional issues. Popularised by figures including Paul McKenna, EFT is based on the theory that negative emotions are caused by disturbances in the body's energy. Often referred to as acupuncture without needles, EFT involves locating and tapping on meridian points in the body while thinking of a negative emotion and using positive suggestion and thoughts to alter the body's energy flow, restore balance and reprogram thought processes. This no-needle guide introduces readers to the theories and methods behind the technique and shows them how to use it to reduce the physical and emotional impact of a wide range of issues including, depression, fears, phobias, anger, addictions, sleeplessness and pain. It's simple, safe, anyone can practice it at home and with EFT For Dummies readers can banish bad habits for good. Includes information on: The path to emotional freedom - explaining EFT Understanding your emotions Basic EFT tapping routines Improving emotional health with EFT Practising EFT on yourself and others Helena Fone is a registered EFT practitioner and trainer and an advanced hypnotherapist. She has a diploma in advanced holistic hypnotherapy and practices CBT and NLP. Find out more about Helena at [www.EFTRegister.com](http://www.EFTRegister.com)**

### EFT Tapping

#### Emotional Freedom Technique

#### A Review of the Clinical Evidence

#### Board Member Orientation

#### Emotional Freedom Technique Handbook

why this book? because children are Magic ...They still hold within them the Wonder of Life, the curiosity and the openness to experience life in all its nuances, with the infinite possibilities it offers. At the same time, they are very sensitive to the situations they experience and to what they feel. The process of growth and development can be at times very difficult and they can feel overwhelmed by their emotions This book is for every child and every parent; for every Human Being who is in contact with children, and cares for their wellness and for their Heart. It will help them become self-aware adults, trusting themselves and life, allowing them to be still in touch with their Magic Infinite Potential.Emotional Freedom Technique (EFT) is a healing tool that works on the physical, mental, emotional and energetic levels. EFT works on the energy that flows in the meridians (based on Traditional Chinese Medicine) by tapping on specific acupuncture points. In addition to the tapping, the person focuses on the issue that is creating the discomfort, so to engage the system on the emotional, energetic, mental and physical aspects of it.EFT is an amazing tool to use with children, as it teaches them how to deal with their emotions, not to fear them, and how to let them go safely; it helps children to learn how to express themselves, so that they can let go of their "limiting" thoughts/emotions before they get cemented creating limitations and blockages. In this book, that has the idea of being a small EFT manual, I discuss the basic technique, and give suggestions and indications on how to use it on emotions, physical issues, limiting beliefs and with Magic Bunnies Bear. The use of EFT from a young age is a simple, effective way to help the future adults listen to their feelings and find the best way to deal with them, not to feel overwhelmed and powerless. EFT with children brings amazing positive effects, on the personal level, in family and school environment.

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 EFT's "Basic Recipe" as well as advanced techniques. This book shows you how to use Clinical EFT for 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.

Now there is a simple, effective, noninvasive, and drug-free way to use your body's own healing mechanisms to overcome physical and emotional pain. Emotional Freedom Technique (EFT) and tapping consist of activating energy points along one's body in much the same way acupuncture relieves pain—except without the needles! Energy blockages are cleared quickly and effectively, allowing for healing and a sense of overall well-being. It is safe and easy way to relieve stress, anxiety, and depression and to control weight gain and physical pain. With EFT and Tapping for Beginners: □ Practice the basic tapping sequences using helpful illustrations that show you the exact energy points to activate on your head, hands, and torso. □ Learn how to focus your thoughts and tapping goals with freewriting and journaling. □ Begin experiencing relief from stress and everyday anxieties. □ Use tapping to help manage the root causes of weight gain and the physical symptoms associated with diabetes, high blood pressure, persistent pain, and more.

The purpose of this book is to introduce you to one of the most simple, elegant and powerful self-help tools that you may ever come across to change your energy. It's called EFT which is short for Emotional Freedom Techniques. EFT is based on leveraging the wisdom and healing of using energy meridians which have been around for thousands of years. Unresolved negative emotions are often the cause behind many mental and physical issues. With EFT, by simply tapping with your fingertips on certain points on your face and body, while you concentrate on whatever bothers you, EFT helps clear the energy blocks of negative, uncomfortable emotions. "Freedom at Your Fingertips." is the book and answer guidebook for using Emotional Freedom Techniques to feel more energized and alive. We all have barriers, beliefs and blocks that show up in our lives as physical and emotional limitations. Now with EFT, you'll learn a breakthrough system that offers you a simple, powerful way to erase unwanted negative feelings, clearing the way to more positive ones. It's a self-help tool that you'll have at your fingertips for resolving just about any physical or emotional issue that bothers you. Using EFT, typically a problem or condition is gone or greatly diminished in just a matter of minutes. In fact, people are usually amazed. They're surprised to find that EFT often works when most other seems to help. "Freedom at Your Fingertips" is loaded with a wealth of ideas and information you can put to practical use in all areas of your life immediately. There are 19 topics areas, over 300 examples of specific EFT setup phrases and 50 real life case stories of proven results for ways you can use EFT to overcome some of the most common emotional and physical issues. Of course, as you'll learn in the book, we encourage you to try EFT on everything and discover its surprisingly wondrous results for yourself. "Freedom at Your Fingertips" is the only book available that has been co-authored by 20 World Class EFT practitioners: Gloria Aronson, Ron Balli, Gwern Bonnell, Paul & Layne Cutright, Lindsay Kenny, Dr. Alexander R. Lees, Carol Look, Angela Treat Lyon, Rebecca Marina, Betty Moore-Hafter, Carol Solomon, Loretta Sparks, Mary Stafford, Carol Tuttle, Stacey Vornbrock, Maryam Webster, Rick Wilkes, Brad Yates and Jan Yordy. The foreword is by Dr. Joseph Mercola.

Heal Yourself with Emotional Freedom Technique: Teach Yourself

The Emotional Freedom Technique for the Treatment of Post-traumatic Stress Disorder, Depression, Or Anxiety

Emotional Freedom Technique (EFT) Through the Chakras

EFT Tapping Breakthrough

Emotional Freedom Techniques (EFT) and Children

**"This treatment manual provides mental health professional with guidelines for implementing emotion-focused family therapy (EFFT), an exciting new intervention in which caregivers are the primary healing agents in their loved ones' treatment. Initially created to treat eating disorders, the authors have developed EFFT into a transdiagnostic approach that can be applied to any emotion- or behavior-based disorder with various relationship dynamics across the lifespan, including parent-child relationships (even if the child is an adult) and romantic partnerships. The authors describe how to teach caregivers advanced skills for supporting their loved ones through emotion and behavior coaching. Therapists will also learn collaborative strategies for strengthening healing bonds between the caregiver and the loved one and repairing relationship fractures. Techniques for processing caregivers' emotional blocks are also explored, as are methods for clinicians to work through their own blocks via supervision. Vivid case examples illustrate EFFT being implemented in a wide variety of realistic scenarios. Clinical handouts are included in the appendices and are also available online: <http://pubs.apa.org/books/suppl/affrance>**

**Revision of The EFT Manual 3rd Edition ISBN 978-1-60415-214-2 Millions of people worldwide use EFT or Emotional Freedom Techniques for healing. According to a news report on Examiner.com, EFT is "one of the most successful psychology self-help techniques ever developed." Over 4 million people a month visit the 5 most popular EFT websites. 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. Over 100 clinical trials of EFT have appeared in peer-reviewed medical and psychology journals. These include dozens of randomized controlled trials, outcome studies, and review articles by investigators from Harvard Medical School, Purdue University, Stanford University, University of Arizona, and many other top institutions. Step by step, this manual will teach you the "evidence-based" form of EFT used in this research. You'll discover how you can identify the hidden roots of emotional problems, and how to alleviate them using EFT's "Basic Recipe" as well as advanced techniques. This book shows you how to use Clinical EFT for 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. This updated edition contains a new chapter on research showing how EFT affects the brain, as well as the results of meta-analyses demonstrating that EFT quickly alleviates depression, anxiety and PTSD. It also describes EFT's advanced techniques such as Chasing the Pain, Mental Tapping, Daisy Chaining, Borrowing Benefits, and Reframing. It shows you how to apply EFT effectively for sports performance, addictions, serious diseases, love relationships, and with children. Clear, concise and comprehensive, it includes over 100 case histories showing how people have found rapid and immediate healing with EFT, and how they've applied it for love relationships, health, money problems, career challenges, and spiritual obstacles. This is the definitive book on how to get the most out of EFT and apply it effectively in your own life.**

**Discover the power of EFT tapping. EFT is a simple and increasingly popular self-development therapy used to treat a wide range of physical and emotional issues. Popularised by figures including Paul McKenna, EFT is re-emerging therapeutic approach based on the premise that emotions are key to identity. What makes it so effective isn't how awkward it may look at first. It's effectiveness come because of it's ability to breakthrough every wall that you face that's limiting you success.In the "EFT Tapping Breakthrough Manual", we're pulling back the curtain on this revolutionary therapy and showing you exactly how tapping to achieve your breakthrough is the right solution you've been waiting for. Here's what you'll discover: The science and foundation philosophy behind EFT. How to rid yourself of painful past memories. The tapping sequence that instantly relieves stress How to use tapping to quickly and easily resolve your relationship issues How tapping can solve once and for all your bad eating habits If you want freedom and lasting change in your life and you're tired of wasting time and money on cookie-cutter solutions, then scroll up and TAP the "buy now" button right now!**

**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 Concise and Complete Guide to Nonprofit Board Service

Holding Back The Tears

Emotional Freedom Techniques and Tapping for Beginners: EFT Tapping Solution Manual: 7 Effective Tapping Therapy Techniques for Overcoming Anxiety and

Emotional Freedom Technique For Dummies

Tapping Your Troubles Away with EFT

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 EFT's 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.

Are you very sensitive to your own feelings and the feelings of those around you? Do you get overwhelmed by external stimuli, such as crowds, loud sounds and hectic environments? Are you deeply affected by the beauty of art, literature, music and nature? Do you get stressed easily? Do you suffer from feelings of inadequacy and sadness? Do you always seek deep and meaningful relationships? If so, you may have a highly sensitive temperament (HST). HSTs are a recently-recognized personality type and face many challenges in a world that is full of overwhelming stimuli. Yet HSTs can learn to survive and be successful. The breakthrough techniques of EFT (Emotional Freedom Techniques) are a powerful resource for HSTs. They teach you how to immediately and routinely reduce the intensity coming at you, how to set personal guidelines that work for you. EFT for the Highly Sensitive Temperament is an invaluable survival guide for HSTs, their loved ones and their families. It shows how to turn sensitivity into a gift for yourself and the world.

Provides information on using EFT to treat post-traumatic stress disorder, including the basics of EFT, special advice for combat veterans, ways to improve EFT's effectiveness.

Guides readers through the self-healing technique of emotional freedom, using the body's natural stress-reduction points to reduce anxiety, boost vitality, and improve work performance.

Clinical EFT Handbook

EFT for Fibromyalgia

Emotional Freedom Techniques : Fingertap Techniques to Open Up Emotional and Physical Freedom

Emotional Acupressure with EFT

EFT for PTSD

*When the world says, "Let your emotions lead you," we as Christ-followers must find a different course, navigating through the minor whirlpools, unpredictable winds, and sometimes ferocious hurricanes. Christ's words and actions guide our ships into deeper waters and beyond to the other shore. This book explores scriptural anchoring points, personality influence, and past experiences to give us a new vision of the weighted tension between letting loose with our feelings or cinching up and ignoring them altogether. As human beings, we are created with emotional dimension, and within Christ, we are called to surrender these feelings, using them in a healthy and biblical way.*

*EFT Tapping: Overcoming Problems Do you feel stressed out a lot of the time? Do you often feel tired and worn out? Is your mind occupied with problems and do you struggle with emotional issues? You're not alone! There are common issues that a lot of people face today. Fortunately, there are plenty of good methods that can be used to resolve these kinds of issues. There's cognitive therapy, talk therapy, meditation, yoga, etc. These methods can definitely be helpful. However, they are not always as easy to learn and seeing a therapist can get pretty expensive. This book deals with a different technique that may work better for you: EFT Tapping. It's effective, easy to learn and quick to do; you can already feel better after just a few minutes! Also, EFT is a simple self-help technique so you don't need an expensive therapist. In this book you will learn how to do a standard EFT Tapping session to work on any issue you may have. Additionally, the book focuses on a few specific issues, providing tapping sequences and scripts to help you: de-stress; re-energize; overcome emotional problems, such as low self-esteem, depression and anxiety. Discover EFT Tapping Emotional Freedom Technique or EFT is a psychological acupressure technique that involves tapping near the end points of energy meridians in your body. EFT is an effective combination of mind-body medicine and acupressure that can help with physical, mental and emotional health issues. EFT Tapping borrows much of its healing power from the meridian system that traditional acupuncture has used for over 5,000 years. Whereas acupuncture focuses primarily on the treatment of physical ailments, EFT addresses and relieves both physical and mental issues. In essence, EFT Tapping combines the cognitive benefits of conventional therapy with the physical benefits of acupuncture. EFT is also a less invasive technique in that it stimulates meridian points by tapping with the fingertips, rather than by using needles. EFT works by tapping away negative energy blockages and disturbances. It thereby helps restore your energy flow in its natural balanced state, which is ideal for overall health and well-being. Through EFT, many people have: improved their personal performance;strengthened their relationships;freed themselves from limiting beliefs; undischarged a vibrant physical and mental health. Improve Your Life with EFT Tapping EFT Tapping has been proven useful in healing, or reducing the intensity of, physical illnesses and emotional problems. In this book you will learn the 5 basic steps of a classic EFT exercise, which you can use to work on any specific issue you may have. You will also learn an alternative tapping sequence called the EFT Heart and Soul Protocol, so that you can add variety to your exercises and choose the tapping protocol you're most comfortable with. The book is instructive and to the point: it includes tapping points and also includes a list of videos to practice and improve your tapping skills. Millions of people around the world already use EFT for a happier, healthier and more balanced life. Use the information you'll find in this book to improve your condition, resolve any emotional or internal conflicts you may be experiencing or any problems you may be facing. Why not give it a try? Take advantage of EFT to be more positive and happy. Use EFT Tapping to make your life better!*

*The Emotional Freedom Technique (EFT) is based on the idea of imbalances in the body's energy system have an effect on an individual's psychology. The technique aims to correct the energy imbalances by tapping at the ends of the body's energy meridians, thereby correcting the negative effect of an person's mental well-being. Energy meridians are also central to the practices of acupuncture and acupressure. The technique involves the recall of a traumatic memory paired with the repetition of a self-acceptance statement while on an individual taps on a sequence of points on the body. Within a single session, the tapping and statement repetition are continued until the individual's self-rated subjective units of distress (SUDs) reach a zero, which indicates that there is no longer any emotional intensity associated with that particular traumatic memory at that time. The author of the EFT manual suggests that the technique can be used to alleviate a range of conditions including pain, phobias, performance anxiety, addiction, generalized anxiety, depression, and post-traumatic stress disorder (PTSD). Individuals can learn to perform the technique on themselves or it can be administered by a trained provider. The EFT may be considered an alternative to standard care, such as pharmaceutical therapy or cognitive behavioral therapy, or an alternative to other treatments such as eye movement desensitization and reprocessing (EMDR). Research questions: 1. What is the clinical effectiveness of the emotional freedom technique for the treatment of adults with depression? 2. What is the clinical effectiveness of the emotional freedom technique for the treatment of adults with anxiety?*

*Emotional Freedom Techniques: A new and innovative alternative therapy for the treatment of adults with a particular issue. 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, poor 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.*

The Book of Tapping

The Science Behind Tapping

Freedom at Your Fingertips

A Proven Stress Management Technique for the Mind and Body

The EFT Manual

EFT (Emotional Freedom Techniques) 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. Chapters cover the clinical application of EFT to fields such as addiction treatment, sports, surgery, weight loss, social problems, and family therapy. Scientists explain the physiological mechanisms of action of EFT, as well as its sources in physics and chemistry. Researchers describe EFT's path to acceptance as an "evidence-based" practice. This handbook is essential reading for anyone wishing to understand EFT as validated in research, science, and best clinical practice.

The EFT ManualElite Books

EFT: Spoon-fed"Emotional Freedom" is a short book that teaches EFT. It is described as a method with a short chapter teaching each part of the method with clarity and clear illustrations. Notable are chapters that give an orderly approach to treating barriers, an explanation of the use of shortcuts, and a chapter that teaches your subconscious to treat issues on demand. Also, an appendix includes lists of issues and aspects to help the reader identify and treat additional issues that would otherwise be overlooked. There is also a Flow Diagram of the entire treatment method.For those more spiritually inclined, there is a chapter that will teach the subconscious of some readers the EFT method. These readers will then simply ask their subconscious to treat the emotion or issue that arises. They will then experience the emotions gradually subside.This book has been printed in Japanese.Over 10,000 copies sold in English worldwide. Over 8,000 copies sold in Japan.

A step-by-step guide to the simple acupressure self-care technique of tapping for acute and chronic emotional, psychological, and physical ailments • Effective for emotional conditions such as panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases • Shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration • Offers the full tapping protocol as well as a shortened version for acute situations • Illustrates easily accessible points to tap and in what order Tapping, or Emotional Freedom Technique (EFT), is a simple form of acupressure that treats the energetic roots of emotional and physical suffering. By tapping on specific meridian points you can quickly and easily dissolve blockages in the body's energy system, caused by past traumas and suppressed emotions such as grief and anger, and restore the natural flow of energy in your body, the key to optimal health and overall well-being. In this step-by-step guide to EFT, Sophie Merle details the practice of tapping, illustrating the easily accessible points on the face, hands, and torso to tap and in what order. Explaining how to open your energetic system to EFT treatment for fast and long-lasting results, she reveals how the energy psychology practice of tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions, including panic attacks, anxiety, depression, PTSD, grief, anger, jealousy, and phobias, such as stage fright or fear of flying, providing immediate results in many cases. She also shows how this method can treat chronic pain, nausea, and headaches; alleviate insomnia and nightmares; assist physical healing from illness; encourage the release of painful memories; boost self-confidence; support weight loss; and improve concentration. The author explains how tapping can be done anywhere, offering both the full tapping protocol, which only takes a few minutes, and a short-form version, which takes less than a minute, for acute issues. Including remarkable success stories of EFT in practice, this comprehensive guide to tapping shows how the solution to many of life's problems is at your fingertips.

Handbook of Skin Ultrasound

Emotional Freedom

How Emotional Freedom Techniques (EFT) Can Help You Clear the Path to Making More Money

EFT TAPPING THERAPY

Get Rapid Physical and Emotional Relief with the Breakthrough System of Tapping

EFT (Emotional Freedom Techniques) 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 volume covers • Integrative Medical Settings • Special Populations (such as Children, Veterans, Addicts) • Sports and Business Performance • Innovations in EFT. These handbooks are essential reading for anyone wishing to understand EFT as validated in research, science, and best clinical practice.

Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of The Tapping Solution, is at the forefront of a new healing movement. In his upcoming book, The Tapping Solution, he gives readers everything they need to successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewires the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In The Tapping Solution, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

The first practical handbook of skin ultrasound! Thought for beginners and advanced ultrasound users wishing to strengthen their knowledge in skin ultrasound Ideal for dermatologists, sonographers, radiologists, aesthetic phsycians and plastic surgeons.

Emotional Freedom Techniques or EFT is a remarkable new technique which uses the body's natural stress-reduction points. When organized into the EFT "basic recipe," self-stimulation of these points by tapping has been demonstrated to rapidly reduce anxiety, depression, phobias and other conditions. EFT originator Gary Graig takes the reader through the basic steps of identifying the emotional roots of their problems.

EFT for Sports Performance

Emotion-Focused Family Therapy

A Users Guide to Tapping Prayer

Eft Level 1 Comprehensive Training Resource

**Finally! Board member orientation truly simplified. Serving on a nonprofit board can be an incredibly rewarding experience for the properly prepared board member. This book is for the generous and busy people who agree to give of their time and talents by serving on nonprofit boards. Nonprofit boards often fail to do a good job of board member orientation for a variety of reasons. It takes a significant amount of time and effort to plan and conduct quality board member orientation programs, and every time a new board member arrives, it's time to do it again! Because of the challenges associated with providing quality board member orientation, many nonprofit organizations do not do it at all, leaving their board members to wing it. This book provides help and support to the truly great men and women serving on nonprofit boards whose service makes a positive difference in the lives of countless people every day. This book is a concise and appropriately comprehensive guide to nonprofit board service designed especially for new board members. It is a quick read, (about one hour), yet it addresses with accuracy the most significant elements of board service, such as mission, responsibility, duty, risk, liability, and board meeting dynamics. Hooley Alerts! Watch for Hooley Alerts! where the author identifies and dispels common myths and legends about nonprofit board service. There are many sources of false or misleading information about the nonprofit board service environment. A perfect example is the often vaguely-worded and intimidating assertion or implication that the Sarbanes-Oxley Act passed by Congress in 2002 applies to nonprofit organizations in a manner similar to how it applies to publicly-traded companies. (It does not.) Reviews "This book is the perfect guide for every nonprofit board member! Concise, highly informative, and loaded with nuggets of wisdom, it's a must read that will take board members to the next level of successful board governance." - J. Todd Chasteen, General Counsel, Samaritan's Purse "Mike Batts has put his quarter century of advising and serving on nonprofit boards to good use in this accurate and easy-to-read book. In addition to describing major principles of nonprofit law and governance, the book provides helpful questions to guide board members in understanding the practical applications of the concepts discussed. While geared primarily toward helping new board members get up to speed quickly, it should also help veteran board members discharge their stewardship roles wisely and efficiently." - Chuck Hartman, Associate Professor of Business Law and Accounting, Cedarville University "This book, Board Member Orientation, is exactly what a busy volunteer board member needs. The board member's duties are presented in a clear and concise manner from the perspective of someone who has been around many boards. With a focus on those issues that are most common and/or most important, it is perfect for board member orientation and for quick reference reminders for the experienced board member." -- Doug Starcher, Partner, Broad & Cassel "This book provides clear, no-nonsense guidance on the basic issues for new nonprofit board members. Using this book for board member orientation will ensure your organization has communicated fundamental governance issues and will assist the board in determining risk management strategies." -- Dan Busby, President, ECFA \*\*\*\*\* The Simple Board Member Orientation Process Using This Book: 1.Your board members read Chapters 1-9 of the book, which will provide them with insights regarding the key elements of nonprofit board service. 2.You provide the board members with copies of the documents described in Chapter 10 related to your organization. 3.You meet with your board members to discuss the unique attributes of your organization following the discussion questions provided in Chapter 10. Done!**

**This practical guide walks you and health practitioners through the conception and treatment of generalized anxiety disorder from an emotion-focused therapy perspective. Foundational concepts and therapeutic exercises are described alongside illustrative case dialogues. If we want to make changes in our lives, we have to change the destructive, dysfunctional beliefs in the subconscious mind. This is a technique that allows us to change dysfunctional beliefs and emotions on a subconscious level. It involves making a statement while tapping different points along meridian paths. This Manual includes: • Beliefs • Subconscious Mind • EFT Tapping - Emotional Freedom Technique • How to Tap Short Form of EFT • Yawing and Taking a Deep Breath • Integration...What Happens After Tapping • How Does EFT Tapping Work? • Science and EFT Tapping Research • Benefits of Using EFT Tapping • When to Use EFT • We Can use EFT Tapping to Change \* Intensity Level \* The Very First EFT Tapping Statement to Tap \* Sort Form or Long Form of EFT Tapping \* Walking Backwards EFT (Backing Up) \* EFT Tapping Statements Are More Effective When It Agrees with Current Beliefs \* Using a Negative EFT Tapping Statement \* What To Do if an EFT Tapping Statement Does Not Clear \* One Statement per Round of EFT \* Multiple Statements per Round of EFT \* Karate Chop Point (KCP) to Desensitize a Story, Situation, and/or Memory \* I Do Have to Keep Tapping the Same Statements Over and Over if it Does Not Clear? \* Why We Might Hold Onto Emotional Pain \* Inner Critic, Negative Self-Talk\* • Tapping Affirmations \* I Tapped and I'm Not Better. I Cleared This Issue Before and It's Still Showing Up in My Life \* EFT Tapping Doesn't Work for Me \* EFT Tapping Points and the Meridians \* Mind Chatter...A Value Tool \* Rule #1 for Writing Your Own EFT Tapping Statements...Use Your Own words. • Rule #2 for Writing Your Own EFT Tapping Statements...Process Emotions before Beliefs \* Rule #3 for Writing Your Own EFT Tapping Statements...Pay-offs For Not Creating Our Reality \* Finishing Touches...Tapping Positive \* Summary \* Appendix: Pay-off for Not Creating Our Reality What Do We Process First Psychological Reversal/Reversed is It Necessary to Relive the Pain in Order to Heal Our Pain Present Time**

**"Emotional Freedom Techniques (EFT) is a collection of acupressure and mental-emotional focus techniques that address the mind-body connection. By tapping lightly or touching specific points on the body's energy pathways (called meridians) while focusing on an event of emotion, it is possible to clear reactions to past traumatic events, balance our perception of the past, relieve stress, and release negative emotions"--Page 4 of cover.**

A Transdiagnostic Model for Caregiver-Focused Interventions

EFT MANUAL

A Definitive Resource for Practitioners, Scholars, Clinicians, and Researchers - Integrative Medical Settings, Special Populations, Sports and Business Performance, and Innovations in EFT

Quick and Simple Exercises to De-Stress, Re-Energize and Overcome Emotional Problems Using Emotional Freedom Technique

Tapping Into Wealth

EFT, or Emotional Freedom Technique, is a holistic therapy that can help you reduce stress and anxiety. In this beginner's guide, you'll find scripts for phobias and anxiety, together with 7 tapping techniques you can start using right away.

Tapping is an activity that many of us engage in everyday without even thinking about what we are doing. We drum our fingers on a desk or find scribble while we wait for something to happen. We tap our forehead while we are figuring out a problem. We stroke our chin or rub our head as we contemplate the issues of the day. Each of these acts is our body's clumsy way of attending to a need for peace or resolution. Tapping prayer is a spiritual practice that intentionally focuses our attention on the rhythmic movement of our finger tips. It reflects the energy of God's healing onto specific points on our body that through the practice of acupuncture and reiki, have shown to be conduits of healing. Tapping prayer is the most exciting addition to my spiritual tool belt in 25 years of ministry. It's fun and effective and easy to administer alone, one on one, or in a group. It is very flexible...and did I mention, it's effective? Tapping prayer is effective in bringing individuals into a one one relationship with God that creates peace, healing, and a desire to share those gifts with other individuals, communities, and Creation. Tapping prayer is an integration of sacred wisdom from the East and West. It is a spiritual practice that blends a knowledge of the Spirit's movement through our body with an understanding of meridian tapping based on the Emotional Freedom Technique created by Gary Craig. Tapping prayer brings balance and peace to individuals who are experiencing spiritual distress. By gently tapping on identified points of entry to the Holy which correspond to meridian end points in acupuncture, while praying for God to attend to a particular pain, we focus God's intention to heal and in most cases actually experience a peace which is not of our own doing. By acknowledging pain instead of wishing for relief, we recognize God's interest to heal us and indeed, God heals us. This technique can be used for individuals who are seeking peace from a wide variety of issues ranging from: trauma such as a car accident, an abusive partner, a friend killed in battle, a sudden illness, a job loss, a fire, a damaged relationship. Tapping prayer can also facilitate forgiveness and/or letting go. Tapping prayer is effective in praying for others (surrogate prayer tapping focused on an individual who is not present to the prayer tapping), for events (9/11, Sandy Hook, a company leaving a community), or Creation (an oil spill, deforestation, strip mining). Wherever there is a disruption to the peaceful flow of the Holy Spirit, tapping prayer can be applied. When I first learned about the Emotional Freedom Technique as a tool to help veterans in our community, I thought it was weird. The tapping. The repetition. It seemed...odd. This was not how I understood healing from trauma to work, and yet it worked. Clearly, my Western roots were showing. When I got home from the training I began using the technique with members of my community and saw such dramatic results I had to learn more. They also found it strange, but effective. Some folks were uncomfortable with the language of "energies" and "chi," so I experimented a bit and added more traditional faith language to the mix. I dug deeply into my own faith traditions and discovered a theology of healing that accompanied tapping prayer. I found that by invoking God's presence into the act of tapping, closer to people from varying faith experiences were able to connect to the Holy on a deeper level. They began to experience God as very real and very present in their lives. They asked to learn more about this new way of praying. They discovered that by using tapping prayer on a wide variety of issues, their relationship with God grew deeper. If you are ready to draw closer to God's healing love for you, please take responsibility for your participation in tapping prayer, and let's pray! --Todd Farnsworth

PUBLISHER'S NOTE: This book is no longer in print. Find the revised and updated new edition ISBN 978-1-60415-216-6 How to apply EFT to Posttraumatic Stress Disorder (PTSD).PUBLISHER'S NOTE: This edition is no longer in print.

The Science Behind Tapping offers readers a deeper understanding of Emotional Freedom Techniques—what it is, and how it can help with a host of issues. "I loved reading this book because it provided answers to some of my own personal questions about the relationship between the mind and the body." -- Dr. Joe Dispenza, New York Times best-selling author of You Are the Placebo Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform beliefs, and reprogram yourself for greater happiness and success. Commonly called "tapping," EFT has been utilized by thousands of people worldwide. If you're holding this book, you've probably tried it at least once—or heard about it from a friend. EFT researcher and author Peta Stapleton, Ph.D., brings together the history and cutting-edge research of tapping. She also shows how tapping can be used for a whole host of ailments, including anxiety, weight issues, depression, trauma, and more. Dr. Stapleton's own groundbreaking study involving food cravings in overweight adults helped establish EFT as an effective, valid form of therapy. In The Science Behind Tapping, you'll come away with a deeper understanding of what EFT is and how it can help you. The book starts with a beginner's guide to EFT, which includes tapping statements and phrases, as well as helpful charts showing the location of tapping acupoints on the face and upper body. After taking you through its many uses, Dr. Stapleton also explores the common obstacles to success with EFT—and how to understand them. Get ready to learn more about EFT and its incredible possibilities.

The Essential EFT Manual to Eliminate Stress, Anxiety & Bring Instant Success & Healing

EFT for the Highly Sensitive Temperament

Emotion-Focused Therapy for Generalized Anxiety

The Tapping Solution

Navigating a Sea of Emotions

*If you're ready to tap away trauma, relieve emotional distress and offer loving self-affirmations to improve your health and well-being, then this is the book for you. EFT TAPPING THERAPY: Emotional Freedom Technique Handbook, gives you the basics to help you easily get started on your way to wellness and a more fulfilling life. EFT is an amazingly simple technique that can reduce stress, pain, depression, anxiety and other conditions. This Handbook has been designed to help you easily get started on your way to wellness and a more fulfilling life by taking you through the basic steps to identify the root of your problems and compose a phrase that will help trigger a healing response while tapping on specific points of your body. For many people, this type of self-help is enough. However, some of you will struggle to concentrate or get to the heart of what ails you. Author, Jennifer Michaels, urges you not to give up and says,*

*"When I first began tapping, my affirmations were much too vague. It took a long time for me to realize I needed to be far more specific and that's when I began to see results."*

*Following in the footsteps of New York Times bestseller The Tapping Solution by Nick Ortner, this book from renowned Tapping expert Margaret Lynch teaches us how to use Tapping (Emotional Freedom Techniques) to clear the blocks to achieving greater wealth. Emotional Freedom Techniques (EFT), also known as Tapping, have become a popular tool for realizing personal goals. For many of us, increasing our wealth is one of our greatest ambitions, but also an area where we feel the most stuck because we have limiting fears and beliefs that sabotage our success. EFT uses the fingertips to tap on acupuncture points while emotionally tuning in to negative attitudes and past experiences, thereby clearing the inner blocks to attracting and managing wealth. Tapping Into Wealth includes QR codes that link to video demonstrations of Tapping techniques. Discover how Tapping can help you release your old views of money and open the door to more wealth than you ever imagined.*

*This is true story about real people is set in Edinburgh City and Dundee, where a petite Scottish Lassie called Rosie Gilmour, mother to Finlay Sinclair, receives news of the death of her son - who tragically has taken his own life by hanging. Rosie pretends her son is still alive by talking to him, for that takes away the unbearable pain of her loss. But once she begins to face up to the fact that Finlay is not coming back, her conversations become more of a challenge than she can handle. When memories of her past are triggered by everyday life events, they take her mind back and forth in time - back to her own childhood days in 1960, when she flirted with the fairground boys, and to the day she gave birth to Finlay - "ME LADDIE". Rosie's Scottish accent becomes more apparent whenever her emotions are heightened and she begins to recite poetry. She goes on to reveal doubts about her own self-worth and how she re-unites her role as mother - a role she had denied herself for seven years prior to Finlay's death. Rosie learns how to forgive herself and how to accept her loss with using practical coping strategies that sometimes but not always work for her. Many voices of different natures and walks of life appear in Rosie's story with each one offering a part of their own belief to try and console her in her misery - except that she turns her back on any advice or support offered. Rosie is convinced that she can cope with her loss on her own and "quote:needs no help from anyone, thank you&quote; - until a sweet, gentle, soft-spoken voice begins to travel with her throughout her ordeal, leaving her no other choice but to listen. Eventually moving to the countryside in Angus, Rosie finds the isolation gives her life a new meaning offering her the opportunity to re-value her beliefs about her own self values and decides the time has come to give her son a memorial service and invite a chosen few dance companions whom she met on a regular basis in Edinburgh to honour this day. Rosie begins to accept she will never be the same person she once had been and shall never be again, believing now her journey through grief taught her many lessons making her a stronger and better person than she imagined she could ever be.*

*80 EFT Tapping Statements, for Self Esteem*

*Emotional Freedom Technique: From the Basic Recipe to Personal Peace*

*All Things Eft Tapping Manual*

*EFT and Tapping for Beginners: The Essential EFT Manual to Start Relieving Stress, Losing Weight, and Healing*