

# The Complete EFT Training

## Seminar for Professional Development

### Session 1

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EFT: The Emotional Freedom Technique  
About Your Seminar Leader

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# Introduction to the EFT Training Seminar

## Session One Outline

What is EFT?  
What is EFT Used For?  
The History of EFT  
Three Generations  
Experiencing Classic EFT  
What is Energy Psychology?  
It's All About Energy  
How EFT Works

## Learning Objectives:

### Session One

Define and Discuss the Emotional Freedom Technique (EFT)  
Review and Discuss four definitions of EFT  
List Behavioral, Habit, Performance and Positive Issues that EFT is successfully  
used for  
Discuss the history of EFT  
Discuss the three generations of EFT  
Identify the acupoints in classic EFT  
Experience and evaluate a classic EFT session

Define Energy Psychology  
Define the Energy Body and its components  
Understand how EFT works on the Energy Body  
Understand how EFT works on Neurophysiology  
Understand how EFT works on the stress response  
Define and discuss when not to do EFT

## Session 1

### What is EFT ?

**Thought Field Therapy (TFT):** it uses particular defined tapping sequences on meridian points, in the form of a healing code, balancing the body's energy system and allowing you to eliminate most negative emotions within minutes. It also promotes the body's own healing processes. It works with the Thought Field, perturbations in the Thought Field and meridian tapping protocols. (tfttapping.com)

**EFT** is a body energy therapy that works with the body's energy system as a primary intervention to balance the energy body, remove energy blocks, and increase the flow of energy throughout the energy body. It involves exposure therapy to thoughts, feelings, emotions, physical sensations while tapping on specific acupoints which innervate meridians. New neuropathways are created in the brain. Problems may be permanently resolved or improved. Transformations occur in body, mind, spirit, and the energy body. D. Flarey

#### Uses for EFT

Post-Traumatic Stress Disorder  
Anxiety Disorders  
Panic Attacks  
Depression

Obsessive Compulsive Disorder

Phobias

Social Phobias

Agoraphobia

Public Speaking Issues

Addictions

Relationship Issues

Removing Negative Emotions

Forgiveness Issues

Overwhelm

Bad Memories

Sports Performance

Weight Loss

Test Anxiety

Fatigue

Pain

Habit Issues

Fibromyalgia

Migraines

Anger

Fears

Stress

Relaxation

Smoking Cessation

Uses for EFT

Learning Issues

Grief

Abuses

Procrastination

Heart Break

Nightmares

Self-Esteem Issues

Concentration Issues

Overwhelm

Bad Habits

Sexual Issues

.....and more

## **The Positive Side of EFT**

For Positive Energy  
 Implementing Positive Goals  
 Creating New Neuropathways  
 De-Stressing the Energy System  
 Balancing the Body's Energy  
 Instilling Affirmations  
 Working with the LOA  
 Abundance Issues  
 Good Health  
 Self-Confidence  
 Optimism  
 Focus & Clarity

## **The History of EFT**

### **and Three Generations**

#### **Dr. Roger Callahan**

- A Clinical Psychologist
- Worked with a Patient named Mary to Cure Her Water Phobia by Tapping on a Meridian Acupoint

## **The History of EFT**

### **and Three Generations**

#### **Gary Graig**

- A Stanford Engineer
- Worked with Dr. Roger Callahan Learning Thought Field Therapy
  - Went on to Develop Classic EFT

## The History of EFT and Three Generations

### Dr. Silvia Hartmann

- A Behaviorist
- Brought EFT into a New Dimension with the Development of Energy EFT
  - Founded the Guild of Energists

## Experiencing EFT

### Classic EFT for De-Stressing the Energy Body

The Set Up

**EVEN THOUGH I HAVE BODY ENERGY STRESS, I DEEPLY AND  
COMPLETELY ACCEPT MYSELF**

Reminder Phrase  
This Stress

Reminder Phrase  
This Stress  
Reminder Phrase  
This Stress

Reminder Phrase  
This Stress

Reminder Phrase  
This Stress

Reminder Phrase  
This Stress

Reminder Phrase  
This Stress  
Experiencing EFT

You have now successfully completed your first EFT  
session!

Congratulations !!

**How do you Feel? What did you  
Experience?**

You may feel calm/tranquil

You may feel energized

You may feel less overwhelmed

You may feel bodily sensations/ tingling

You may feel mild lightheadedness  
You may feel motivated  
You may have had a healing  
You may have had improvement of physical symptoms  
You may have gained insights into a problem  
You may feel no differences  
You may have had other feelings/experiences

## ENERGY PSYCHOLOGY

“IN A NUTSHELL: Energy Psychology is a contemporary application of methods that are at least 4,500 years old. Specific points on the skin can be stimulated for distant neurological effects, and this principle can be used for helping to overcome a range of psychological problems. While the research supporting this approach is still in its early stages, reports of effective treatments from hundreds of therapists representing the spectrum of clinical orientation are provocative. (The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change. David Feinstein, Donna Eden, and Gary Craig. Penguin Group. 2005)



## **EFT: IT'S ALL ABOUT ENERGY**

**The Body Electric**

The Energy Body

**The Meridians**

**The Chakras**

**The Auric Field**

The Meridians

- **They are the energy network of the body**
- **They are energy channels that transport “life” energy throughout the body**
- **In many cultures life energy is referred to as “Chi”**  
The Meridians  
**Energy Pathways in the Body**  
The Meridians

### **Key Concepts**

**Causes of blockages in the energy system may be due to many different factors such as:**

- **Stress**
- **Disease/Illnesses**
- **Injury/Trauma**
- **Spiritual Issues**
- **Psychological Issues**

With EFT we are doing the following:

We are working with the Energy System and the Energy Body

We are working with the Meridians

We are “tapping” on the end points of defined Meridians

We are creating energy vibrations at these defined Meridian end points

This vibrational force we create by “tapping” works to move energy through the Meridians and “unblock” stuck energy

“Tapping” and moving energy through the Meridians also assists in overall balancing of the body’s energy system

The Meridian systems allows innervation of energy to all body parts and systems

Tapping allows us to influence energy flow throughout the entire body

## EFT and the Brain

### What is going on in the Brain when we do EFT ?

- We calm down the Amygdala
- We interrupt and Deactivate old fear- based neuropathways
- The Sympathetic Nervous System is suppressed
- The Parasympathetic Nervous System is enhanced
- We have a decrease in the production of Stress Hormones
- Good hormones are produced such as endorphins
- We obliterate the “stress response”
- We reduced the production of Cortisol
- We create new neuropathways

## EFT and the Brain

### KEY

We Obliterate Old Neuropathways that codes memory and beliefs, related to the problem we are working with.

We create NEW neuropathways in their place that do not contain the emotional charges, the distress, the symptoms associated with the memories and beliefs we had held about the problem.

Neuropathways: Definition: a series of connected nerves along which electrical impulses travel in the body (Merriam-Webster Dictionary)

## The Amygdala

### Key Points

- Is Almond shaped- there are two
- Lies deep within the brain and medially with the temporal lobes of the brain
- It is responsible for elicitation of the “flight or fight” response
- It is part of the limbic system in the brain
- It deals with emotions, fear, sadness, anxiety, panic.
- It is also can participate in happiness
- It functions in our processing of emotions
- It is associated with declarative memory; memory from previous events whether conscious or unconscious
- It also plays a role in associating time and places with emotions

## **Neurophysiology in the**

### **Application of EFT**

When a past trauma, event, etc. happens, this becomes wired in the brain by a Neuropathway (Amygdala)

A trigger happens (anything related to a memory of the event) and the Amygdala is activated ----→ fight or flight is activated in association with the memory of the past event and symptoms ensue (release of stress hormones throughout the body)

## **Neurophysiology in the**

### **Application of EFT**

#### **Fight or Flight symptoms include:**

Feelings of Anxiety/Fear

Shaking/Trembling

Dizziness

Breathing rate increases

Muscle Tension

Heart rate increases

Headache

May experience Panic

Stomach Upset

Dry, cool skin

Poor concentration

Feelings of Helplessness

Feelings of Hopelessness

Feelings of Sadness

Feelings of Depression

## **Neurophysiology in the**

### **Application of EFT**

When tapping EFT, we use “Exposure Therapy” by bringing to mind the past event, the past trauma, the problem. We hold it in mind. We expose our self to it. We feel it, we visualize it, we embrace it.

We tap on the meridians points. This “calms the Amygdala.” The flight or fight response is inhibited from occurring while the problem and memories, feelings and emotions are held in mind.

We continue repetitions of EFT Tapping until we get to the point where we can hold the memory and the emotions of the problem in our minds WITHOUT any stimulation of the Amygdala and thus no stimulation of the flight or fight response.

(The Promise of Energy Psychology: Revolutionary Tools for Dramatic Personal Change. David Feinstein, Donna Eden, and Gary Craig. Penguin Group. 2005)

## **Neurophysiology in the**

### **Application of EFT**

#### **The End Result**

## The Old Neuropathway is Obliterated

A New Neuropathway is created related to the Trauma, Issue,  
Problem

We bring up the problem, issue, trauma and now the emotional charge is gone. The memory is still there, but the emotional symptoms have been obliterated

(Introduction to Energy Psychology. David Feinstein, Ph.D. DVD Video Presentation. 2011)

## Keys to Effective EFT

### There are Three Requirements for Success

- Activation of the Memory, Symptoms, Distress (exposure)
  - Stating the “negative” in the Set Up and Reminder Phrases
- Tapping on Acupoints to effect and correct problems in the energy systems and create new neuropathways for permanent results



## **Do Not Use Personal**

## **Development EFT for:**

- Issues of Abuse: Child Abuse, Sexual Abuse
- Pain
- Serious Mental Illnesses

## **Assignment before Session**

2

**Watch the following Video on You Tube:**

**EFT for War Veterans with PTSD:  
by EFT Tapping Founder Gary Craig**

**<https://www.youtube.com/watch?v=B4hhMm8qsCs>**

## **Session 2 Outline**

Research in EFT  
Energy EFT  
The SUE Scale  
The Heart Soul Protocol  
The Tapping Points for Energy EFT  
De-Stressing the Energy Body  
Working With Specific Issues  
Experiencing Energy EFT

## **References Session I**

Silvia Hartman, Energy EFT, 1<sup>st</sup> edition, 2012.

Gary Graig, The EFT Manual, 2008, pp. 26-17

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David Krajovic. Energy Follows Intention. Body Mind  
Spirit Guide. 2-9-2010

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Questions ?

You may submit any questions directly to Dr. Flarey at:

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Music Credit

Midnight  
by

Silent Partner

End of Session 1

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DISCLAIMER

- This program is not intended to replace care, treatments or medications prescribed by a licensed health care practitioner. Do not discontinue any prescribed care without consultation with your health care provider.
- Do not use EFT for personal use with issues of past traumatic abuses or with issues related to pain or with serious mental illnesses. Seek out professional assistance.

- There are no guarantees of cure given with the use of EFT. Each person responds uniquely to EFT. While many experience rapid and highly effective responses, others experience benefits slowly or not at all.
  - Each participant proceeds with these self-administered EFT techniques at their own free-will and risks.
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