

CHANGE AHEAD

# Welcome to EFTi Intro to EFT Level 1 with Penny Croal

Accredited  
Master Trainer  
**EFT**  
International

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## AGREEMENT OF CONFIDENTIALITY

What happens here stays here  
Safe and open in the group  
Please respect others point of view  
When Penny is in a demo, please tap  
along and not interrupt until after

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## CHECK

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 **EFT LEVEL 1**

- **Rapport Skills**
- **Setting Up Feedback Systems**
- **Calibration Skills**
- **How does EFT work**
- **How to tune into the problem**
- **Borrowing Benefits**
- **Movie Technique**
- **Dealing with cravings (level 2)**
- **Introduction to dealing with pain and physical problems**
- **Dealing with intense emotional reactions**

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 **Your Goals for the course**

- What led you to attend this workshop?
- What exposure have you had to EFT?
- What results have you experienced?
- What do you want from the course?
- One learning from the pre workshop webinars



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 **How I Got Involved**

- Bells Palsy
- GP said no cure
- Found out I couldn't even say some words.
- Turned out to be life changing

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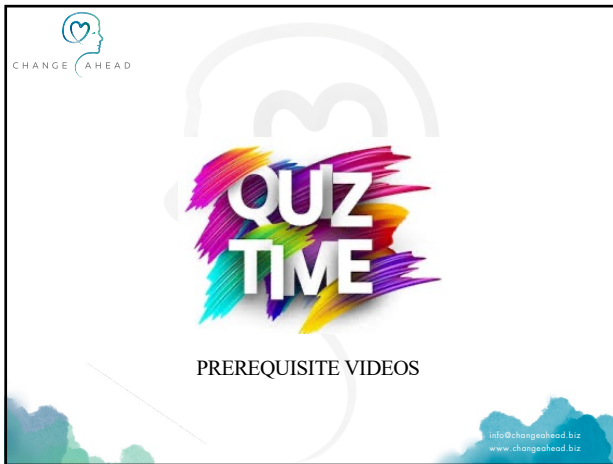
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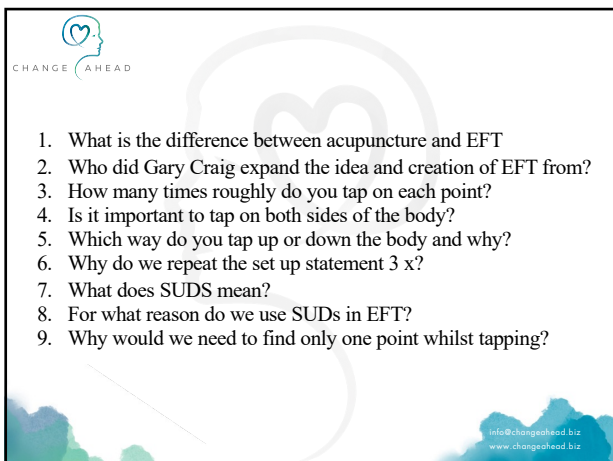
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 Please take turns to stand up and tell the group about yourselves for a few minutes



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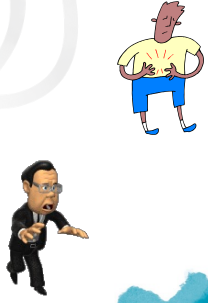
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 **Physical Reaction?**

What did you feel?  
Where did you feel it?  
Why did you feel it?  
What's the result?



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 **Flight-Flight-Freeze-Fawn**

This in turn controls/affects

- Blood pressure, heart rate, body temperature
- Blood acidity, adrenal and thyroid function
- Immune function, cellular and DNA behaviour
- Intelligence, cognitive function
- Stress and anxiety levels
- Digestion
- Sleep patterns
- Hunger and thirst, the reproductive system and a host of other functions
- People pleaser



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**CHANGE AHEAD**

## HOW EFT WORKS

- Affects the Limbic System – the source of emotions and memory
- The amygdala (stress) and hippocampus (memory)
- Play a role in decision process when possible threat
- EFT lowers cortisol – stress hormone
- EFT decreases arousal in Amygdala
- Rapid calming effect on the body (yawn, sigh, burp)
- Changes in brain neural pathways
- Long term research shows improvements last over time

**Limbic System**  
Hypothalamus, Thalamus, Amygdala, Hippocampus

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**CHANGE AHEAD**

"In every culture and in every medical tradition before ours, healing was accomplished by moving energy" Albert Szent-Gyorgi Biochemist and Nobel Prize Winner

**CHAKRAS**      **MERIDIANS**

- Lung Meridian
- Pericardium Meridian
- Heart Meridian
- Crown Meridian
- Triple Warmer Meridian
- Intestine Meridian
- Urinary Bladder Meridian
- Small Intestine Meridian
- Liver Meridian
- Spleen Meridian
- Kidney Meridian
- Gall Bladder Meridian

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**The Body Meridians**

**Two Centerline Meridians:**  
Conception Vessel  
Governing Vessel

**Twelve Principal Meridians:**  
Stomach Meridian  
Spleen Meridian  
Small Intestine Meridian  
Heart Meridian  
Bladder Meridian  
Kidney Meridian  
Pericardium Meridian  
Triple Warmer Meridian  
Gall Bladder Meridian  
Liver Meridian  
Lung Meridian  
Large Intestine Meridian

**EFT**

**Acupuncture for the emotions  
But NO needles!**

The end points of Meridians are used to help balance the body's energy system.

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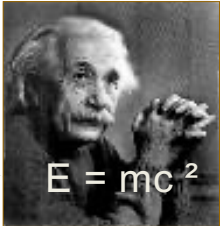
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## Einstein Knew It!

Theory of Relativity



- Albert Einstein - 1920
- "All Matter is made of energy"
- Energy = + and - charges
- Western healing sciences ignored this concept until recently

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## EFT Discovery Statement

"The cause of all negative E-motions is a disruption in the body's energy system"  
Gary Craig

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CHANGE AHEAD **The Genius of EFT is:**



- You can pull up what bothers you and turn it off on purpose
- You can do it with focus and intention using a series of touches or taps

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CHANGE AHEAD **Tapping points**



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CHANGE AHEAD **New Points**


Top of Head




Wrist



spine



Ankle



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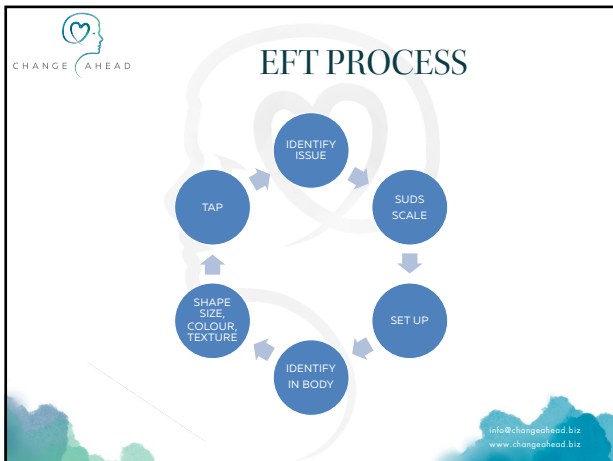
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**The Basic Recipe**

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1. Identify Specific Issue
2. Identify Intensity

0 1 2 3 4 5 6 7 8 9 10

NO MILD MODERATE MODERATE SEVERE WORST POSSIBLE

3. Develop Set Up Statement

4. Tap points:  
SH,TH,EB,SE,UE,UN,UL,CB,UA,Th,IF,MF,LF

5. 9 Gamut

6. Tap points:  
SH,TH,EB,SE,UE,UN,UL,CB,UA,Th,IF,MF,LF

7. Check for intensity and other aspects

8. Repeat until '0' with modified reminder

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**Use An Appropriate Set-up**

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Even Though I have (this problem).....

- I completely / truly accept myself
- I accept myself anyway
- I am a wonderful person
- I am ok
- I am a survivor
- I am a cool dude

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**It is difficult, or impossible, to resolve any issue until you have accepted it.**

With some clients may need to adjust to

<b>I have this problem AND I am a good person</b>	<b>I have this problem AND I am a wonderful child</b>
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Or for clients who don't believe the statement

<b>I can accept that I cannot accept myself</b>	<b>I love and accept myself anyway.</b>
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**IMPORTANT**

- Language aims at the negative. Essential because it is the negative that creates the energy disruptions (zzzzzts) that The EFT Tapping Basic Recipe clears (and thus brings peace to the system).
- We are not offering a traditional talking therapy that offers a positive and is a sticking plaster

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**TUNING INTO THE PROBLEM**

- What is now a problem, was once a solution
- Use the emotion that is "no longer of use"
- "Negative STUCK emotion" creates the energy disruptions ·
- Use Client's words – always – they are your script! ·
- "How do you know you have this problem?" ·
- Basic Recipe clears and bring peace to system ·
- Not offering a traditional talking therapy ·
- "Clear the wound before stitching" rather than sticking plaster



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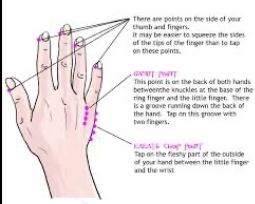
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**9 Gamut**



There are points on the side of your thumb and fingers. It may be easier to squeeze the sides of the tips of the finger than to tap on these points.

**INLET POINT**  
This point is on the back of both hands between the knuckles at the base of the ring finger and the little finger. There is a groove running down the back of the hand. Tap on this groove with two fingers.

**OUTLET POINT**  
Tap on the fleshy part of the outside of your hand between the little finger and the wrist.

**The 9 Gamut**

- Hold Gamut point between little finger and ring finger
- Optional to place hand over heart
- Stare straight ahead
- Eyes open
- Eyes closed
- Look bottom left
- Look bottom right
- Follow infinity symbol one way then the other way

Hum a tune • Count – 5,4,3,2,1 or 10,8,6,4,2 • Hum a tune • Inhale in, exhale and rest

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**Repeat The Sequence**  
The LONG Form of EFT



- TH - top head
- EB - eye brow
- OE - outside eye
- UE - under eye
- UN - under nose
- UL - under lower lip
- CB - collarbone spot
- UA - under arm
- TH - thumb
- IF - index finger
- MF - middle
- RF - ring finger
- LF - little finger
- KC - side of hand

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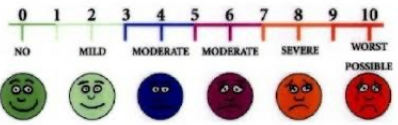
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**TEST TEST TEST**

- Finally, Check SUDS
- Compare this with previous level to see progress
- If not down to zero then repeat the process until you either achieve zero or plateau at some level
- You can also include additional Tapping points
- Otherwise, likely need to "get to the roots of the issue"

Remember – "need the wound to be clear before stitching"



0 1 2 3 4 5 6 7 8 9 10  
NO MILD MODERATE MODERATE SEVERE WORST POSSIBLE

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## EMERGENCY POINT!!!



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## PRACTICE and DEMONSTRATING Constricted Breathing



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## Constricted Breathing

**Most people do NOT breath fully**

- Breath in slowly as fully as you can  
(Don't force it) X3
- Assess % of full breath  
[if 100% try to go to a 120%]
- Practice EFT X3
- Take another full breath
- Assess % of full breath



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**Benefits of using the constricted breathing technique as EFT intro**

- Demonstrates and explain the EFT process
- Shows the client the position of the EFT points.
- Helps them relax
- With an initial success helps client accept process
- Breathing and emotions are linked
- Often the most pressing emotion surfaces.
- Gives you a gauge of clients resistance, reversal levels, effectiveness of EFT with them etc

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**BENEFITS OF EFT**

- Fear, panic, anxiety are replaced with peace and calm
- Physical sensations of distress (lump in throat, knot in stomach) released
- Disturbed thoughts (what if... I can't breathe) are normalized
- Unhelpful behaviour (withdrawn, isolating, scared of crowds or socialising) are corrected

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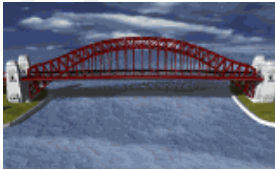
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**Introducing EFT- Building a Bridge**

Simply say: "Let's try a new relaxation technique"

Or

"It works like acupuncture but we also think about the problem we want to work on."




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**Safety & Due Care**

- Medical diagnoses
- Extreme Trauma PTSD
- Establishing Medication/Mental Health
- Personal Safety
- Confidentiality




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**Frequently Asked Questions**

- Does it matter which hand? NO
- Can I switch hands while tapping? YES
- Can I tap with both hands? YES
- How many taps on each spot? 7 is most common but sometimes more is better
- Do I need to tap at all? Touch and breathe/intention
- Is the SET UP essential? Not always, but necessary in cases of PR
- Will EFT take away natural (and healthy) emotional responses to situations? No

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## Frequently Asked Questions

- How long do results last? Often forever. Untreated aspects can make it appear like it “comes back.”
- Does the sessions need to be repeated? Sometimes on a different aspect, but if it worked once, it usually works when repeated
- Do I have to believe in the sessions for it to work? NO, NO, and NO!!
- Do I use the same EFT process for every issue? YES

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## Refinements

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### Tips on Applying EFT

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## Excessive Intensity

EFT is gentle – Life is not always

- People’s issues can be intense
- Tuning in may bring up intense emotions
- Tap over and over until they calm down.
- Don’t go where you don’t belong!

Tap Over and Over  
Over and Over  
Over and Over  
Over and Over



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## HOMEPLAY

- Write down 3 key learnings from today
- Write down basic recipe
- What is your emergency point?
- What is your positive affirmation?

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## Welcome back!

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## HOMEPLAY

- Write down 3 key learnings from today
- Write down basic recipe
- What is your emergency point?
- What is your positive affirmation?

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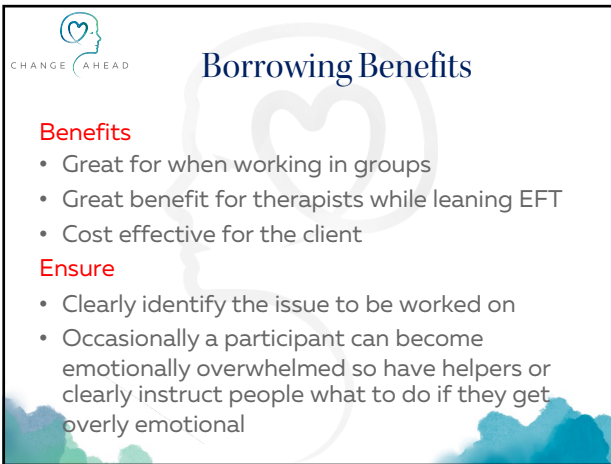
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 **Specific Set Ups**  
**ALWAYS use the clients words**

- "I am easily rejected" vs.
  - Even though my 3<sup>rd</sup> year teacher embarrassed me
  - Even though my father missed my sports day
- "I feel lonely" vs.
  - Even though my boyfriend said, "I want to break up"
  - Even though I spent Christmas in my room at age 8
  - Even though Mom told me I'd never get married
  - because I was fat

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 **What is Rapport?**

**Rapport**

- 7% = Words (Conscious)
- 38% = Tone of Voice (Unconscious)
- 55% = Physiology (Unconscious)



• What is best way to build rapport with client?

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 **Calibration**

**Getting To Know How Your Client Expresses Their Emotions**

- Overall Impressions
- Body Posture
- Facial Expressions
- Incongruence
- Breathing




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**Calibration**

**Movement**

- head/neck
- eyes
- hands
- feet
- shoulders

**Skin**

- colour
- tone
- temperature

**Breathing**

- where from?
- how deep?
- regularity/irregularities

**Voice**

- tone
- volume
- pitch
- wave shape

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Groups of 3 minutes each

Discuss something you like and something you don't like

Observe the speaker's body, tone, eye movement, emotional sensors

Listen and Take Notes

Swap round

**BREAKOUT ROOMS**

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**CHANGE AHEAD**

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 **What is An Abreaction**

- Often described as an “abnormal reaction”
- In fact a natural, though extreme, response when client relives trauma
- EFT – aim to minimise Abreactions whenever possible
- Trust EFT supports the flow of energy moving through
- Remember Emotion = energy in motion
- Tools to help if emotions are too extreme



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 **How To Avoid Abreactions**

- **Use gentle techniques**
  - Chasing the pain
  - Tearless trauma
  - Sneaking up on the problem
- **Disassociate client using:**
- **Physical distance**
  - from objects (spiders, mice, telephones, etc)
  - from locations (lifts, precipices, motorways, etc)
  - from substances (allergies, phobic responses)



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 **What to do when Abreaction**

- BREAK STATE IMMEDIATELY
- Bring senses back into the room
- Open your eyes
- Stand up with both feet on the floor
- Hand over your heart and breathe
- Name 1 thing you can see, hear, smell, touch, taste
- Make eye contact and connection
- KEEP TAPPING

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## Shifting Aspects

Two Types

|                                                       |
|-------------------------------------------------------|
| <p><b>New Emotion/Scene</b><br/><b>Same Event</b></p> |
| <p><b>Related Scene or Memory</b></p>                 |

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CHANGE AHEAD 

## Changing Aspects

|                                                        |                                                   |
|--------------------------------------------------------|---------------------------------------------------|
| <p>Did You CHANGE the <u>SCENE</u> you SEE?</p>        | <p>Is it now a different voice, words, sound?</p> |
| <p>Are the SMELLS or TASTE the same?</p>               | <p>Are you working on the same EMOTION?</p>       |
| <p>Are you experiencing the same PHYSICAL FEELING?</p> | <p>Is it a different THOUGHT Or... EVENT?</p>     |

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## Fear of Flying

An issue with many possible aspects...

- The fear of turbulence
- The fear of loss of control
- The fear of tight spaces (claustrophobia)
- The fear of heights
- The fear of the unknown
- Then it may shift to a seemingly unrelated issue



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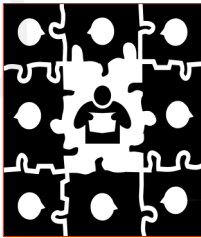
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CHANGE AHEAD **Issues are Like Puzzles**

- There are many pieces: **BE SPECIFIC**
- Each piece may have several sides: **ASPECTS**
- Some are critical to putting the picture together: **CORE ISSUES**
- When some parts are put together the rest fall into place: **GENERALIZATION**



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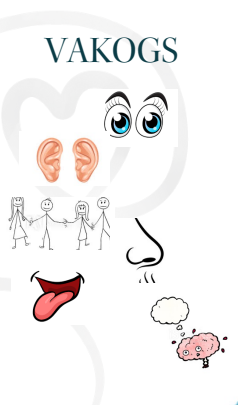
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CHANGE AHEAD **VAKOGS**

- Visual
- Auditory
- Kinesthetic
- Olfactory
- Gustatory
- Self Talk



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CHANGE AHEAD



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# 54321

5-4-3-2-1 Grounding Technique

|                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |  |  |  |  |
| see                                                                               | feel                                                                              | hear                                                                              | smell                                                                             | taste                                                                             |
| 5                                                                                 | 4                                                                                 | 3                                                                                 | 2                                                                                 | 1                                                                                 |
| What are 5 things you can see?                                                    | What are 4 things you can feel?                                                   | What are 3 things you can hear?                                                   | What are 2 things you can smell?                                                  | What is 1 thing you can taste?                                                    |

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## PRACTICE and DEMONSTRATING

### Physical Issues



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## Chasing the Pain

**Follow the predominate pain or sensation**

- Try focusing on physical issues BEFORE dealing with a painful emotional issue
- Focus on Level of pain, precise location, size, shape, texture, colour, taste, smell etc
- Often relieve pain = relieve emotional issue
- Often pain 'moves' and/or changes nature
- Evidence of changing emotional issues?
- Sensual information encoded at time of original trauma

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CHANGE AHEAD

## Specific Description

- Be specific as to location of the pain
- Did it move?
- Be specific as to the type of pain
- Be specific as to the degree of the pain



Even though I have this burning tight feeling just over the top of my shoulder...

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## Sneaking Away Examples

- *Even though I still feel terrible, there will be time to work on this later.*
- *Even though I've just started to get in touch with this issue, I'll be fine.*
- *We'll put the problem back in the box, behind the movie curtain, until next session.*
- *Even though I didn't solve all of this problem today, there's time in the future.*
- *There's plenty of time for me to heal. I don't have to do it all today.*
- *This problem has been here for a long time, and what I've done today is enough.*
- *I don't have to demand from myself that I heal fully today.*
- *I can put this away and pick it up next time.*
- *There's always time and space for me to work on this.*
- *Even though I'm really triggered right now, I can manage until next time.*

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 **Persistence**  
Check intensity and repeat if necessary

|        |        |                          |
|--------|--------|--------------------------|
| Repeat | Repeat | Repeat                   |
| Repeat | Repeat | Repeat                   |
| Repeat | Repeat | Until Intensity is zero! |

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 **Peeling the Onion**  
Changing Aspects

- Problem are often in layers
- Frequently the next piece of the issue is 'unwrapped'
- Keep Peeling!  
When it stops 'peeling' look for a more critical incident OR core issue.



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 **The Apex problem**

- Clients don't give credit to EFT (or other therapies)
- Success if often explained away in other ways
- Often clients underplay the issue once it's gone
- When a headache is gone it's not questioned
- Important to build bridges to existing beliefs
- Clearly state the initial problem, setting out desired outcome and confirm this at the end of a session



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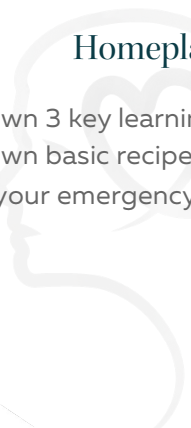
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## Homeplay

- Write down 3 key learnings from today
- Write down basic recipe
- What is your emergency point?



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## Welcome back!



info@changeahead.biz  
www.changeahead.biz

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## Tune into Your Issue

### Small *t*

- Pick just ONE piece of your 'puzzle'
- Tune in to that piece of the issue

Start with a very specific issue or trauma with a "small *t*"



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CHANGE AHEAD **Picking Your Issue**



Pandora

- Repetitive traumas are **NOT SPECIFIC**
- Pick a specific event
- Pick a key scene. (e.g. how they looked at you, tone of voice, sick to stomach, smell of burning)

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CHANGE AHEAD **Run the Scene**  
Use ALL Senses

- **See** what you saw
- **Feel** what you felt  
**Emotionally, Physically**
- **Hear** what you heard
- **Think** what you thought at the time
- **Smell** what you smelled
- **Taste** what you tasted



Scene – Feeling – Thought

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CHANGE AHEAD **Try it on EVERYTHING**

|                  |                  |               |
|------------------|------------------|---------------|
| Anxiety          | Phobias/Fears    | Physical Pain |
| Auto Accident    | –Public Speaking | Panic attack  |
| Boredom          | –Dentist         | Sadness       |
| Claustrophobia   | –Rats            | Shame         |
| Depression       | –Spiders         | Stress        |
| Grief            | –Roaches         | Self Image    |
| Guilt            | –Needles         | Sexual Abuse  |
| Headache         | –Driving         | Sports Issues |
| Insomnia         | –Snakes          | Trauma        |
| Limiting Beliefs | –Heights         | War memories  |
| Love Pain        | –Water           | Weight Loss   |

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CHANGE AHEAD

## Testing Your Work

Checking for Success

- ✓ Ask pointed questions
- ✓ Re-enact a bothersome memory
- ✓ Vividly imagine the event
- ✓ Look for signs of release

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## Testing Results

Assessing Progress

Phobias Memories

Cravings Physical Pain

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## Checking Memories

**Memories**

Make the Scene bigger, brighter  
 Stop at ANY level of distress  
 When 'O' TRY to make intense  
 REALLY challenge the results

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**Cognitive Shifts**  
Often Behind the Scenes

You know you have been successful when there is some statement/behavior indicating:



- > It happened
- > It's over
- > I'm safe
- > I learned from it and
- > I am ready to move on in my life

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CHANGE AHEAD

I am so calm!

How did you do that?

COOL!! ☺

I was NOT responsible for the tragedy. I was just there.

I feel pity instead of anger.

I feel sooo relaxed.

Now I understand how I could do that.

I feel more love inside.

I CAN'T THINK ABOUT IT ANYMORE!

THOUGHT OF A SOLUTION

I can see it happening but I can't feel it anymore.

The BAD feeling is gone!

The problem looks distant.

If I were not experiencing this, I'd never believe it.

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**PRACTICE and DEMONSTRATING**

The Movie Technique



CHANGE AHEAD

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## The Movie Technique

*"If it were a movie,  
how long would it last?"  
"What would the title be?"*

1. Run the movie in your mind
2. Evaluate the intensity you are having NOW
3. Take edge off: EFT on "this \_\_\_\_ movie"
4. Verbally narrate the movie
5. Stop at ANY upset and use EFT - REPEAT

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## Check It Out

- **Replay** the 'scene'
- **Stop** at point of ANY distress or emotion
- If not a '0', have any **aspects** changed?
- If '0' try to make issue **intense**
- At any level of intensity **STOP** movie and repeat EFT



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## Learnings

- 1.
- 2.
- 3.



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