



EFT

The Emotional Freedom Technique

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A Combination Technique

- Psychology
 - Certain thoughts activate the amygdala/fear system
- Energy Medicine/Energy Psychology
 - TCM Meridians – acupuncture/pressure at certain points calms the amygdala

Anxiety

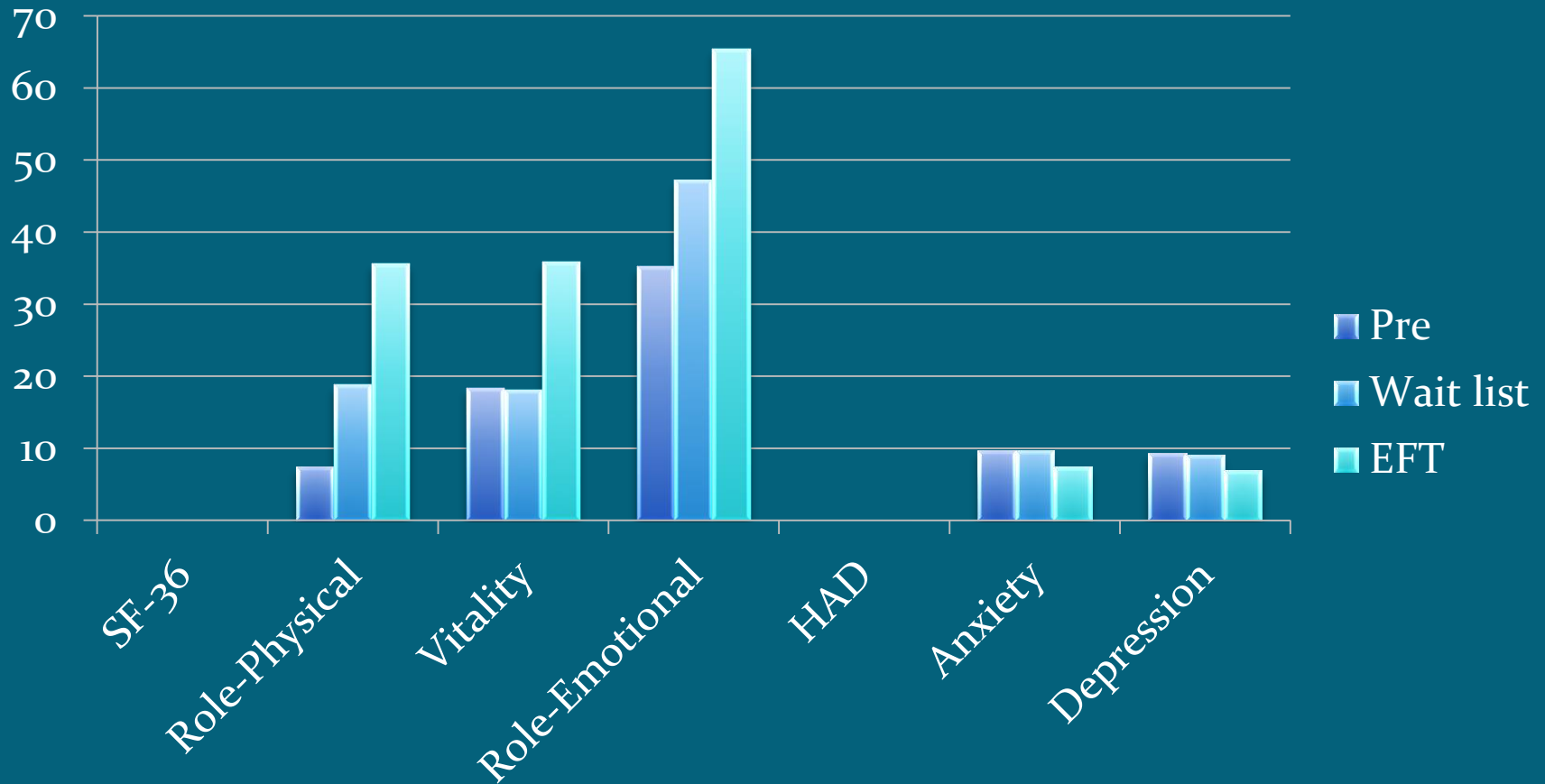
- Public Speaking Anxiety – effective within 15 minutes
Energy Psychology: Theory, Research, & Treatment, 3(1), p 33-42
- Dental Anxiety – 10 minute treatment (4 min explanation, 6 min treatment)

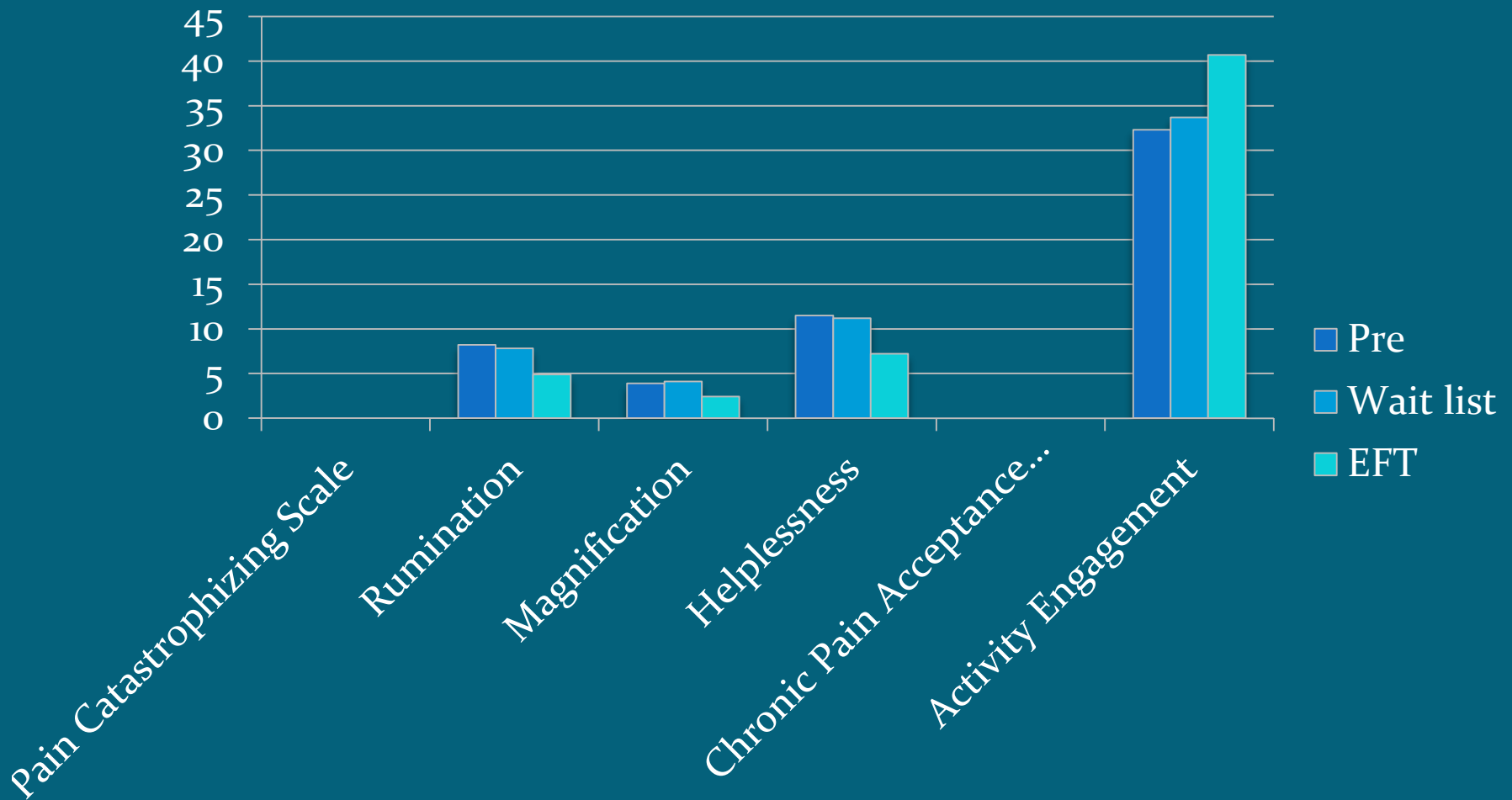
- Pre-treatment anxiety score 8.03
- Post-treatment 3.03 ($p < 0.001$)

Energy Psychology: Theory, Research, & Treatment, (2011), (3)2, 53-56

- Psoriasis patients
 - 50% drop psychological distress, maintained at 3 months
 - 58% improved functioning, 89% by 3 months
 - *Energy Psychology: Theory, Research, & Treatment*, 3(2), 13-23.

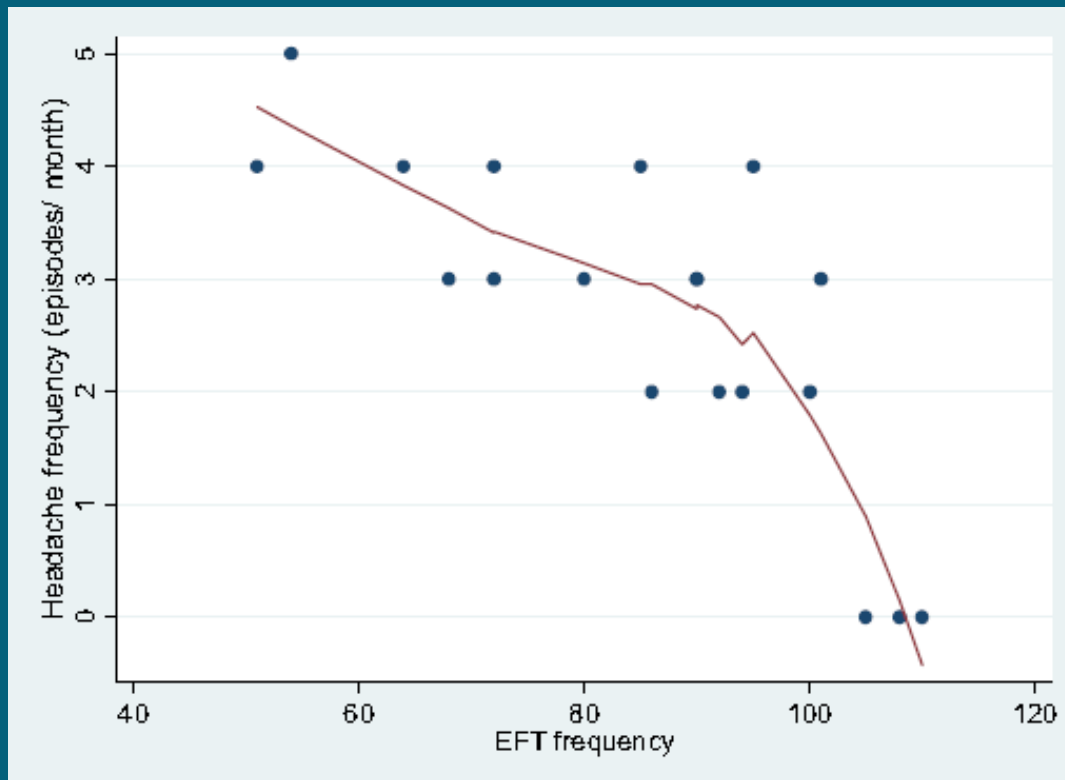
Fibromyalgia – 8 weeks





All $p < 0.001$

Tension Headache



Times performed in 2 months

- *Also improved sleep, decreased perceived stress*

Explore 2013; 9:91-99.

Effects on Food Cravings

- 4 weeks EFT vs Waitlist, observed at 6 and 12 months
 - Significant improvements occurred in:
 - Weight
 - Body mass index
 - Food cravings
 - Subjective power of food
 - Craving restraint
 - Psychological coping
- p<0.05 for all
- *Energy Psychology: Theory, Research, & Treatment*, 4(1), 13-24.

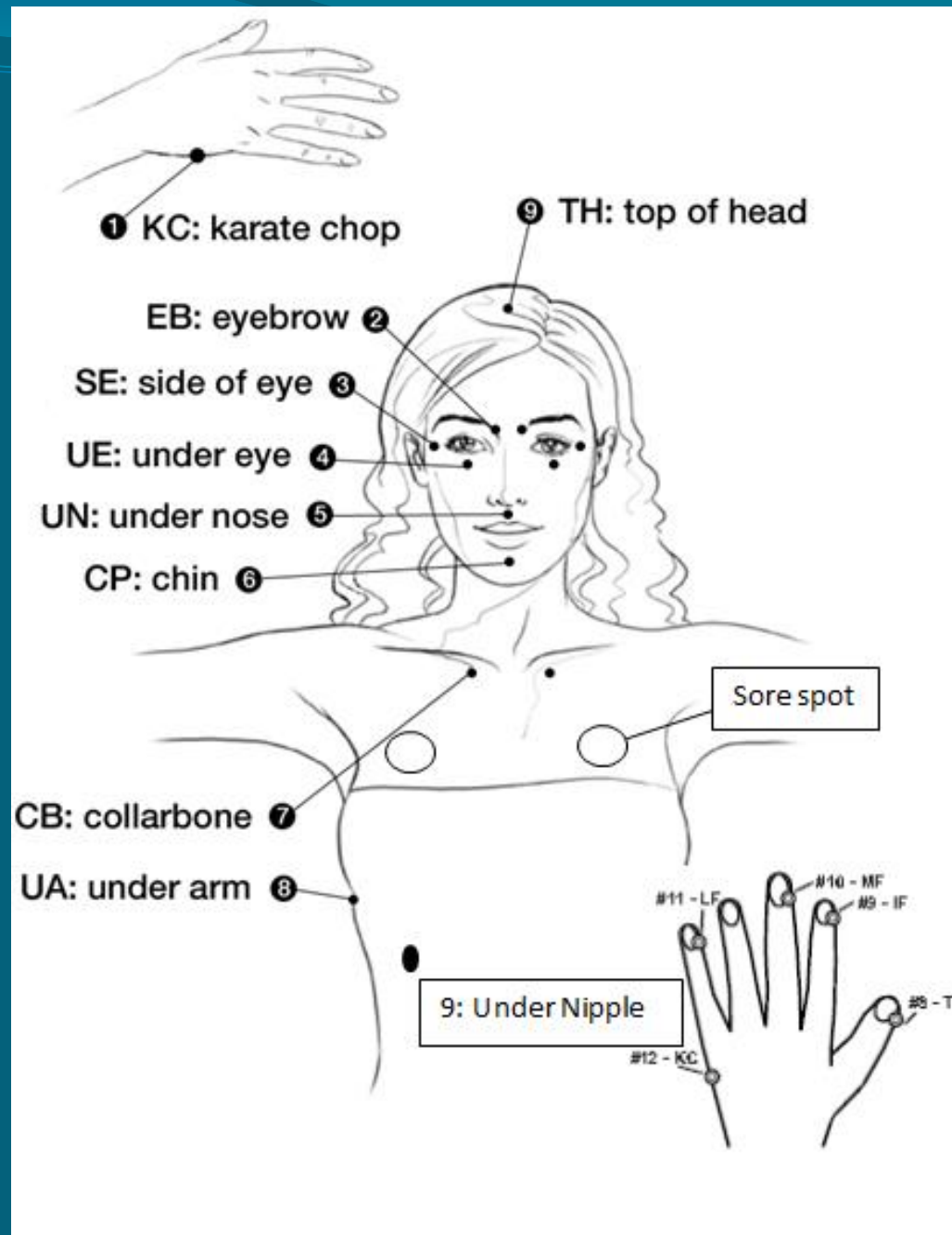
EMDR vs. EFT

Percentage of Patients with Clinically Significant Change 3 months after 6-8 sessions		
	EFT	EMDR
CAPS	39.1%	34.8%
PCL	17.4%	26.1%

- CAPS - Clinician-Administered PTSD scale
- PCL – PTSD Checklist

J Nerv Ment Dis. 2011 Jun;199(6):372-8

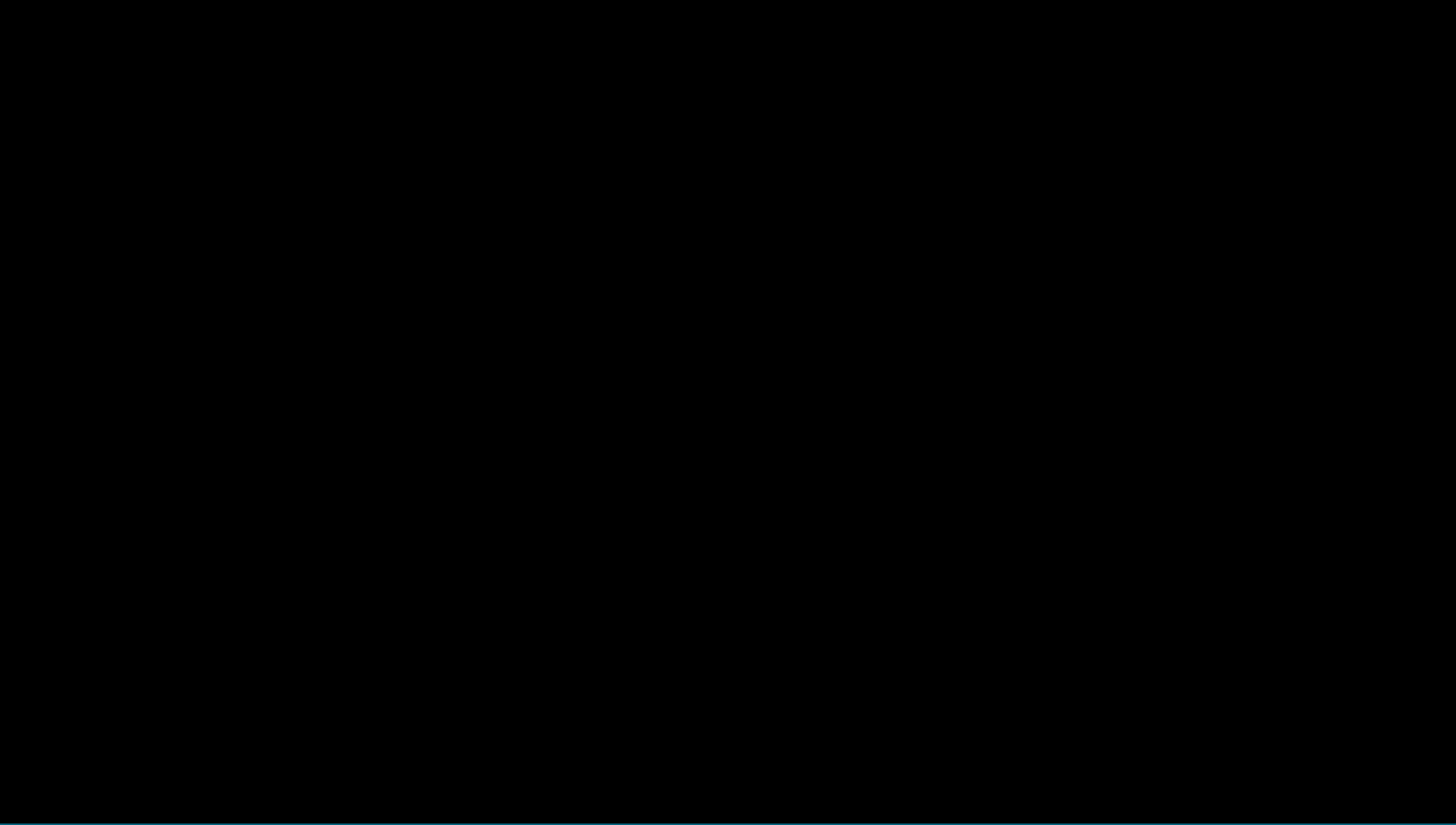
How? Meridians



How?

Set-up Phrase & Reminders

1. Set-up phrase while tapping Karate Chop or Sore Spots
 - “Even though I have/feel this _____, I deeply and completely accept myself.”
 - Tap on sequence of points while repeating reminder phrase (“my anxiety”, “these bills”, etc.)



Video

