

Appendix A:

The Full Basic Recipe

There are as many versions of EFT as there are people. However, there is one version of EFT that has been validated in more than 20 clinical trials, so we know it works. These studies can be evaluated using criteria for “empirically validated therapies” published by the Clinical Psychology division of the American Psychological Association (Chambless et al., 1996; Chambless et al., 1998; Chambless & Hollon, 1998). According to these criteria, EFT is an evidence-based practice that is effective for anxiety, depression, phobias, and posttraumatic stress disorder or PTSD (Feinstein, 2012a). We call this evidence-based form Clinical EFT (Church, 2013a).

There is a long and a short version of the Basic Recipe used in Clinical EFT. The short Basic Recipe is the one used throughout this book, and it is very effective, as all those studies show. Yet it’s also well worth learning the long form. It’s called the Full Basic Recipe. The reason for learning the long form is that it includes additional techniques that are useful for difficult issues. Most of the time, all you’ll need is the short form of the Basic Recipe. Occasionally, you’ll find that you don’t make much progress that way, and you’ll need the procedures in the Full Basic Recipe. It includes tapping points on the fingers, as well as an eye movement protocol called the 9 Gamut Procedure.

Recent research shows that eye movements are closely linked to the brain's ability to process traumatic events (Ruden, 2005; Tym, Beaumont, & Lioulios, 2009). When a memory carries no emotional charge, you can move your eyes smoothly through your field of peripheral vision. But a traumatic memory interferes with smooth eye rotation, and the eyes skip around; it's almost as if the person doesn't want to "see" the traumatic memory again. When you use EFT's 9 Gamut Procedure, eye movements show you whether or not the traumatic memory has been resolved. It's also useful (a) when a client says he or she cannot remember a specific event, (b) when working with nonverbal, preverbal or pre-birth trauma, and (c) when working on a large number of traumatic events simultaneously, for instance with a client who was beaten frequently as a child. In these three cases, the 9 Gamut can produce startlingly good results where little else is effective. This makes it an extremely important tool in your EFT toolkit. There are 48 Clinical EFT methods, which you'll find listed at the EFTUniverse.com website and summarized at ClinicalEFT.com. Familiarity with all of them is why practitioners who use Clinical EFT are so effective with a variety of clients and conditions. Clinical EFT is the method taught in *The EFT Manual* (Church, 2013c).

There are four parts to the Full Basic Recipe: The Setup, the Sequence, the 9 Gamut, and a second application of the Sequence. Here's how they're put together.

Ingredient #1: The Setup

The Full Basic Recipe begins with the Setup Statement:

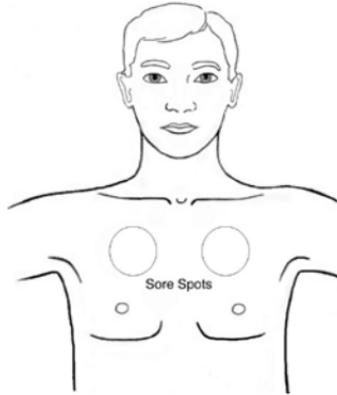
Even though I have this _____, I deeply and completely accept myself.

While reciting the Setup Statement, either tap on the Karate Chop point or massage your Sore Spot.

The Sore Spot (description follows) is not part of the shortcut EFT method described in this book, but it can be substituted for the Karate Chop point at the beginning of any EFT session. Here's how to find it.

The Sore Spot

There are two Sore Spots and it doesn't matter which one you use. They are located in the upper left and right portions of the chest.



The Sore Spot.

Go to the base of the throat about where a man would knot his tie. Poke around in this area and you will find a U-shaped notch at the top of your sternum (breastbone). From the top of that notch go down 2 or 3 inches toward your navel and sideways 2 or 3 inches to your left (or right). You should now be in the upper left (or right) portion of your chest. If you press vigorously in that area (within a 2-inch radius) you will find a spot that feels sore or tender. This happens because lymphatic congestion occurs there. When you rub it, you disperse that congestion. Fortunately, after a few episodes, the congestion is all dispersed and the soreness goes away. Then you can rub it with no discomfort whatsoever.

I don't mean to overlay the soreness you may feel. You won't feel massive, intense pain by rubbing this Sore Spot. It is certainly bearable and should cause no undue discomfort. If it does, then lighten up your pressure a little.

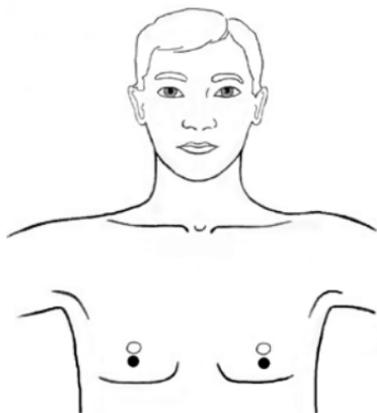
Also, if you've had some kind of operation in that area of the chest or if there's any medical reason whatsoever why you shouldn't be prob-

ing around in that specific area, then *switch to the other side*. Both sides are equally effective. In any case, if there is any doubt, consult your health practitioner before proceeding or simply tap the Karate Chop point instead.

Ingredient #2: The Sequence

The Sequence involves tapping on the Eyebrow, Side of Eye, Under Eye, Under Nose, Chin, Collarbone, Under Arm, and Below Nipple points.

The **Below Nipple** point is a newer addition to the full sequence. It was originally left out because it's in an awkward position for women while in social situations (restaurants, etc.) as well as in workshops. Even though the EFT results have been superb without it, I include it now for completeness. For men, it is 1 inch below the nipple. For women, it's where the under-skin of the breast meets the chest wall. Some call it the "underwire" point on an underwire bra. This point is abbreviated **BN** for **B**elow **N**ipple.



Below the Nipple (**BN**).

In addition, the Sequence in the Full Basic Recipe includes the following finger points:



Thumb (**Th**) Point.

Thumb: On the outside edge of your thumb at a point even with the base of the thumb nail. This point is abbreviated **Th** for **Thumb**.



The Index Finger (**IF**) Point.

Index Finger: On the side of your index finger (the side facing your thumb) at a point even with the base of the fingernail. This point is abbreviated **IF** for **Index Finger**.



The Middle Finger (**MF**) Point.

Middle Finger: On the side of your middle finger (the side closest to your thumb) at a point even with the base of the fingernail. This point is abbreviated **MF** for **Middle Finger**.



The Baby Finger (**BF**) Point.

Baby Finger: On the inside of your baby finger (the side closest to your thumb) at a point even with the base of the fingernail. This point is abbreviated **BF** for **Baby Finger**.

You may have noticed that the Sequence does not include the ring finger. However, some include it for convenience, and this does not interfere with EFT's effectiveness.



The Karate Chop (**KC**) Point.

Karate Chop: The last point is the Karate Chop point, which can also be used at the beginning of the Setup.

Thus, the complete Sequence consists of the following EFT points, which are tapped while one repeats a Reminder Phrase that describes the problem, such as "This headache" or "This fear of heights."

EB = Beginning of the **EyeBrow**

SE = Side of the **Eye**

UE = Under the **Eye**

UN = Under the **Nose**

Ch = **Chin**

CB = Beginning of the **CollarBone**

UA = Under the Arm

BN = Below the Nipple

Th = Thumb

IF = Index Finger

MF = Middle Finger

BF = Baby Finger

KC = Karate Chop

Ingredient #3: The 9 Gamut Procedure

The 9 Gamut Procedure is designed to engage parts of the brain involved in the resolution of trauma. It involves eye movements, humming, and counting. It's designed to engage both the left and right sides of the brain, through counting and music. Recent research has demonstrated a link between the processing of traumatic memories and the stability of peripheral vision, and the eye movements used in the 9 Gamut take advantage of these discoveries. Clinicians report that it is very useful in removing the emotional charge of very early trauma, such as events that occurred in the first few years of life, when there are no conscious memories accessible. The 9 Gamut is also useful for clearing the intensity of a large number of similar traumatic events simultaneously.

The 9 Gamut Procedure is a 10-second process in which nine “brain stimulating” actions are performed while you tap continuously on one of the body’s energy points—the Gamut point. It has been found, after years of experience, that this routine can add efficiency to EFT and hasten your progress toward emotional freedom, especially when *sandwiched* between two trips through the Sequence.

One way to help memorize the Full Basic Recipe is to look at it as though it is a ham sandwich. The Setup is the preparation for the ham sandwich and the sandwich itself consists of two slices of bread (The Sequence) with the ham, or middle portion, as the 9 Gamut Procedure.



The Gamut Point.

To do the 9 Gamut Procedure, you must first locate the Gamut point. It is on the back of either hand and is a half inch behind the midpoint between the knuckles at the base of the ring finger and the little finger.

If you draw an imaginary line between the knuckles at the base of the ring finger and little finger and consider that line to be the base of an equilateral triangle whose other sides converge to a point (apex) in the direction of the wrist, then the Gamut point would be located at the apex of the triangle. With the index finger of your tapping hand, feel for a small indentation on the back of your tapped hand near the base of the little finger and ring finger. There is just enough room there to tap with the tips of your index and middle fingers.

Next, you must perform nine different steps while tapping the Gamut point continuously. These nine steps are:

1. Eyes closed.
2. Eyes open.
3. Eyes down hard right while holding the head steady.
4. Eyes down hard left while holding the head steady.
5. Roll the eyes in a circle as though your nose is at the center of a clock and you are trying to see all the numbers in order.
6. Roll the eyes in a circle in the reverse direction.
7. Hum two seconds of a song (I usually suggest “Happy Birthday”).
8. Count rapidly from 1 to 5.
9. Hum two seconds of a song again.

Note that these nine actions are presented in a certain order and I suggest that you memorize them in the order given. However, you can mix the order up if you wish, as long as you do all nine of them *and* you perform the last three together as a unit. That is, you hum for two seconds, then count, then hum the song again, in that order. Years of experience have proven this to be important.

Also, note that for some people humming “Happy Birthday” causes resistance because it brings up memories of unhappy birthdays. In this case, you can either use EFT on those unhappy memories and resolve them or you can side-step this issue for now by substituting some other song.

Ingredient #4: The Sequence (again)

The fourth and last ingredient in the Basic Recipe is another trip through the Sequence, including the finger points.

As in the shortcut Basic Recipe, check for any remaining discomfort, in which case you’ll do another round of EFT tapping using a modified Setup Statement:

Even though I still have some of this _____, I deeply and completely accept myself.

You will add “remaining” to the Reminder Phrases as you tap through the complete Sequence.