

# Special Populations

As you gain experience with EFT, you'll run into situations where you need to adapt the Basic Recipe or other techniques to the needs of the people with whom you're working. Experience using EFT with children, for instance, has shown the usefulness of modifying language that might be perfectly appropriate for adults. Working with a golf pro on lowering his handicap requires an approach that is completely different from that required for using EFT with a very sick patient in the hospital. This chapter examines some of the specialized groups with whom you might find yourself using EFT, and shows how to adapt the basic tools of Clinical EFT to meet their needs effectively.

## **Age-Appropriate Techniques for Using EFT with Children**

How you use EFT depends on the age of the child. For infants, no language is necessary. You don't need to formulate a Setup Statement to use EFT with a crying baby. Tapping without words is most appropriate for very young children. While you tap, you can certainly make soothing statements like "Everything's okay," even if the child doesn't understand your words. They'll understand your tone of voice and your peaceful intent. Famed biologist Rupert Sheldrake, author of *Science Set Free* (2013) and nine other books, has suggested that one reason for

EFT's calming effect is that tapping around the eyes mimics the way a mother wipes away the tears from around a baby's eyes.

I also recommend tapping very gently with infants, barely brushing the skin with your fingertips. When tapping on babies, I am often rewarded by a puzzled frown at first, followed by relaxation of the facial muscles. Babies recognize a soothing experience and respond. You can also use Touch and Breathe (TAB), in which you rest your fingertips lightly on each point and take a breath. I recommend knowing where the acupoints are, and using one fingertip rather than two, since the area you're tapping is much smaller than on an adult.

Many parents and other adults use surrogate tapping with babies. Surrogate tapping involves tapping on yourself as a substitute for tapping on the baby. The mechanisms of action of surrogate tapping are unknown, though clinical psychologist David Feinstein assembled 100 case reports of success with surrogate tapping, and speculates on how it might have an effect (Feinstein, 2012b). There are many stories in the EFT archives of people who tapped surrogately for babies and found it calmed them down.

For elementary school children, use a Setup Statement that is simpler than the formula prescribed in the normal Basic Recipe. Stick to concrete events rather than concepts. Examples of concrete events might be: "Even though...

*Johnny hit me...*

*The teacher sent me to the principal's office...*

*I have a tummy ache...*

*The other kids laughed at me...*

*I wasn't picked for the team...*

*I failed the exam...*

*Sister bit me...*

*I can't tie my shoelaces...*

With children in this age bracket, you can also use a self-acceptance statement that is simpler than "I deeply and completely accept myself." Any reassuring phrase can be effective. Examples are:

*...I'm okay.*  
*...but I'm still a good kid.*  
*...I love myself.*  
*...I'm fine now.*  
*...I'm still an awesome kid.*

With children of high school age and older, you can use the regular Setup and tapping routine. Some in this age bracket perceive tapping as cool; others perceive it as decidedly uncool. There are many YouTube videos of teens tapping, and you can encourage a teenager to tap along with those rather than being guided by an authority figure such as a parent or teacher. This minimizes the possibility that a teen might rebel against tapping, refuse to do it, and suffer needlessly as a result. There are also stories in the EFT archives of parents whose teens refused to tap, and the parents tapped surrogately on themselves with success. Reading those stories will give you creative ideas for using EFT with your own children.

In his article on surrogate tapping, Feinstein (2012b) discusses some of the ethical issues raised by this practice. Generally speaking, it is not ethically permissible to tap on another person, even surrogately, without their consent. It is ethically permissible, however, for parents to tap on or with their minor children. There is a gray area in between, such as being in a crowded airplane and tapping surrogately for a crying baby who is not your own child. Feinstein's paper encourages you to explore the ethical considerations inherent in these situations.

### **Daily Releasing with Children**

Most of us as adults have a huge collection of traumatic events stored in our awareness. We weren't taught to deal with negative events as they occurred, and we stuffed them and stored them in our minds, our memories, our subconscious minds, and our bodies. Personally, I think of the years of my life from 0 to 15 as the time of acquisition of negative experiences. During the next 30 years, from the age of 15 to 45, I struggled to heal the old dysfunctional patterns I'd learned early

on—while often repeating and reinforcing them. Those 30 years were a determined personal growth journey on which, through meditation, psychotherapy, group work, and reading transformational books, I began to break free of some of the patterns of thought and behavior that sabotaged my intentions and gifts.

During this agonizing process of catharsis, I fantasized about what my life would have looked like if I had not had to spend 30 years digging out from under the “mountain of dung” that had been shoveled onto my head in the early years. I could have blossomed early and accomplished great things in my 20s and 30s, I imagined. I certainly became determined that my own children would not have to spend decades shoveling their way out of a mountain, and raised them accordingly. It’s been a joy to see them blossom early.

I strongly believe that it’s very worthwhile to work with your children daily to release any negative experiences right after they occur, rather than letting them settle into the psyche. Carine, a soccer mom, told me recently that her daughter Tiffany, who plays goalie for her elementary school team, had missed a ball during an important match. The coach lost his temper and screamed at Tiffany, “How could you miss that ball? It was coming right at you!” After the game, Carine tapped with her daughter, both of them very angry at the coach. That night, Tiffany still remembered the coach yelling at her but told her father that she’d in fact caught almost every other ball coming toward her, saving her team many times. The next day, Tiffany had another soccer match and excelled at her job as goalie.

This story stands in stark contrast to the many stories of kids who’ve stopped playing a sport they love because they were so emotionally traumatized by criticism and failure. Without tapping, Tiffany’s path could have gone in that direction. She could have been so nervous the next day that she missed several saves, and quit soccer shortly thereafter. Releasing the emotional intensity of a negative experience helped her develop her gifts rather than giving up. Tapping with your children each day frees them of the emotional hold that negative experi-

ences might have over their consciousness. Daily releasing ensures that, though life might throw the occasional negative experience a child's way, tapping brushes it aside, and the bad stuff does not accumulate into a mountain that stifles the promise of a young life.

### The Daily Peace Procedure for Children

The Daily Peace Procedure is simple. Each night, while tucking their children into bed, parents ask: "What good and bad thoughts did you have today? And what good and bad things happened to you today?" As the child is describing the thoughts and events, both good and bad, the parents tap the EFT points lightly and lovingly or rub them gently. As children describe bad events, they are tuned in to the emotions of the problem. Tapping ensures that these emotions are dispelled rather than reinforced.

Children are constantly absorbing information from the environment, which includes from their parents, teachers, peers, television, the Internet, and other media. Much of this information is negative. By the time a typical television-watching American child reaches the age of 18, he or she will have witnessed about 200,000 dramatized acts of violence including 40,000 murders (Grossman & DeGaetano, 2009). Even comedy shows often get their laughs through vicious attacks on others. This daily barrage of negative images and words fills a child's consciousness and subconscious mind. A parent who performs the Daily Peace Procedure with a child can empty the garbage can by tapping. Here are examples of bad experiences children might report:

*"Daddy scared me when he yelled at me."*

*"I saw a monster killing people on television."*

*"My teacher thinks I'm dumb."*

*"I can't run fast like Billy."*

*"I'm not as pretty as Susan."*

*"The preacher said I won't go to heaven if I'm not good."*

These are just a few of myriad statements that reflect the feelings and events that can become entrenched in children's psyches. It doesn't

matter whether the child's interpretation is reasonable by adult standards. What matters to children's psyches and the effect of the events on them is how they felt when they had the experience.

As you are tapping or rubbing the points, you can continue to probe, asking, "What else happened today?" You can also reframe the event for the child, providing another way to look at the event, such as, "Monsters on TV aren't real." Doing this while tapping makes it far more likely that your child will absorb the message than if you simply talked about it.

This EFT procedure for children can also be used with infants. Even though babies are unable to tell you what is upsetting them, their crying or other indicators of distress when all their physical needs have been met let you know that tapping could be beneficial. There may be fear, trauma, or physical discomfort, the source of which is not apparent. When infants are in the midst of distress, they are tuned in to the problem and therefore ready for tapping. The addition of EFT tapping to the usual murmured soothing language can interrupt the accumulation of negative events and feelings by infants.

Tap the EFT points while children share the good as well as the bad thoughts and events of their day. The reason for this is that when describing a positive event, there is often an unspoken negative worry or counterpoint to the event. For instance, when the child says, "My teacher complimented me today in front of the whole class," the underlying worry might be "But sometimes she scolds children or ignores them and I am afraid that will happen to me."

Although the tapping is happening while the child speaks about being praised by the teacher, EFT is simultaneously reducing any fear associated with the underlying negative possibility. For this reason, the procedure calls for tapping on both "good" and the "bad" thoughts and events.

Though children are the focus of the discussion of this procedure, the technique is useful for all ages. It's never too late to start! You can do this procedure nightly on yourself, tapping on all the good things

and bad things that happened to you that day, or alternate the parent and child roles with someone else, tapping on each other's days.

### **Borrowing Benefits**

Borrowing Benefits refers to the phenomenon that when you tap while watching another person's EFT session, your SUD levels usually go down too. It might seem farfetched that, while watching a man tap on the emotions associated with his divorce, for instance, the pain in your foot goes away. Yet that's precisely how Borrowing Benefits works.

Borrowing Benefits was first noted in the late 1990s when psychotherapists using EFT reported that they felt fine at the end of the day. Previously, they had felt burnt out at the end of a workday listening to other people's tragic stories. Some of the emotional energy sticks, and after a day of offering therapy, they would typically feel exhausted and depleted. This did not happen if they were doing EFT. They were tapping on themselves as they showed clients how to tap, and just as the clients discharged the negative energy they carried, the therapists discovered that they discharged any they were taking on as they tapped along too.

There have been several studies that quantified the usefulness of Borrowing Benefits. The earliest was performed by Jack Rowe, PhD, a professor at Texas A&M University (Rowe, 2005). He studied 102 participants at a weekend EFT workshop. He found that symptoms of psychological conditions such as anxiety and depression dropped significantly, and remained lower than before in the months following the workshop. Several other studies involving hundreds of people have measured the value of Borrowing Benefits. A study of 216 health care workers found that the intensity of their psychological symptoms such as anxiety and depression dropped by an average of 45% after a one-day EFT workshop, and remained lower thereafter (Church & Brooks, 2010). Those who tapped more in the ensuing months experienced the greatest benefit. Veterans with PTSD and their spouses also got much better after a weeklong EFT retreat where they borrowed benefits (Church & Brooks, 2013).

There are several ways to borrow benefits. One is to take an EFT workshop and tap along with the other participants. Here's an account of what happened with three people who did this.

### **Simultaneously Resolving Childhood Issues in Three People**

Tracy told about how when she first learned to drive, she decided to buy her mom tickets to a classical music concert and drive her there, as a surprise gift. Her mom suffered from depression, and there was usually plenty of drama in her household. The concert was one of Tracy's many attempts since early childhood to make her mom happy.

When she told her mom, her mom exploded in anger and ridiculed Tracy. The trip to the concert didn't happen. I asked Tracy to name her event, and she named it "The Concert." Her intensity was a 9.

Markus talked about a time when his mom left him alone when he was 5 years old. She went to the store, telling him she'd be back in a few minutes, but didn't return for several hours. He became afraid. When she returned, he told her how scared she was and her response was to laugh at him. He named his event "Left alone." He reported his emotional intensity as a 9 when he thought about the event.

Kathy had memories of many events during which her parents fought. I asked her to recall a particularly traumatic one and she said, "The Day the Police Came." Her intensity was a 10.

I tapped only with Tracy. We tapped on each of the aspects of "The Concert," till her intensity rating was 0. I had the whole group, including Markus and Kathy, tapping at the same time. Both reported a 0 intensity on their issues when we were finished, even though I hadn't worked with them individually.

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Another way to borrow benefits is to watch videos of people tapping and tap along with them. A third way is to tap along with members of a "tapping circle." These are groups of people who agree to get together periodically and tap together on their issues. There



are tapping groups all over the world, and there are even some online. Some are free, while others, usually under the guidance of a life coach or psychotherapist, charge a modest fee. You'll find them listed at [TappingCircles.EFTUniverse.com](http://TappingCircles.EFTUniverse.com).

While you're likely to experience the value of Borrowing Benefits yourself by tapping along with videos or online presentations, I recommend you take an EFT workshop first. That way, you'll know where the points are, how to formulate a Setup Statement, how to focus on specific events, and the other essentials of successful use of EFT. With that solid groundwork in place, you'll be well equipped to tap along with others and experience just how far you can get with the Borrowing Benefits technique.

### Working with Groups

After learning EFT and experiencing the power of Borrowing Benefits, you might decide to tap with a group yourself, or start your own group. Groups can be formal and structured, such as a psychotherapy group, or informal drop-in leaderless groups. There are many venues in which emotional clearing as a group can be helpful. These include:

- Workplace groups, usually meeting during a break, or after work.
- Church groups, often meeting after a service or one evening a week.
- Therapy groups, in which EFT is used along with a structured therapeutic approach.
- Mastermind groups.
- Life coaching and performance groups.
- 12-step groups.
- Play and art groups, in which EFT is used to tap away the barriers to creativity.
- Prison and jail groups.

- Hospital and outpatient groups.
- Sports teams.
- Social service groups such as Rotary, Lions, and similar groups.
- Youth groups such as Scouts and 4H Clubs.
- Women's groups and men's groups.
- School and university groups.

When forming a group, here are some questions to bear in mind as you decide on the structure of the group. How often does the group meet? Is the group closed or open to new members? Is there a standard for how many sessions a member must attend or might miss, or is this a drop-in group? How will you qualify new members of the group, and how will you handle the eventuality of a member being unsuited to group work? Is there a leader, a rotating leadership, or some other method of guiding the group? Is there a donation or fee required to attend? What will you do if a group member has a severe psychological breakdown? What happens if a group member fails to keep agreements? Is there a book, value system, or philosophy that guides your group? Are there written guidelines to how the group is structured, and do all members know these?

This is not a comprehensive list and there are many other facets to running a successful group. There are many good books and online resources describing how to run a group effectively. It is my dream to see EFT groups in all the places listed, with members using tapping to support the other personal work they're doing and smooth their path to success. Some therapists and group leaders believe that emotional problems clear faster in a group than they do using individual psychotherapy. In fact, EFT Master Carol Look terminated her private practice after making this assessment and now does only group work. There seems to be some kind of collective effect in which participants reinforce the power of change in each other. I encourage you to seize

any opportunity to start or join a group to accelerate your process of emotional healing.

### **Cravings and Addictions**

One of the most frequent uses of EFT is for cravings and addictions. What's the difference between them? A craving is a momentary desire, such as an urge to eat ice cream. An addiction is a long-term pattern of giving in to cravings, such as eating a tub of ice cream every day. Cravings usually pass, given time. You might crave ice cream now, but if you pick up an engrossing novel, you might forget all about it. Addictions are long-term behavioral patterns and they require determined effort to change. Clinical psychologist Roger Callahan, who popularized acupoint tapping, believed that cravings and addictive patterns mask anxiety. You're anxious in a social situation, so you pick up a cocktail. You're nervous before a job interview, so you eat a piece of chocolate. You feel a sense of lack in your life, so you visit the ice cream store. He believed that the way to treat cravings and addictive patterns was to address the underlying anxiety.

Clinical experience suggests that some addictive patterns disappear quickly with EFT, while others resist change no matter how much tapping you do. For example, therapists who specialize in helping clients quit smoking tell me that they're usually successful in just a few EFT sessions. Those working with alcohol addiction, such as Dr. David Lake, say that EFT alone is rarely effective for these problems (Lake, 2013).

My personal experience is that EFT is very effective for releasing momentary cravings. The data are clear on this point. In the Health Care Workers Study, we incorporated a craving segment into the EFT workshop (Church & Brooks, 2010). The workshops were held in hotels, and we arranged with the management to supply frequently craved substances at that point in the workshop. Wait staff brought in trays of chocolate, cake, sweets, and alcohol. Proximity allowed participants to get powerfully in touch with their cravings, and many were at or near a 10 on the SUD scale. After tapping, however, cravings simply

collapsed. The average reduction in SUD was 83% in the course of about 20 minutes. Participants whose hands had been trembling as they picked up a piece of chocolate before EFT made comments like “This is repulsive.” After the workshop, we cleared the room, and all the chocolate and cake went into the trash. One therapist with whom I’ve stayed in touch has never forgiven me for completely removing her lifetime love of Reese’s Peanut Butter Cups!

Because EFT is so effective with cravings does not mean it can magically cure long-term addictions. Addiction is a generality, and tapping on general patterns doesn’t give you any target to focus on. Tapping may make a craving go away, but the craving will arise again and again. To be successful, you have to tap each time. You might reach the point where you never crave the substance again, but many people report still having the craving even years after their first tapping experience. Modifying addictive behavior can take years or even decades even with consistent application of EFT. That’s the way to address addiction: Tap whenever you have a craving. In this way, you might successfully cut your consumption of your craved substance. For instance, you can simply hold a cigarette up to your nose and tap, or smell the chocolate and tap. Measure your craving on the SUD scale before and after to determine if you’re making progress.

The second and deeper way to use EFT is to dig for emotional events associated with the craved substance. Emotional associations can take many forms. Here are some questions you can use to uncover them.

*What age was I when I first began to consume this substance? What events were occurring in my life at that time?* For example, one woman loved hot fudge sundaes. When she asked herself this question, she remembered that after her parents got divorced when she was 4 years old, each time her father picked her up from her mother’s house, he would take her out for a hot fudge sundae. Love and fudge sundaes became entwined in her little mind. After tapping, she still had fond memories of her dad, but lost her taste for sweet ice cream.

*Do I have associations between the craved substance and celebration, connection, acceptance, or happiness?* For instance, did eating cake with the family mean we were having a good time? Was drinking a beer with Dad a rite of passage that signaled acceptance? Did smoking cigarettes behind the bushes in junior high school indicate the approval of my peer group? Did my Jewish mother cook to show her love? Was getting pickled with my friends a way to rebel against the restrictions of my family?

*What losses did I experience in my life that might relate to the craving? Was there a friend or loved one early in my life who was tied in to the pattern of eating or drinking? What did I used to have in my life that I don't have now? Is it associated with the craving?* (Think Great-aunt Carla's cinnamon rolls.)

*What triggers the craving?* You aren't craving the substance 24/7. There are periods of peak craving. When are they, and what information does that timing hold for you? Are there times of day when you crave that jelly donut? Do you crave a martini when you're in the company of "the girls?" Do you need to down a shot of tequila after a stressful business meeting? Do you splurge when your favorite sports team wins, or when they lose? All these triggers are laden with information about the origins of your craving, and you can follow the trail of clues till you get to the earliest events and tap on those.

There's a great deal more to consider on the topic of EFT for cravings and addictions. To avoid making this manual 1,000 pages long, however, I must stop here. I encourage you to take a workshop, and work with a practitioner. The practical experience you obtain in those ways will provide you with great insight into and leverage over your cravings and addictions.

## Multiple Phobias

You might well encounter clients with multiple phobias. They might not just have a fear of heights (acrophobia), but also a fear of enclosed spaces (claustrophobia). It's not uncommon for someone with

a fear of snakes to also fear other reptiles, and small mammals like rats and mice. If you're working with a person with many phobias, how do you know where to begin?

This is an occasion when “the worst and/or the first” can be a useful guide, especially when linked to body sensations. Ask such clients to imagine vividly the feared item, and then find out where they feel the strongest sensations in their bodies. Find out the first time in their lives they ever felt that physical sensation. You've then successfully made the transition from a general phobia to a specific event. Tap on that event till it's a low number. Test your work by having clients again imagine the feared item. If their SUD score is 0 or near 0, that phobia may be gone. If not, find another event, and tap on that. Keep tapping on events till the phobia is gone. Testing using imaginary exposure to the feared stimulus is useful, but it's even better to test in a real-life situation if possible. If your client has claustrophobia, ask her to step into an elevator or closet and rate her SUD score. If he has acrophobia, have him take an elevator to the top floor of a building and look out the window. They can keep tapping while they do this. When they can expose themselves to the feared situation in real life without a rise in SUD, you know your work is done.

Once one phobia is cleared, others may clear faster because of EFT's generalization effect. If the other phobias are still present, use the same procedure to find specific life events, and take them down to 0. Work through the list, phobia by phobia, and you'll usually find that they disappear. Three randomized controlled trials of EFT for phobias have been performed, and they all showed that phobias disappeared after a very brief period of treatment (Wells, Polglase, Andrews, Carrington, & Baker, 2003; Baker & Siegel, 2010; Salas, Brooks, & Rowe, 2011). Treatment time frames ranged from 15 to 45 minutes, and when participants were followed up, they'd maintained most of their gains.

Because EFT usually eliminates phobias in a single session, the experience can be very gratifying for the practitioner. It's also a good

demonstration for a client of EFT's potential. Though most psychological conditions require more work and extended sessions, phobias are an area in which you'll consistently experience "one-minute wonders."

### **EFT for Physical Symptoms: How the Approach Differs from EFT for Psychological Symptoms**

EFT is widely used for physical as well as psychological symptoms, and many people write in the EFT Universe archives of success tapping on problems like migraines, rashes, and burns. Though superficial tapping on the symptom may result in it diminishing or disappearing, it's usually necessary to dig below the surface for emotional issues. The physical symptom is often being held in place by an emotional problem. While it might be the physical symptom that has led the client to EFT, it's usually more productive to focus on traumatic events if the client is willing to go there.

#### **Wrist Fracture Pain Tied to Resentment**

While presenting to about 100 medical professionals at a conference at Massey University in New Zealand, I worked with a group of five people with pain.

One of them was a 52-year-old German physician with a fractured wrist. The broken wrist had occurred during a camping trip 2 weeks prior. I asked her how severe her pain was on the 0-to-10 scale, and she said 7.

When I asked her to identify an emotionally triggering incident associated with the fracture, she was puzzled, and couldn't find one. She said she'd slipped while walking across a log that served as a bridge over a brook. She grabbed a branch, but fell anyway, twisted her arm, and broke her wrist.

I asked to mine the circumstances around the fracture for any possible emotional factors. After thinking long and hard, she said, "I was camping with my daughter. I didn't want to go hiking that day, but she made me go with her. I was resentful about that," though on the actual hike she reported that she had been "having a good time." I asked her

to recall her resentment of her daughter, and identify where that feeling was located in her body. She pointed to her solar plexus, and rated it a 7 out of 10 in emotional intensity.

I then asked her to recall the first time she had felt that same feeling in her solar plexus. She responded that it was when she thought about her father, and that he had often acted toward her in angry and demeaning ways. I kept on asking her questions, till we uncovered a particular incident that had occurred in elementary school.

She was so intelligent that she had scored second in her entire class during their initial test. She took her examination results home and proudly presented them to her father. His comment was, "Why weren't you first?" The doctor rated this incident as a 10 out of 10 in emotional intensity in her solar plexus.

Since I am usually short of time during these demonstrations, I try and hit as many angles as possible in a brief session, having the subject make as many statements as possible that might trigger emotional aspects of the problem. So as well as tapping on the test incident, we tapped on the look on her father's face, his body language, the sound of his voice, all the other times he put her down, and also on some positive reframing statements such as "My father was doing the best he could figure out how to deal with me."

I then asked the doctor to reassess the feeling in her solar plexus. It was 0 intensity. "And by the way," I enquired, "what's the level of pain in your wrist now?" She moved her wrist back and forth, then the other wrist. She looked puzzled, as she struggled to locate the pain. Then she said, "Well maybe it's a 2 now, I don't know, I can hardly feel it."

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There's a good deal of emotion and psychology in the ways people describe their physical ailments. You can use these descriptions as a way to test the progress of EFT. Ask a client in pain, for instance, to describe the pain exactly. They might say something like: "I have this sharp blue humming pain the size of a coin just below the center of



my right shoulder.” Build that description into a Setup Statement, for example, “Even though I have this sharp blue humming pain the size of a coin just below the center of my right shoulder, I deeply and completely accept myself.”

After tapping, these descriptions often change. A pain the size of a beach ball becomes a basketball becomes a tennis ball becomes a Ping-Pong ball becomes a spot, then vanishes. A heavy black mass of pain becomes a gray pool becomes a white mist and blows away. A solid block of pain becomes a wavy box becomes a vibrating line and finally disappears. These images are another way of testing. If EFT is having no effect, the beach ball remains a beach ball. When it changes size, color, or consistency, you’re usually making progress.

A useful question to ask in cases of persistent physical symptoms is: *“If there were an emotional issue behind this, what would it be?”*

Sometimes clients tell you readily. At a conference I attended, a doctor described his time as a resident in a cardiac unit at a hospital. Almost all the patients were men, and they had been admitted after suffering heart attacks. He asked them a simple question: “Why are you here?” He expected to hear “Because I had a heart attack.” Yet none of the men said that. They gave him responses like, “There’s no way I could stand another day in that horrible job” or “I would do anything to escape my marriage” or “My kids are driving me crazy.” All their reasons were emotional. He speculated that their heart attacks were, in part, a desperate attempt to escape from emotionally intolerable situations. Ask your clients the same question: “Why do you have this symptom?” or “What emotional causes might lie behind it?” You might get surprising answers.

If your client is unable to find an emotional issue, have him or her guess. These guesses are often right on target. The content in the guess can come only from the client’s actual life, and forms an adequate starting point for an EFT session.

## Techniques to Use When Regular EFT Does Not Reduce SUD Level

Sometimes you'll use all the classic approaches of Clinical EFT and yet the client's SUD level doesn't decrease. Here are some recommendations for where to go next.

**Check for aspects you might have missed.** Our brains encode trauma in surprising ways. One therapist worked with an Afghanistan veteran whose armored Humvee had been blown up in combat while protecting a convoy of supply trucks. He had been thrown clear of the vehicle and survived, injured, in the middle of a firefight for several hours before he was rescued. He was having recurrent nightmares that featured the symbol of a triangle. Neither he nor the therapist could find any association between the nightmares and a waking problem. The therapist tapped on all the aspects of the Humvee disaster, but the veteran's SUD level did not go down. Suddenly, the veteran remembered an aspect of the attack that he had previously forgotten. After he was blown clear of his vehicle, he lay crushed against the burned-out hulk of a supply truck. The symbol of the supply convoy's unit was a black triangle. The triangle was the element of the event with which his brain had associated all the fear encoded in the entire event. Once they tapped on the triangle, the SUD rating for the whole event dropped immediately to 0. If you haven't been successful with EFT for an event, search for aspects like the triangle that you might have missed.

**Describe additional details of the event.** Perhaps your client is working on a car crash without the SUD level lowering. Ask questions like "What else do you remember about the event?" or "Describe this part of the event in more detail." You can also ask the client to slow down and give you a detailed blow-by-blow replay of the event. Watch your client's face and body language carefully, and you might notice some detail that evokes high emotion. Tap on those details, since the trauma might be encoded there.

**Drink water.** Our bodies are 70% water, and water is a primary conductor of electricity in the body. When we're stressed, we can become dehydrated. You'll notice this symptom when you're nervous and your mouth dries up. That's part of the stress response, and dehydration by itself is stressful. Sometimes the SUD level drops after the client drinks water. Personally, I drink around a gallon of water each day of an EFT workshop, and find it helps process the emotional shifts that are occurring all around me.

**Dig for other events that resemble the presenting event.** A client might tap on an event without the SUD rating dropping because the presenting event is a pale shadow of a much more troubling event, or many similar events. The SUD level of the presenting event is propped up by all the other events behind the scenes. To uncover events that resemble the presenting event, ask questions like: "Was there a time it was worse?" or "Did it happen often?" Once you've found an event with bigger emotional impact, tap on that first.

**Make the problem worse.** This often makes it better! If the SUD rating of a pain isn't going down, for instance, you could tap on, "This pain will get worse. Much worse. Worse and worse until it fills my entire body." This and similar statements often make clients laugh, disagree, insist they'll improve, or get worried, or produce some other shift in emotion that allows the session to move forward.

Intensifying the problem can help clients get in touch with the emotion. Their SUD levels may not be dropping because they haven't really made visceral contact with the depths of raw emotion in the scene. They may have a degree of protective dissociation from the event. Making the problem worse can put them in touch with the emotion.

The problem can be made worse in a variety of ways. You can take an argument and extend it to the point of absurdity. You can raise your voice, scream, swear, exaggerate, and catastrophize. You can rant and

rave. Here are some ways of adding emphasis to the problem in order to activate the emotion to be tapped away.

*Dramatize and catastrophize.* Turn a problem into a major life drama or even a catastrophe. For instance, “I’m always losing my keys...[add] and I want the whole world to stop what it’s doing and help me find them!” Another example: “I’m nervous about this math class...[add] so I’ll probably fail, drop out of school, never find a job, and become a homeless person.”

*Generalize and exaggerate.* Expand the size of the problem to include a whole group of people, not just the offending individual. For example:

“He should have loved me more” becomes “All men should love me more.”

“She must not leave dishes in the sink” becomes “No one should ever leave dishes in the sink.”

“He ought to have been more considerate of my feelings” becomes “Everyone should always be more considerate of my feelings.”

*Emphasize to the point of absurdity.* For example:

“All women are angry bitches...[add] including Mother Teresa and the Tooth Fairy.”

“The outdoors is always dangerous...[add] even in Disneyland and the Garden of Eden.”

*Speak emphatically, raise your voice, swear, scream or yell.* Shouting the setup, or simply raising your voice, sometimes produces profound emotional shifts. I was recently working with a woman in a group who was abused while growing up, and also by her husband. Once we’d made a breakthrough in the session, she spontaneously said, “I am a powerful woman.” She was speaking softly, so I asked her to repeat the statement loudly. “Make me believe it!” I urged, and she said it again loudly, confidently, and emphatically. “Tell everyone in the group!” I urged, and she turned to the group and said it emphatically again, this time adding several swear words for emphasis. She burst into laughter

and the whole group applauded, giving her public validation for her strong statement of self-worth.

*Rant and tap.* Ranting is a lot like daisy chaining, except that clients have permission to raise their voices, swear, generalize, run on at the mouth, and generally say everything they've been suppressing. It's a liberating experience for many clients, and tapping provides them with a felt sense of safety. Tapping also discharges the emotion, rather than simply reinforcing the anger, as might happen with ranting alone. They feel the cathartic nature of the rant, giving them permission to process these feelings.

We don't often have permission to be angry, but we still are. Men especially mask their anger for fear of the consequences. Ranting and tapping is a great opportunity to let all that old anger out in a controlled environment, with a safety valve that prevents it from damaging those around you. We may also have unspoken fears. Clients may reveal their small fears and their rational fears, but not their big or irrational ones. Ranting and tapping allows them to say the things they dare not think. Here's one of many examples from the EFT archives of an actor who used emphatic EFT and got more than he bargained for.

### **Emphatic EFT Clears More Blocks Than I Imagined**

*By Rex Jantze*

I had my first, real, amazing breakthrough last night with EFT when I used a not-so-subtle technique. I could honestly call it an OMW (one-minute wonder). I have had chronic low back and hip pain for the last year, unsure of where and when it began. It manifested during a summer tour of a theatre mask troupe I was performing in, which forced me to resign the following fall.

Last night, while perusing the recent EFT newsletter, I went back into the EFT website to look up more articles on pain issues. I remember having seen articles where people had success by putting more emphasis on the Setup Statement, speaking it loudly or shouting it, putting more emotion into it than they could honestly feel during the session.

I have learned that memory and learning is more successful if the person puts emotional energy into what he or she is learning or reading. This is why traumatic memory is the most persistent and untenable of memories, creating powerful filters by which we receive and transmit all other events and situations in our lives.

My friends and family regard me as a generally calm, relaxed, humorous person. Almost non-emotional. (Not that things or events don't move me; I just don't get as worked up about them.) As an actor, though, I know how to get my blood boiling convincingly without being actually angry; I can weep without being actually sad. I can get the chemicals and molecules of emotion flowing in my brain and body and actually feel it—the tension, the passion, the tragedy or humor—though I know I am just faking it.

I say this now more in retrospect (I didn't really pre-plan this session) because that is what I did with EFT last night—I completely exaggerated my frustration and anger and sadness associated with the pain in my back (especially the frustration), not really knowing if it would work. Without waking the house, I shouted my frustration in my head, I tensed my body and made it feel almost psychopathically angry and upset about my pain issue, violently stabbing my Karate Chop point as hard and fast as I could for my Setup Statements, then continuing the exaggerated feelings and hard tapping (if you tense enough and throw enough emotion into it, you won't really hurt yourself) as I blustered and pissed and pleaded my way through the Reminder Phrases, struggling with my faux deep frustration at how it just won't go away and I really want it to and my life is ruined if it won't cease, etc.

Now, a round would consist of one set of Setups and two to three sets of tapping, including the fingers and eye movements. I swear that in four rounds of this I had a pain of 8 out of 10 reduced to a level of intensity of 2 out of 10. And before this, I could barely budge the pain with my usual EFT program, thinking and believing I had some deeper core issue I couldn't find therefore wasn't addressing.

**Follow-Up #1, Day 2:** I have been noticing even more subtle effects from that short session than I could have dreamed. Several things I've wanted to change and have worked on previously all seem to be manifesting. My writing block has gone away. My bad food and eating habits changed dramatically, for the better—another set of issues I have desired to change.

**Follow-Up #2, Day 4:** I have done nothing else other than that short session 4 days ago. My back remains about a 1 to 2, though I am now able to exercise and not hurt myself further and strengthen those areas that are weak. As a residual effect, my relationship with food has entirely changed; it seems I am connected with and collaborating with my body on a new level. My poor eating habits (food choices, eating too much at one time, eating too fast, eating when I'm not hungry) have all shifted or collapsed. I kid not! I am trying to lose about 10 pounds; this has been a remarkable start to see that happen. And I wasn't even working on that issue at that time, though it has been an emotional issue I've been trying to deal with.

My sleeping pattern has changed, and I sleep more deeply and comfortably without tossing and turning so much—another issue I wasn't even focused on during the session. It just got better, more naturally on its own. There have been several other subtle or profound positive residual effects on other problems I have been trying to change. I am also calmer overall. I will experiment with this again in a few days, when my skin desensitizes and heals a little more from that first crazy session.

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## Mental Tapping

There are some situations in which you can't tap. In a courtroom. In the middle of a tennis match. In a business meeting. While delivering a public speech. Yet you can tap mentally in all these situations.

Mental tapping is simply tapping on all the EFT points using your imagination. Making the image of tapping vivid can increase its effect. If you're an experienced tapper, the mere memory of tapping can set your body up for change. Here's an example from the EFT archives of success with mental tapping.

### Mental EFT Stops Migraine in 10 Minutes

*By Eswar*

I was introduced to EFT less than a year back. I came across your website when I was on the lookout for a solution to my son's severe "fear of falling." I ordered the books and since then have been avidly studying EFT in earnest. Recently, I had a new experience with EFT.

Whenever I travel in the sun, especially with all the pollution in our land and clime, I get a mild form of migraine headache. This goes away with a cup of coffee. But the other day it started mildly but steadily increased in intensity.

I thought of tapping, but I could not bring myself to tap, as I felt totally helpless and immobile. I just could not move my hands. I reclined on the seat when suddenly the thought came to me to tap mentally. So I focused on the Karate Chop point and silently said:

*Even though I have this terrible headache.*

*Even though I feel so helpless and not wanting to take action, I forgive myself completely for whatever contribution I have made to this awful pain. I deeply and completely forgive anyone else for whatever contribution they might have made to this problem.*

*Then I closed my eyes and imagined tapping on the EFT points silently, telling myself: This terrible headache; this feeling of nausea; this feeling of helplessness; this splitting pain in my temples, and so on.*

I must have done it for around 10 minutes when I noticed that the intensity dropped all of a sudden. Then I felt a vomiting sensation rising from the middle of my navel. I continued to imagine tapping as the feeling became powerful, but, very strangely, I could watch the sen-



sations with nonattachment, as though it were happening to somebody else. As I prepared myself with a plastic bag for the eventuality, nothing came out except some gas. I felt a great relief, though exhausted.

The headache completely disappeared. I went home and lay down on the bed and imagined a white light surrounding me inside as well as outside and did progressive relaxation. I did not know when I slept, but after 15 minutes when I woke up, it felt as if nothing had ever happened!

Oh boy, EFT worked! And it worked like a miracle! Thank you so much, for you are basically giving it away to everyone, even the intricate points, without holding back anything. Cheers!

\* \* \*

## Secret Tapping

Secret Tapping is tapping surreptitiously in triggering situations. For instance, you're at Christmas dinner with your relatives. You're stuffed to the gills. The hostess brings out her special homemade apple pie. You know you'll feel uncomfortably bloated if you attempt to cram one more bite into your mouth. You're also afraid of offending her by refusing a portion. As the pie is being sliced, you use secret tapping. You tap on your hand points under the table.

After EFT, your mind clears. You say to your hostess, "What an outstanding meal! I really want some of your famous pie, but I can't eat another bite. Can you save me a slice to take home?" After tapping, the emotional charge around the situation disappears, and you come up with a solution that honors your needs and hers.

Imagine being in a business meeting around a conference table. The discussion has become heated and everyone in the room is becoming upset. You're triggered too. You secretly tap your hand points under the table and calm yourself down. You're then able to suggest a reasonable compromise that breaks the gridlock.

Secret tapping is usually done under the table, but sometimes I'll rub my collarbone points or eye points in public. It's a natural gesture and doesn't call attention to itself.

### **EFT for Sports and Business Performance**

EFT has become increasingly popular in amateur and professional sports, as well as in business. Businesspeople and sportspeople are by nature competitive, always seeking techniques that will provide them with an edge. EFT has made its way into rugby, soccer (football), golf, wrestling, tennis, American football, baseball, and a variety of Olympic sports. Several sports entertainment channels such as ESPN have captured tapping athletes on video. Many businesspeople use EFT personally in their workplaces, and sometimes with their teams.

In a study of championship basketball players that I performed with EFT sports expert Greg Warburton at Oregon State University, Greg tapped with the EFT group on a variety of worries. These included conflicts with parents, breakups with girlfriends and boyfriends, concerns about academic performance, and awareness of physical limitations such as height and strength. The control group received a placebo intervention consisting of an article on tips and advice from a top basketball coach. After just 15 minutes of EFT, there was a 38% difference in free-throw performance between the EFT group and the control group.

A randomized controlled trial by EFT Master Tam Llewellyn and his wife, Mary Llewellyn, replicated these results with soccer (football) players practicing free kicks. They found significant improvement in goal-scoring ability following a short EFT session. In a follow-up 6 months later, they reported: "Both teams we worked with are currently top of their divisions, and the Under-16's have won every single one of their matches since they learned EFT. They are now so far ahead that none of the other teams can catch up, so they will win the league cup. They have scored 147 goals (a record for one season) and their striker (main goal scorer) has scored 57 herself—another record."

Another study I collaborated on, with Darlene Downs who collected data at Ursuline College, compared the confidence levels and psychological trauma levels of female volleyball players. We found that after a 20-minute EFT session, their levels of confidence increased significantly, their degree of physical and emotional distress about traumatic sports experiences dropped significantly, and they looked forward to future games.

The book *EFT for Sports Performance* (Howard, 2014) goes into great detail about how to apply EFT to sports. It's used to remove performance blocks such as anxiety about the sport itself as well as other areas of the athlete's life. Besides the primary text, there are also supplements such as *EFT for Golf* (Church, 2014c) that apply these principles to specific sports.

Performance is as important in business as it is in sports. Businesspeople are under pressure to perform in many ways. EFT is widely used in business for problems such as interpersonal conflicts, meeting sales goals, presentation anxiety, and workplace stress.

Applying EFT to business and sports performance requires a focus quite different from that used for mental health problems such as anxiety and depression or physical health problems such as pain. When tapping for health, clients typically have a deficit they want to remedy, such as wanting to escape from pain. In contrast, when it comes to performance, clients may already be highly functional and bring to their EFT sessions a strong degree of motivation to excel above their current baseline.

A wise EFT coach usually starts the process, however, by looking for the blocks and limitations that impede performance, rather than tapping on positive affirmations of better achievement. Clients will naturally achieve more once their blocks to attainment have been tapped away. Clients often have subconscious barriers that prevent them from performing to their full potential, and an expert practitioner can identify these and work with the client on releasing them.

Once these blocks are gone, a client's potential for peak performance may be released.

Just as EFT is transformative when applied to health settings, it can radically improve both sports and work experience. When the barriers to excellence are tapped away, and people live their potential minus the stress that previously impeded them, they are capable of great achievements. For this reason, EFT will increase its presence in sports and business in the coming years.

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### *Resources*

- Tapping Circles: [TappingCircles.EFTUniverse.com](http://TappingCircles.EFTUniverse.com)
- Borrowing Benefits: [BorrowingBenefits.EFTUniverse.com](http://BorrowingBenefits.EFTUniverse.com)
- Addictions: [Addictions.EFTUniverse.com](http://Addictions.EFTUniverse.com)
- Working with Children: [Children.EFTUniverse.com](http://Children.EFTUniverse.com)