



Emotional Freedom Therapy (EFT) in treating PTSD

Hi, and welcome back to 'Victim2Victor' podcast. My name is Anu and I am your host. In today's podcast I will be discussing how Emotional Freedom Techniques (EFT) will enhance your journey of healing. Some of you may not know about EFT so you may find this episode of value as it entails a process of tapping the acupuncture points which has been proven to have significant benefits in overcoming life's difficulties and to create a more positive mindset.

I became an Emotional Freedom Therapist by training with the EFT Center in London. My primary motivation for this was due to the profound benefits that EFT has brought to me in my life and during my recovery. I am a walking example of the benefits that this magnificent energy healing technique can have.

Even though this method of healing can be self-applied once you know how, I would highly recommend that you seek a qualified EFT Practitioner to assist you in the beginning. This is so they can recommend the best tapping technique that will work for you. They can also offer you a safe environment for you to talk about your circumstances and your concerns.

Emotional Freedom Techniques (EFT) is a curing methodology with significant results for physical and emotional issues. EFT starts with the assumption that emotional stress has a strong relationship with not only psychological but also with human physical problems. Emotional strains negatively impact the natural healing power of the human body. Though EFT can be directly applied against physical ailments, its true potential is visible when personal issues are identified and targeted, too.

EFT is an ongoing process that helps people against old traumas and enables them to cope with upcoming challenges with a positive mindset.

The 'Personal Peace Procedure' provides you with a host of benefits like getting rid of negative beliefs, increasing personal performances, healthy relationships, and vibrant physical health. It is no secret that every single human being on this planet is facing some sort of emotional stress.

EFT Tapping – A Reliable Method

The Chinese Meridian system inspires EFT. While remedies like acupuncture and acupressure focus on solving physical health issues, EFT is used against emotional issues. EFT combines the physical advantages of acupuncture with the cognitive benefits of conventional therapy for faster and more reliable benefits.

EFT – An ‘Emotional’ Version of Acupuncture

Unlike acupuncture, EFT does not use any needle. Instead, a two-pronged method is used wherein we (1) mentally ‘tune in’ to the exact problems and (2) stimulate a certain meridian point on the human body by tapping them with our fingers. EFT is considered to be a fast and beneficial therapy for balancing disorders in the meridian system. The basic Tapping process is easy to learn and to use.

The Body's Energy System – Foundation of EFT Tapping

The 5000 years old Chinese discovery of a complex system of energy circuits (meridian system) in the human body is considered the centerpiece of the Eastern health practices. The discovery provides the base for modern-day healing techniques like acupuncture and acupressure.

Emotional Freedom Therapy – An Effective Tool to Heal from Abuse or Trauma

EFT and Trauma

Trauma may come in different forms and intensities, and so does your response to it.

Trauma can significantly influence our thinking abilities. It can undermine our thoughts both about ourselves and our very existence. The resulting beliefs can seriously harm our wellbeing and interrupt our everyday life without us recognizing it.

EFT is a useful technique that may be used in various therapies. EFT can not only bring quick relief by overcoming traumatic memories but can also become a helpful tool for working thoroughly on the layers and aspects until the emotional baggage associated with them goes away.

EFT should always be carried out with a trained professional, and once you have learned how to tap on yourself successfully, it can become a useful tool to use by yourself. I have found tapping to be very beneficial, and it has been an ongoing and valuable tool that I have used for my healing. I also learned to tap on myself to curb my sugar addiction and my feelings of sadness from my previous failed relationships.

Trauma sufferers may have physical problems like insomnia, migraines, or even cancer. The lesson to learn is to take traumatic issues seriously and to realize that when an event occurs, which challenges your safety, it can create both emotional as well as physiological responses.

Some people will separate themselves from traumatic events, they will be incapable of accessing any emotion, and often show general symptoms of despair and anxiety.

The following set-up statements can be helpful for trauma sufferers:

- Even though I have suffered immensely throughout my life, it's ok, because I deeply and completely love and accept myself.
- Even though others have hurt me, it's ok because I deeply and completely love and accept myself.
- Even though life feels sad and I feel low, it's ok, because I deeply and completely love and accept myself.
- Even though I don't feel well, I do not know why it's ok because I deeply and completely love and accept myself.
- Even though I have no desire to go back there again, it's ok, because I deeply and completely love and accept myself.
- Even though I become nervous when I think about the issue, it's ok, because I deeply and completely love and accept myself.
- Even though I am afraid to look at that time again, it's ok, because I completely love and accept myself.

Post-Traumatic Stress Disorder (PTSD)

People living with PTSD retain the memories associated with past events in their minds as if the circumstances were occurring today. The events may trigger recollections, unnecessary alertness, disturbing dreams, nervousness, and other physiological issues. The sufferers may get lonely and refrain from everyday life routines, as they feel threatened and unsafe. This causes several emotional and physical ailments.

I will now discuss the various EFT methods for working with Trauma:

1. Tearless Trauma
2. Movie Technique
3. Telling the Story
4. Imagination Technique

Tearless Trauma

Tearless trauma is a great way to separate the emotions associated with the trauma from the actual traumatic event. The process works as follows:

- Pinpoint a particularly traumatic event from the past, for example, an incident of abuse.
- Convert this to a mini-movie and display it on a wall and think an appropriate title for this movie.
- Think about the level of emotional intensity you would have (on a scale of 0, 1, 2, ... 10) if you watched the movie.
- Make a phrase for the emotion associated with the movie such as “the abuse emotion” and then move to a round of tapping.
- After the round, think again and state a new number for the level of emotional intensity.
- Go for a couple of more rounds of EFT.
- You should start to feel the level of emotional intensity lessen and question yourself, “how would I feel if I were to watch the movie again?”
- If it feels ok, then watch the movie again and stop at any part that still activates an adverse reaction and then tap on this.
- Keep repeating the process until you can watch the complete movie with no emotional connection to it.

The Movie Technique

The Movie technique is similar to the Tearless Trauma Technique. If the trauma does not have very intense effects, then this technique can be used as a start too.

- Create a small movie about a particularly traumatic event.
- Estimate how intense your feelings are when thinking about watching the movie (using a scale of 0 -10).
- If the intensity ratings are high, go back to the Tearless Trauma method.
- If the intensity ratings are low, watch the movie and stop at any point where you feel a high emotional intensity and tap on this.
- Keep repeating the process until the movie is watchable from start to finish, without stimulating an emotional reaction.

Telling the Story

Telling the story is a wonderful method for checking the emotional intensity of your story so far and getting rid of any remaining emotional pain. This technique is generally used when you feel that passion is in an acceptable range.

- Tell your story of the event or memory of the traumatic event.
- As soon as you feel any emotional trouble, stop, and tap on the last statement made.
- Experiment by re-telling that part of the story. You should be able to go past the earlier emotional pain point easily. If not, then there is more to be worked upon.
- Test yourself by telling the complete story from start to end. As soon as you can stay relaxed while telling your story that is when you know that that the tapping has worked.

Imagination Technique

Many trauma sufferers may not recall the event when the trauma occurred, and they may only have the feelings associated with the trauma. Imagination techniques can be used in these circumstances and to tap on a feeling rather than a visual that is seen during the Tearless Trauma and Movie technique. Check and evaluate how much is stored cognitively. If there is no actual memory, then 'make it up.' The fictitious memory does not have to be an accurate reflection of the thought or the event. What is most important is how you, the trauma sufferer, feels today.

EFT is a great new tool to deal with trauma. It enables you to gain quick relief from unwanted and traumatic encounters. Trauma can be presented at various levels, and there is no fixed method for specific types of trauma. As a rule, the greater the emotional intensity is, then more dissociation is required by using the Movie technique or Tearless Trauma. For those sufferers who may not recall the event, the Imagination technique can be helpful.

While this our episode comes to an end, you may want to check out my book 'Victim2Victor', now available on audio, where I have shared my journey of evolving through self-help and a determination to cast off my damaging past. My goal is to reach out to fellow survivors of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering their true self.

I also have a 12-week self-development plan that is FREE and aims to guide you on your journey to recovery. You can find the link in the description below.

Please like this podcast and tag or share it with someone you know who is going through a similar situation and may need help. I will be back with another podcast soon. Until then, take care and stay empowered.

