

# EFT (Emotional Freedom Techniques)

## “Emotional Acupuncture” “Tapping”

### What is EFT?

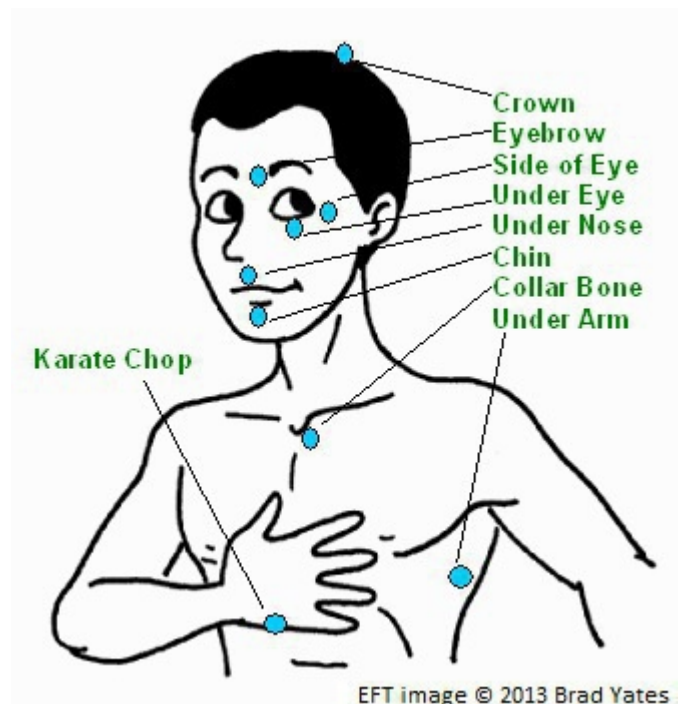
EFT means "Emotional Freedom Techniques" and is a powerful self-help method based on research showing that emotional trauma contributes greatly to disease. Clinical trials have shown that EFT tapping is able to rapidly reduce the emotional impact of memories and incidents that trigger emotional distress.

Once the distress is reduced or removed, the body can often rebalance itself, and accelerate healing. EFT can be used as an immediate self-calming tool for distress, as a wellness routine, and also as a component of therapy for medical or mental health issues.

EFT uses elements of Cognitive Therapy and Exposure Therapy, and combines them with Acupressure, in the form of fingertip tapping on 8-12 acupuncture points.

### Is EFT effective?

EFT meets the APA (American Psychological Association) standards for an evidence based treatment for phobias, anxiety, depression, and PTSD. Over 100 papers published in peer-reviewed medical and psychology journals, including dozens of clinical trials, have demonstrated that EFT is effective for phobias, anxiety, depression, posttraumatic stress disorder, pain, and other problems. Multiple meta-analyses have shown EFT to have a large treatment effect in clinical trials. EFT has been researched in more than 10 countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals.



EFT Universe trainings are accredited for CE/CME for doctors (American Medical Association), nurses (American Nurses Credentialing Commission), psychologists (American Psychological Association), social workers (NASWB) and many other professional organizations.