

# **MASTERING EMOTIONAL FREEDOM TECHNIQUES (EFT) FOR ANXIETY AND PTSD**

With CRYSTAL HAWK

15 Walmer Road, #508, Toronto On M5R 2X1

Website: [www.therapeutictouch.com](http://www.therapeutictouch.com)

phone: 416-922-4325

email: [crystal.hawk@sympatico.ca](mailto:crystal.hawk@sympatico.ca)

SKYPE: crystal.hawk2

Crystal Hawk, MEd, a member of ACEP's Research Committee, has been practicing and teaching EFT for 19 years, having studied extensively with Gary Craig. She co-authored the published EFT Research with American Veterans with PTSD. She also co-authored EFT Research with Anxiety Disorder which was accepted by the ACEP Research Committee and which she presented at their Research Symposium at the 2016 ACEP Conference in Santa Barbara, CA.

EFT is simple, easy to learn and use. Many people learn it from a friend or from the Internet and often do not achieve the results that are possible. They're often doing it improperly and report "it doesn't work". I find this constantly with clients who come to me for therapy.

When offered correctly EFT's effectiveness can be seen in the impressive results for minor incidents as well as for chronic conditions often resulting from illness and/or trauma. EFT Research offers clues to accomplishing such results. Attendees will learn how classic EFT was used to achieve outstanding results in difficult areas such as PTSD and Anxiety. We all can have outstanding results.

I offer this breakout at the beginning of the conference so that attendees can learn EFT properly, adding to their enjoyment of the entire conference. Also there are many who learned their EFT at a one-day workshop and need to be able to go deeper into the modality to get better results and more personal satisfaction.

This experiential workshop will show how, with demonstrations and supervised practice, and the latest "short cuts" used worldwide..

Energy Psychology studies the effects of bioenergy systems on emotions and behaviour. It is the position of Energy Psychology that while psychological functioning in general as well as psychological disturbances entail hormonal, neurochemical, cognitive and situational aspects, at a fundamental level bioenergetic substrates significantly account for behaviour. Energy psychology appears to be applicable to a wide area of study including psychopathology, therapy, learning, sports and peak performance. I think that EFT is one of the skills every health professional needs to learn in order to relieve people of their pain and suffering early on so they can enjoy more of their lives.

---

## **CONTENTS:**

EFT Full script \* EFT Basic script \* Positive EFT Script

Personal Peace Process by Gary Craig

Shock of the Diagnosis by Judith Swack

Clinical EFT Techniques

Two Scripts to use daily

---

# EFT PROCEDURE: Full script

1. Name the problem clearly, directly and truthfully.

2. Do the Set UP, tapping the edge of your hand - Karate Chop point -

While saying out loud, 3x's...

“Even though I have this problem (BLOCK, fear, phobia, pain, condition, etc.).....

I deeply and PROFOUNDLY accept myself....”

3. Chose a shortened ‘reminder phrase’ and say this on each point as you tap from the top of the head, ending with the Karate Chop point, tapping all EFT points listed below.

\* Top of the center of the head where you once had a soft spot

\* Top of The Eyebrow, near the nose

\* Corner of The Eye, on the bone in the corner of your eye

\* Under The Eye, on the bone just below your eye

\* Under The Nose, between your nose and your upper lip

\* Under The Mouth, in the grove of your chin

\* Collarbone, in the angle formed by your collarbone and the breastbone

\* Under Arm, in line with a man’s nipples on the seam line of your shirt

\* Karate Chop point

\* Thumb, touching nail and flesh on side of thumb

\* First finger, “

\* Second finger, “

\* Baby Finger, “

\* Karate Chop point.

While Tapping the Gamut Point, on the back of the hand, in the grove between the knuckles of your baby finger and the one next to it

\* Eyes Open \* Eyes Closed \* Eyes open

\* Look down to the right \* Look down to the left

\* Roll eyes in a circle in one direction \* Roll eyes in a circle in other direction

\* Hum a few bars of a song \* Count to ten out loud quickly \* Hum a few bars of a song.

\* Repeat tapping all points down to the Gamut Point.

4. In subsequent rounds, change the Set Up to “Even though I STILL have this problem” and the shortened phrase to “REMAINING PROBLEM”. If you are not obtaining results with the procedure, take a drink of water OR change the aspect.

---

## EFT PROCEDURE Basic Script

1. Name the problem clearly, directly and truthfully.

2. Obtain Subjective Unit of Distress - SUD - 1 - 10)

3. Do the Set UP, tapping the edge of your hand (karate chop point ) while saying out loud, 3x's...

“Even though I have this problem (fear, phobia, pain, condition, etc.).....

I deeply and PROFOUNDLY accept myself “

4. THE SEQUENCE: Chose a shortened “reminder phrase” and say this on each point as you tap from the top of the head to the karate chop point, tapping all 10 EFT points at least four - five times.

### THE 10 MERIDIAN POINTS:

\* Top of The Head, middle of the head

\* Top of The Eyebrow, where the bone behind your eyebrow turns into the bridge of your nose

\* Corner of The Eye, on the bone in the corner of your eye

- \* Under The Eye, on the bone just below your eye, in line with your pupil if you look straight ahead
  - \* Under The Nose, between your nose and your upper lip
  - \* Under The Mouth, in the indentation between your chin and your lower lip
  - \* Collarbone, in the angle formed by your collarbone and the breastbone
  - \* Under Breast, in line with your nipple
  - \* Under Arm, on seam line, 4" below armpit, at level of a man's nipples
  - \* Karate Chop Point, on the side of your hand, roughly in line with your life line
5. **THE SEQUENCE:** Repeat the Sequence, tapping on all 10 EFT points while repeating the "reminder phrase"
6. Take a deep breath in and out and check SUD
- \* If not down to 1 or 2, return to step 3 and repeat steps 3 through 5, using this Set-Up phrase:  
 "Even though I STILL have this problem (fear, phobia, pain, condition, etc.).....  
 I deeply and profoundly accept myself"  
 .... and you may add.... **"and I forgive myself for any part that I may have played in the past of are still playing in supporting this problem"**  
 Change reminder phrase to, **"REMAINING** problem (fear, phobia, pain, condition, etc.)..
7. **FLOOR TO CEILING EYE ROLL:** If down to the number 1 or 2 do floor to ceiling eye roll. In about 6 seconds, while holding your head still, starting from looking down to looking up to the ceiling, while thinking of your issue and tapping continuously on the Gamut point (back of the hand, groove between baby knuckle and next finger)..

## **ENERGY EFT** developed by Sylvia Hartmann

Chose one word or a phrase which you would like to achieve...

\* **THE HEART CENTRE:** Put both hands on your Heart Centre and take three full breaths, saying your chosen word or phrase.

Take a full breath at each of these listed points - in and out - saying your chosen word or phrase - on the out breath.

\* Top of the Head \* Third Eye \* The Eyebrow \* Corner of the Eye \* Under the Eye  
 \* Under the Nose \* In the Chin groove \* Under the Collarbone \* Thumb \* Index Finger  
 \* Middle finger \* Ring Finger \* Little Finger \* Karate Chop Point

\* Back to the HEART CENTRE and take three deep breaths in and out saying your chosen word or phrase.

## **THE PERSONAL PEACE PROCEDURE USING EFT** by Gary Craig

The Personal Peace Procedure is not just a way to 'feel a little more peaceful'. Properly understood, this technique should be the healing centerpiece for every person on earth. Everyone could be using this as a leading tool for helping others and themselves.

in essence, the Personal Peace Procedure involves making a list of every bothersome **SPECIFIC EVENT** in one's life and systematically EFT'ing their impacts out of existence. By diligently doing this we can pull out every negative tree from our emotional forests and thus eliminate major causes of our emotional and physical ailments. This, of course, propels each individual toward personal peace which, in turn, contributes mightily toward world peace.

Here are some uses....

1. As 'homework'. This is certain to accelerate and deepen the healing process.
2. As a daily procedure to clear out a lifetime of accumulated emotional debris. This will enhance self-image, reduce self-doubt and provide a profound sense of freedom.
3. As a means to eliminate a major contributor, if not the sole cause, of a serious disease. Somewhere within one's specific events are those angers, fears and traumas that sometimes can manifest itself as illness or disease. By addressing them all, you will likely cover those responsible for the illness or disease.
4. As a useful substitute for finding core issues. If you neutralize all the specific issues you will have automatically included core issues.
5. As a means for consistent relaxation.
6. To become an example to others as to what is possible.

### **MOST OF OUR EMOTIONAL AND PHYSICAL PROBLEMS ARE CAUSED, OR CONTRIBUTED TO BY OUR UNRESOLVED SPECIFIC EVENTS, THE VAST MAJORITY OF WHICH CAN BE EASILY HANDLED BY EFT.**

That sentence, if adopted by every person, would likely dramatically increase our healing rates. Please note that this idea completely ignores chemical causes such as those propounded by the medical model. That's because we have repeatedly seen improvements in clients where drugs and other chemical solutions have failed miserably. This is not to say, however, that drugs, proper nutrition and the like don't have their place. Indeed they do. They can often be vital. In our experience, however, our unresolved specific events are nearer the foundational cause for illness than anything else. Thus they deserve our primary attention..

Experienced EFT'ers are well aware of EFT's ability to cleanly wipe the negative specific events off of our mental walls. This is the area wherein our highest success ratios appear. Why not use EFT on ALL the other specific events that are behind our more generalized, but VERY important, issues such as:

**Self-image - Anxiety - Depression - Persistent insomnia - Addictions - Compulsions - Resentments - Anger - Feelings of Abandonment**

As you eliminate the emotional baggage from your specific events you will, of course, have less and less internal conflict for your system to deal with. Less internal conflict translates into a higher level of personal peace and less emotional and physical suffering. For many, this

procedure will likely result in the complete cessation of lifelong issues that other methods have not touched. How's that for peace in a paragraph?

The same applies to physical ailments. It is becoming more widely accepted that our physical maladies are caused, or contributed to, by unresolved angers, traumas, guilt, grief and the like. Many physicians in recent years echo emotional strife as a major cause of serious diseases. Until now, however, there hasn't been an effective way to eliminate these health bandits. We can mask them with drugs, of course, but true cures have been hard to find. Fortunately, EFT and its many Energy Psychology cousins now provide easy and elegant tools that will aid us all in eliminating the root causes of disease.

This is a tool that, properly applied, is capable of wide ranging relief. Its simplicity and far reaching effectiveness give it candidacy as a mandatory method for anyone seeking help for even the most difficult of problems.

The method here is simple

1. Make a list of every bothersome specific event you can remember. If you don't find at least 50 you are either going at this half-heartedly or you have been living on some other planet. Many people will find hundreds.
2. While making your list you may find that some events don't seem to cause you any current discomfort. That's OK. List them anyway. The mere fact that you remember them suggests a need for resolution.
3. Give each specific event a title....as though it was a mini-movie. Examples: "Dad hit me in the kitchen" - "I stole Suzie's sandwich" - "I almost slipped and fell into the Grand Canyon" - "My third grade class ridiculed me when I gave that speech" - "Mom locked me in a closet for 2 days" - "Mrs. Adams told me I was stupid".
4. When the list is complete, pick out the biggest redwoods in your negative forest and apply EFT to each of them until you either laugh about it or 'can't think about it any more'. Be sure to notice any aspects that may come up and consider them separate trees in your negative forest. Apply EFT to them accordingly. Be sure to keep after each event until it is resolved.

If you cannot get a 0 -10 intensity level on a particular movie then assume you are repressing it and apply 10 full rounds of EFT on it from every angle you can think of. This gives you a high possibility for resolving it.

After the big redwoods have been removed, go to the next biggest trees.

5. Do at least one movie (specific event) per day...preferably three...for 3 months. It only takes minutes per day. At this rate you will have resolved 90 to 270 specific events in 3 months. Then notice how your body feels better. Note, too, how your 'threshold for getting upset' is much lower. Note how your relationships are better and how many of your therapy type issues just don't seem to be there any more. Revisit some of those specific events and notice how those previously intense incidences have faded into nothingness. Note any improvements in your blood pressure, pulse and breathing ability.

I ask you to consciously notice these things because, unless you do, the quality healing you will have undergone will seem so subtle that you may not notice it. You may even dismiss it saying, "Oh well, it was never much of a problem anyway". This happens repeatedly with EFT and thus I bring it to your awareness.

A few minutes per day will make a monumental difference in school performance, relationships, health and our quality of life. But these are meaningless words unless you put the idea into practice..

*"If you are ultimately going to do something important that will make a real difference...do it now" - Howard Wight.*

---

## **DIAGNOSIS SHOCK: THE UNRECOGNIZED BURDEN OF ILLNESS**

by Judith A. Swack, PhD

### **Part of the Abstract reads:**

Diagnosis shock is the phobic reaction people experience the moment they first suspect or are told that they have a serious physical or emotional illness. Researchers have found that people diagnosed with serious illness experience shock and trauma which can result in irrational reactions and behaviours and in some cases lead to serious psychological illness.

### **BASIC STRUCTURE OF LOSS TRAUMA**

#### *I. MAJOR NEGATIVE EMOTIONS*

- A. *Initial Shock/Fear*
- B. *Anger/Rage*
- C. *Sadness/Sorrow*
- D. *Hurt/Pain*
- E. *Shame*
- F. *Guilt*

#### *II. LIMITING (CORE) BELIEFS*

- A. Responsibility (*blame*)
  - 1. It's my fault because \_\_\_\_\_.
  - 2. It's other people's fault because \_\_\_\_\_.
  - 3. Disconnection from God. It's God's fault because \_\_\_\_\_.  
(How could this happen? There is no God.)
- B. Who will take care of me?
- C. People will leave me. I can't trust them.
- D. I am powerless or helpless/I have no control.
- E. I am bad/unlovable/unwanted/undeserving-unworthy

**FOR A RECENT TRAUMA**, some sentences you might use are: Even though I am stunned and bewildered by this terrible happening.... Even though I am deeply frightened... Even though I am outraged... Even though I feel helpless about.... Even though I see no solution for.... Even though I feel hopeless about..... Even though I'm deeply hurt and saddened by... Even though I don't understand the meaning of... Even though this terrible thing happened...

### **I've been teaching EFT at The Toronto Gilda Club - for those living with cancer - for 17 years. Here's a note from a Gilda Member after learning EFT:**

"I have found EFT to be a significant tool in my healing from cancer. I believe that various stresses in my life contributed to my becoming ill. EFT has provided me with the means to heal one stressor after another. I have used it successfully to cope with anxiety of a generalized nature and in specific situations, such as a new work situation or interview. It has helped me deal with the residue of an abusive childhood.

I have used EFT successfully to deal with unhealthy food cravings, physical pain, such as migraine headaches, toothache, leg pain, asthmatic breathing difficulty and nausea. I feel calmer, more confident and able to cope with day-to-day challenges that often overwhelmed me in the past. I feel EFT is an invaluable healing tool, that I will be using continuously for emotional support, physical healing and dealing with old and new traumas as they arise. I have been plagued by anxiety and depression for most of my life and have found that with EFT, this is no longer the case. I can quickly diffuse any feelings of anxiety and deal with the background issues that contribute to depression.”

---

## **Clinical EFT Techniques**

One of the most common misconceptions about Emotional Freedom Techniques is the belief that EFT equals the acupoint tapping routine. Because EFT involves the very visible phenomenon of tapping with the fingertips on 12 acupressure points, it's easy to suppose that that single act is the main feature of EFT. Many people even use an incorrect name, "Emotional Freedom **Technique**" singular, rather than the correct "techniques."

In fact, there are 48 distinct techniques that make up EFT, and the acupoint tapping routine is just one of those. Good EFT practitioners will use dozens of techniques, and when a particular technique is not producing results, switch to another.

Here is a list of the core techniques in which certified Clinical EFT Practitioners are trained.

### **A. Basic Recipe Techniques**

1. Describing a Source of Emotional Distress
2. Obtaining a Rating for Subjective Units of Distress (SUD)
3. Identifying Specific Events Linked to the Origin of the Problem
4. Creating a Setup Statement that Combines Exposure and Cognitive Shift
5. Focusing on the Negative First (Resisting the Urge to Caretake the Client using Positives)
6. Key Elements of a Reminder Phrase
7. Correcting for Secondary Gain and Psychological Reversal
8. Tapping 12 Prescribed Acupressure Points
9. Testing the Results

### **B. Foundational Techniques**

10. The Movie Technique
11. The Tell the Story Technique
12. How To Handle Excessive Emotional Intensity
13. Finding Core Issues
14. Identifying the Writings on Your Walls
15. The Characteristics of Effective Affirmations
16. Identifying Tail Enders
17. Daisy Chaining, and Talking and Tapping
18. The Generalization Effect: Identifying it, and Adjusting the Setup Statement

### **C. Techniques Used to Identify Target Issues**

19. Identifying Aspects of the Problem
20. Identifying Different Categories of Aspects (Emotional, Physical, Visual, Cognitions)
21. Shifting the Setup Statement as the Client Rapidly Shifts Aspects. Customized Setup Phrasing, and Flowing Setup Statements. (Timeless Principle 3)

### **D. The Gentle Techniques**

22. The Tearless Trauma Technique
23. Chasing the Pain
24. Sneaking Up on the Problem

### **E. Techniques for Special Populations**

25. Age-Appropriate Techniques for Using EFT With Children
26. Daily Releasing With Children
27. Borrowing Benefits
28. Working With Groups
29. EFT for Cravings and Addictions
30. Techniques for Multiple Phobias
31. EFT for Physical Symptoms; How the Approach Differs from Psychological Symptoms

32. Techniques To Use When Regular EFT Does Not Produce a Reduction in SUD

### **F. Professional Practice Techniques**

33. Reframing (Timeless Principle 4)

34. Preframing

35. Techniques for Maintaining Client-Centered Focus

36. Identifying Tables and Legs

37. Techniques for Working on Your Own Issues

38. Maintaining Focus on Self-rating versus Observer-rating

39. Techniques for Becoming Extremely Specific

40. Additional Testing Methods. In Vivo Testing, Confrontive Questions

40. The Personal Peace Procedure

42. Cognitive shifts and how to identify them, and the role of insight in EFT

43. Techniques to Apply When Self-Acceptance Is the Problem

44. Telephone and Skype Delivery of EFT

### **G. Optional Physical Techniques**

45. Additional Optional Tapping Points

46. Collarbone Breathing Exercise

47. The **Nine Gamut Procedure**, and When to Use It

48. The **Floor to Ceiling Eye Roll**

### **More About Clinical EFT:**

**Clinical EFT Research Bibliography** <http://www.eftuniverse.com/certification/clinical-eft-techniques>

**The Techniques of Clinical EFT**

Review Paper: **Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions** (PDF)

---

## **ACCOMPLISHING** — with EFT

1) Tap the Karate Chop point gently about 7 times while stating out loud:

“Even though I’ve had some challenges this past (year...week).... I haven’t accomplished everything I’ve wanted, I deeply and completely love and accept myself, and I forgive myself”.

“I know I HAVE had SOME wonderful experiences this past (year..week), and I acknowledge all the gifts I have received from the Universe.”

“I choose now to let go of the past and be in the present moment”.

Stop tapping; hold the spot and take one full breath in and out.

2) Tap on inside end of either eyebrow (end nearer bridge of nose):

“I acknowledge that I’ve felt some sadness,” - “& I choose to allow healing in my life now.”

3) Tapping the side of the eye (on bone):

“I acknowledge that I’ve felt some anger,” - “& I choose to allow peace in my life now.”

4) Tap under either eye (on bone):

“I acknowledge that I’ve felt some fear in the past,” - “& I choose to create safety in my life now.... & courage.”

5) Tapping under the nose:

“I acknowledge that I’ve felt limitations in the past,” - “& I choose to be expanded and unlimited now.”

6) Tapping under the lower lip (Crease of chin):

“I acknowledge that I’ve felt some holding back,” - “& I choose to play much bigger now, in every area.”

7) Return to Karate Chop point and gently tap as you state out loud:

“It is safe for me to let go of old patterns which no longer serve me,” - “& I choose to make this coming (year...week) my best (year...week) yet.”

8) Tap top of head in the middle.

“It is safe for me to show up fully in the world now.”

Stop tapping, leave your fingers at the spot and take a full breath, in and out.

Gently, as you are ready, come fully back into your body.

---

## **AN ACT OF DELIBERATE CREATION**

Tap the Karate Chop point & repeat 3 times

Even though (state your own challenge for the day

) \_\_\_\_\_, I deeply and completely love, accept, forgive and value myself, and now choose to deliberately create emotional balance in all of my meridians.

Tap on these meridian points as you affirm the positive emotions of each meridian.

Repeat this sequence as many times as needed till your SUDs are down to zero.

(EB – eyebrow) I am in charge of my life. (bladder)

(SE – Side of Eye) I always make a good decision. (gallbladder)

(UE – Under Eye) All my needs are satisfied. (stomach)

(UN – Under Nose) I accept myself as I am. (governing spine)

(CH – Crease of Chin) I am a Success. (central brain)

(CB – Collar Bone) I love being alive. (kidney)

(UA – 4” under armpit) I relax and do my best. (spleen/pancreas)

(RR –on center of lowest rib, under breast) I welcome beneficial change. (liver)

(TH – Thumb) I am humble before the wonder and beauty of the Universe. (lung)

(IF – Index Finger) I joyfully release the past and make way for beneficial change.(colon)

(MF – Middle Finger) I take responsibility for myself. (circulation-sex)

(BF- Baby Finger) I like who I am. (heart)

(KC – Karate Chop) I learn from all life’s experiences. (small intestine)

(Gamut Spot) Everything works out right for me. (triple warmer – thyroid, adrenals & pituitary)

Option: “Everything works out for the highest good of all concerned.”

---

Learning/Behavioral Objectives:

At the completion of this Workshop, participants will be able to:

- \* Define EFT, “set up” and “psychological reversal” in relation to EFT
  - \* Describe the research data and recent finding of clinical benefits related to EFT
  - \* Demonstrate the 14 Point EFT procedure and the 9-point Gamut procedure
-

## **SUGGESTED READING**

Freedom, John. Heal Yourself with Emotional Freedom Technique. The McGraw Hill Companies, Inc, 2013

Dawson, Karl and Allenby, Sasha. Matrix Reimprinting Using EFT. Hay House, Inc, 2010.

Yordy, Jan. Be the Boss of Your Feelings, Emotional Freedom Techniques for Kids. Ordered from her website.

**WEBSITE:** [www.eftuniverse.com](http://www.eftuniverse.com) - See Research, receive Manual and Newsletters