

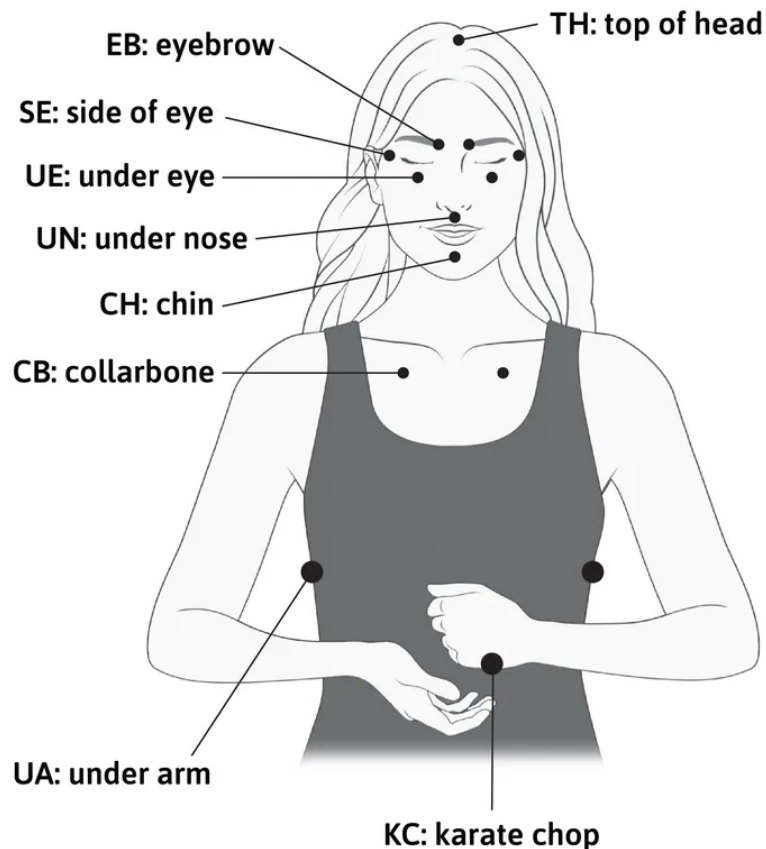
## Emotional Freedom Technique (Tapping)

**Jeanne** - Learned it about 20 years ago and thought it was weird at first, but now finds it helpful with her students who might have math anxiety. Stress in the amygdala, which is also the place involved in math. One student who would fidget and he was helped with his behavior and his grades at school. Another was afraid of making mistakes - his mother would yell at him. He eliminated the anxiety with just one session.

Doesn't happen that quickly with everyone. Some don't get results because they don't do it long enough or that they don't get at the root cause.

Jeanne's cravings for chocolate was related to positive memories of her grandparents bringing her chocolate.

## Tapping Points



Based on acupressure points. Emotion attached to points. A body mind technique. Focusing on something negative, PTSD, Anxiety, addiction, cravings, phobia, resistance to change. Can't ignore the negative if you don't address them. It's the energy of the negative emotion that affects you, even physically.

There are two main websites  
[thetappingsolution.com](http://thetappingsolution.com) - Have a book, Tapping Solution by Nick Ortner

[eftuniverse.com](http://eftuniverse.com) - They hold a yearly tapping summit. They went into the Sandy Hook school after the shooting and helped the survivors. Nancy remembers the trauma of that day since she was teaching that day in a nearby school.

Over 300 scientific studies show that tapping gives results. In one study, after tapping for an hour, the cortisol levels were reduced by 43%. Another study showed that 9 minutes of tapping reduced anxiety. Brain scans show the decrease in anxiety and PTSD after tapping. Neurotransmitters and gene expression are changed. It helps pain as well - Emotions can create physical pain.

Talking as you tap may bring up memories to address. You may surprise yourself at what you say and remember from the past.

**Method:**

Use all senses to measure your pain or anxiety. In the beginning, rate it 1 - 10.

**Set up statement** - a negative statement - While tapping the karate point, "Even though I ..., I accept myself the way I am." Say a briefer statement and tap 3-7 times with each of the following points. As the tapping continues, the statement may change.

**Repeat these points 3 times, repeating your statements at each point:**

- Top of head
- Eyebrow
- Boney ridge outside the eye
- Under the eye
- Under the nose
- Under the mouth
- Under the collar bone
- Under the armpit (where bra strap is)

Repeat the procedure until the stress/pain rating is close to zero.

**Example of set up statements for pain:**

“Even though I have this pain, I completely accept myself.

I’m holding onto my pain because...

After:

“ I’m releasing or letting go of ....”

Take a deep breath.

**Nancy** wonders if crossing our legs interferes with the energy and effectiveness of the problem.

**Jeanne:**

Work on one problem at a time.

Pain is caused by emotions. Autoimmune disease or fibromyalgia sometimes happens after some traumatic experience.

Tune into pain or stiffness and ask yourself if there is a past experience related to it.

Tune into the emotions in our pain.

Tightness in jaw is anger.

Tightness in body in general could be fear.

There is a body chart in traditional Chinese medicine that relates points to emotions.

Emotional kaleidoscope - Spleen and pancreas - Earth elements - complex emotions.

**Jennifer** - Master Lu teaches that there’s always emotion related to physical pain and illness.

**Sue** - What would cause achilles pain?

**Nancy:**

Found [EFTonline.org](http://EFTonline.org) - Free EFT Education

**Sue’s** husband teaches in Middletown, CT, and they use tapping.

**Nancy** - There’s also meditation in some CT schools.

**Jeanne** always asks the parents if they are open to her using it on their children for test or math anxiety. So far, all have welcomed it.

**Hope** - Some people have trouble accepting things that are natural.

**Nancy** - A website focused on students would be good for introducing it to schools. Jeanne thinks she could use the word tapping.

**Liz** - A man used acupuncture on himself before dental procedures. He didn’t have pain.

**Nancy** used mind control for a dental procedure. She told herself that she wanted to feel the pain (repeated it many times), and it didn't hurt. Also, Traumeel tablets worked. She took them before and after a dental procedure.

**Sue** has also used Arnica for dental procedures.

**Jeanne** will do an exercise on pain. It may lower inflammation. Chinese do surgery and childbirth with only acupuncture. No pain. Take a moment and explore what are the emotion behind it.

**Beth** - How often should we do this? **Jeanne** - It depends on how much is beneficial. One student was healed after one session. Maybe whenever something like anxiety or pain comes up.

**Hope** - Both sides? You can do one or switch sides.

**Sue** - someone said to cross over right hand to left side. John Sarno wrote a book on Healing Back Pain.

**Nancy** - Destressing is good for anti-aging and healing of any problem.

**Alta** experienced with tapping with a psychologist 30 years ago. They just did tapping without talk. They just kept tapping a spot until she felt a release. She started with a psychologist a year ago who does tapping with talk about anxiety. Her panic attacks are so severe, she needs Xanax, but hopes to get off of it. The tapping psychologist was too expensive to continue. The psychologist said that she had success with veterans with PTSD. Alta sometimes still uses tapping with a panic attack.

**Jeanne** - Don't have to tap during an attack, but can practice this any time to help with panic attacks.