

EFT

WHAT?

EFT is a meridian/energy therapy rooted in the philosophy that there are energy centers and pathways in the body.



HOW?

Tapping on these points while focusing on an issue stimulates each point, allowing for a disruption to current dysfunctional flow.



RESULTS

While thinking about a problem activates the FFF (stress response) in the body, EFT assists the body/mind processing through it, resulting in a sense of relaxation.



STEPS

Identify a problem, Rate the magnitude of the distress, Establish a set-up statement, Gently tap on a series of meridian points mainly on the head, torso, and hands, Complete 3 rounds, and reassess the rating.

