

Frequently Asked Questions for New Clients

From AnaMaria Herrera, EFT Practitioner

1. "What is EFT?"

EFT stands for Emotional Freedom Techniques. It is a simple acupressure technique where we 'tap' with our fingers on specific acupuncture points (usually a series of 10 points) while mentally recalling the issue or behavior we are working on. EFT is a form of "psychological acupressure" - except that we don't use needles. Instead, you stimulate well established energy meridian points on your body by tapping on them with your fingertips.

2. "Do I have to believe in EFT to get results?"

No. In fact what often seems the case, the person who first tries EFT has a good case of the 'skeptics.' EFT works from principals that are in effect (that your body is composed of energy, that the meridians exist in your body) whether or not you believe or see them with your eyes. A good analogy here is to imagine electricity, when you flip the light switch it works whether you believe or know how to explain electricity.

3. "What is EFT based on and how was it discovered and developed?"

EFT is based on time-honored Eastern medicines that have been around for over 5,000 years and the fact that everything (including our bodies) is composed of energy, which Albert Einstein told us back in the 1920's. EFT was discovered and developed 20 years ago, by Gary Craig, an engineer, while he was studying other energy psychology techniques.

4. "How does EFT work?"

EFT affects the brain. During an EFT treatment the serotonin in the brain rises. Serotonin does 2 things: it soothes us and it also erases fear reactions from a part of the brain that is involved with fear. As we tap on a variety of acupressure points, the serotonin in the brain rises. Serotonin is a brain chemical, a neurotransmitter that calms us. The part of the brain that creates alarm when it perceives threat is flooded with serotonin. The fear loop is disconnected, and we feel more at peace. That is why fears go away so quickly. As panic recedes, the thinking part of the brain is able to evaluate the problem from a new point of view and make new decisions. This can happen in a matter of minutes.

EFT works on the body. The tapping during EFT balances the energy meridians in the body that become disrupted when we think about or experience an emotionally disturbing circumstance. Because the vast majority of illnesses and diseases are related to emotional traumas held in the body, physical conditions will resolve and subside as these emotional upsets are being released and cleared through EFT.

5. "Why do we say negative statements during EFT? I'm afraid I will reinforce my fears and habits."

Great question! To answer that, I want you to imagine you have severe tooth pain and you go to your dentist. He or she will ask you, "Tell me about the pain. What do you feel and where is it?" What if you just smiled (albeit, a painful half-hearted smile!) and said, 'No doctor, I really don't want to talk about the negative, and I don't want to show you where my tooth pain is. Let's just talk about fluffy white clouds and happy kittens today to make me feel better.'

This is the same with EFT. EFT works on the negative, by first identifying it, then stating it so it can be removed. During an EFT treatment, serotonin (a neurotransmitter) is released in our brain which soothes us and neutralizes fear and anxiety related to that issue/experience/habit. The result? Emotional issues and present resistance are cleared so then you can feel genuinely positive and permanently empowered with that issue or experience.

6. "Can EFT be used with other modalities and treatments?"

Absolutely. EFT is a wonderful complement to many modalities. If you are a lay person, it is incredibly self empowering to be able to give yourself treatments while working with a qualified health practitioner or coach. If you are a health care practitioner, coach, or professional seeking to share EFT with your clients, it is a very freeing feeling to know your clients and patients can help themselves in between sessions with you.

7. What can I use EFT on?

We have a saying in the EFT community and that is, '**Try EFT on everything!**' Here are some examples of the numerous areas to apply EFT to:

- Health issues
- Weight problems
- Relationships
- Addictions
- Emotional states: anxiety, shame, fears, depression, grief, anger, guilt, etc.
- Emotional traumas
- Phobias
- Child behavioral and learning issues
- Performance related
- Addictions
- Business and Professional Issues
- Money and Abundance Issues
- Setting and achieving goals

8. "Who uses EFT?"

Doctors (holistic and conventional), therapists, coaches, psychologists, parents, business owners, athletes, peak performance trainers as well as very young children and teenagers (in countries around the world) just to name a few!

"Here's an important point that doesn't get said too often...that many of the beliefs that are blocking you guys are unconscious. You are not even aware of them. And so that's why things like ...Emotional Freedom Technique... help you get in touch with the unconscious things that are blocking you."

- Jack Canfield, best selling author of Chicken Soup of the Soul series, quoted during the Oprah show featuring the movie "The Secret"