



# The Science behind EFT/Tapping and its Effectiveness for Stress

**Aga Kehinde**

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| Advanced EFT practitioner



# A new wave of Therapy

EFT (Emotional Freedom Techniques) is a brief novel intervention combining elements of exposure and cognitive behavioral therapy, and somatic stimulation.

EFT enjoys 3 features that distinguish it as a 4th wave therapy:

- It is a true mind-body approach in that it includes direct interventions at the level of the body
- It changes brain activity very rapidly
- It has special advantages in quickly and permanently shifting outdated emotional learnings.

EFT = Emotional Freedom Techniques

Clinical EFT = the version that has  
been tested in clinical trials

# Research

**As of January 2022, over 275 research studies have been published on energy psychology methods in peer-reviewed journals**

**These modalities have been researched by more than 200 investigators in over 12 countries.**

This includes:

- 70 randomized controlled trials
- 55 clinical outcome studies

All except one of the above 125 studies document EP's effectiveness of which EFT is the most studied.

- 5 meta-analyses
- 5 systematic reviews of EP modalities
- 12 comparative reviews (EP and other therapies)

All reviews document EP effectiveness.

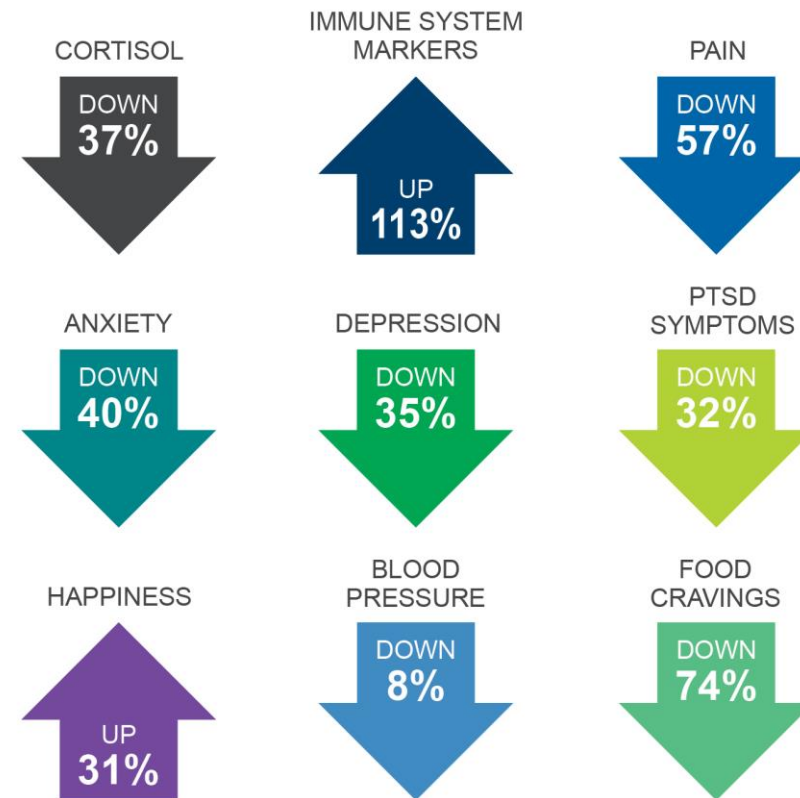


## 6 Powerful Premises About Tapping

- Is effective in treating a range of clinical conditions
- Can produce rapid results compared to conventional treatments
- Leads to durable benefits
- Creates changes in biological markers as well as in subjective self-reports
- Is the critical ingredient that produces results – it's not just a placebo or suggestion
- Sends signals to specific areas of the brain, making it possible to target outcomes with unusual precision

# 6 Powerful Premises About Tapping

## Clinical EFT Improves Multiple Physiological Markers of Health



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## Effectiveness of Energy Psychology for Addictions

- 123 female clients over a 3.5 year period.
- depression scores reduced from 79% at intake to 16% at last survey
- anxiety scores from 73% to 8%,
- trauma symptoms from 76% to 30%,
- suicidality from 53% to 11%,
- binge eating from 33% to 11%,
- and compensatory eating disorder behaviors from 41% to 11%



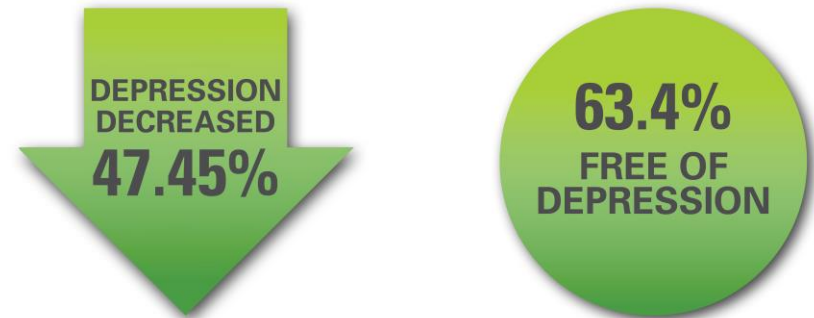
Popescu, A. (2021). Trauma-Based Energy Psychology Treatment Is Associated with Client Rehabilitation at an Addiction Clinic. *Energy Psychology Journal*, 13(1). doi 10.9769/EPJ.2021.13.1.AP

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## 88 women with mild to moderate depression from a menopausal clinic in Ahvaz, Iran

- randomized controlled trial
- EFT (n=44) and control group who received sham therapy (n=44)
- EFT for 8 weeks
- the frequency of moderate depression decreased from 56.8 to 9.35% in the intervention and from 50 to 29.5% in the control group
- 63.4 and 34.15% in the intervention and control groups were free of depression – EFT did significantly better.

### EFT GROUP RESULTS



Mehdipour A, Abedi P, Ansari S, Dastoorpoor M. The effectiveness of emotional freedom techniques (EFT) on depression of postmenopausal women: a randomized controlled trial. *J Complement Integr Med*. 2021 May 19. doi: 10.1515/jcim-2020-0245. Epub ahead of print. PMID: 34013673.

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# 6 Powerful Premises About Tapping

## Cost-effectiveness of psychological treatments for PTSD in adults.

- Energy psychology (called combined somatic/cognitive therapies) had the greatest cost savings over no treatment, followed by EMDR, Trauma-Focussed CBT and then other treatments.
- EMDR had the best clinical outcome and energy psychology was next followed by self-help with support, psychoeducation, SSRIs, Trauma-Focussed CBT and others.



Mavranouzouli, I., Megnin-Viggars, O., Grey, N., Bhutani, G., Leach, J., Daly, C., ... & Pilling, S. (2020). Cost-effectiveness of psychological treatments for post-traumatic stress disorder in adults. *PLoS one*, 15(4), e0232245.

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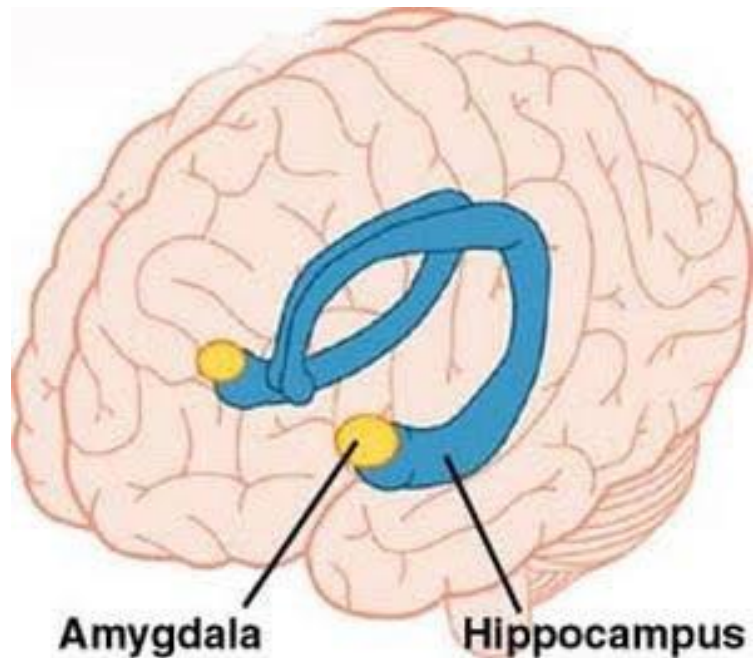


# The Underlying Mechanism

- EFT has profound effects on the nervous system, the production of stress hormones, DNA regulation and brain activation
- Tapping on acupoints sends activation or deactivation signals to brain areas that have been aroused by the phrases
- Tapping generates electrical signals via the principle of mechanosensory transduction

# How does EFT work?

- Deactivating signals can diminish the brain's threat response, while activating signals can enhance planning and stress management capacities.



# Ways to use Tapping for Feeling Stressed

- You can tap just to calm down in the moment
- Use tapping to explore WHY you react in certain ways with stress

## HOW TO USE TAPPING

### STEP 1

#### IDENTIFY YOUR PROBLEM

This could be a feeling, a thought, a belief or a physical sensation.

### STEP 2

#### RATE YOUR LEVEL OF DISTRESS OUT OF 10

0 = no distress at all. 10 = the most distress you would ever feel.

### STEP 3

#### STATE YOUR PROBLEM OUT LOUD

State your problem out loud with this sentence (called the Setup Statement) while tapping with 2 fingers on the side of the hand point – say it 3 times.

Even though I have this problem (insert actual words here), I completely accept myself, e.g. even though I feel scared about giving that speech tomorrow, I completely accept myself.

### STEP 4

#### TAP WITH 2 FINGERS ON THE POINTS

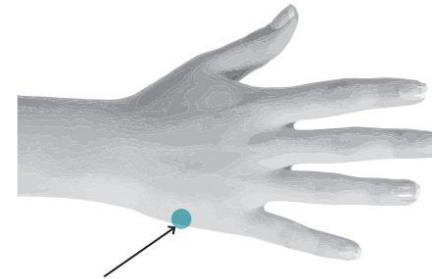
Tap with 2 fingers on the points on the face and body, while saying a short version of the setup statement e.g. feel scared...or this belief... or this feeling ... or something similar.

### STEP 5

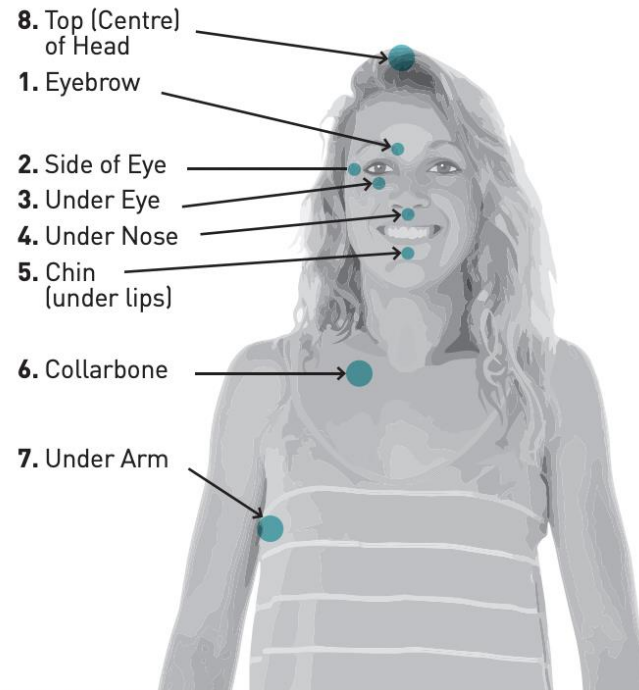
#### TAKE A DEEP BREATH

Take a deep breath when you finish tapping (this is called a round) and re-rate your level of distress out of 10 again. If it is not a 0 or 1, tap again on the facial/body points with the short phrase, until the intensity decreases.

Check your rating every time you finish 1 round.



Side of the Hand



8. Top (Centre) of Head

1. Eyebrow

2. Side of Eye

3. Under Eye

4. Under Nose

5. Chin (under lips)

6. Collarbone

7. Under Arm

FOR MORE RESEARCH ON THE MECHANISM OF HOW EFT WORKS, PLEASE SEE:

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# Invitation to learn more

- EFT Workshop at 12:30 in Abbey Room
- EFT International Stand F30 Fleming Room (next to BANT)



Professional standards body for EFT practitioners

**Aga Kehinde**

Clinical Nurse | Health Coach  
| Advanced EFT practitioner

**The evidence and practice of EFT  
Emotional Freedom techniques**

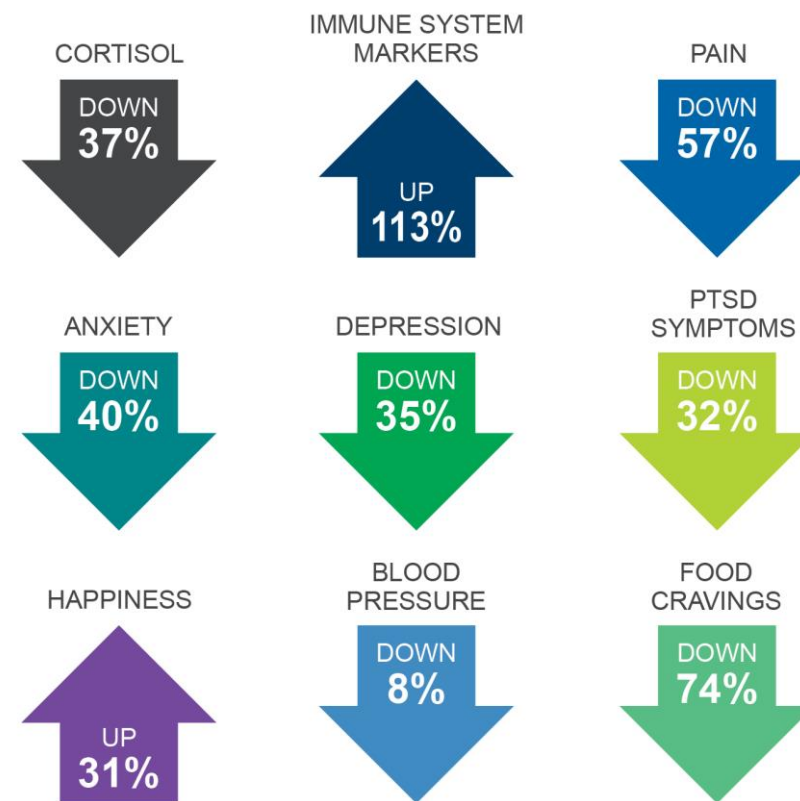
**Aga Kehinde and Kathy Adams**

Advanced EFT practitioners



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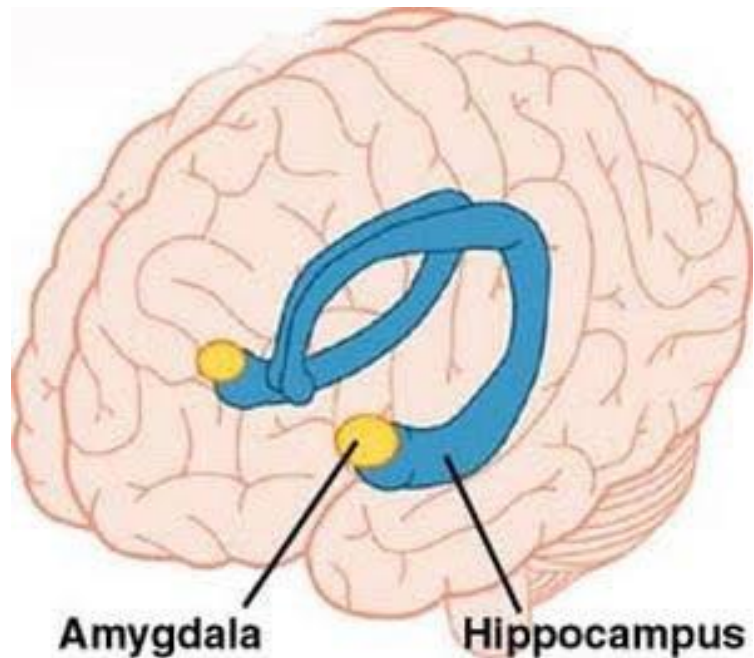
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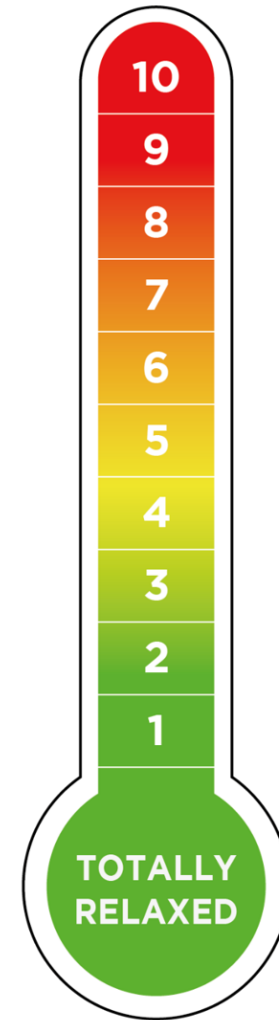


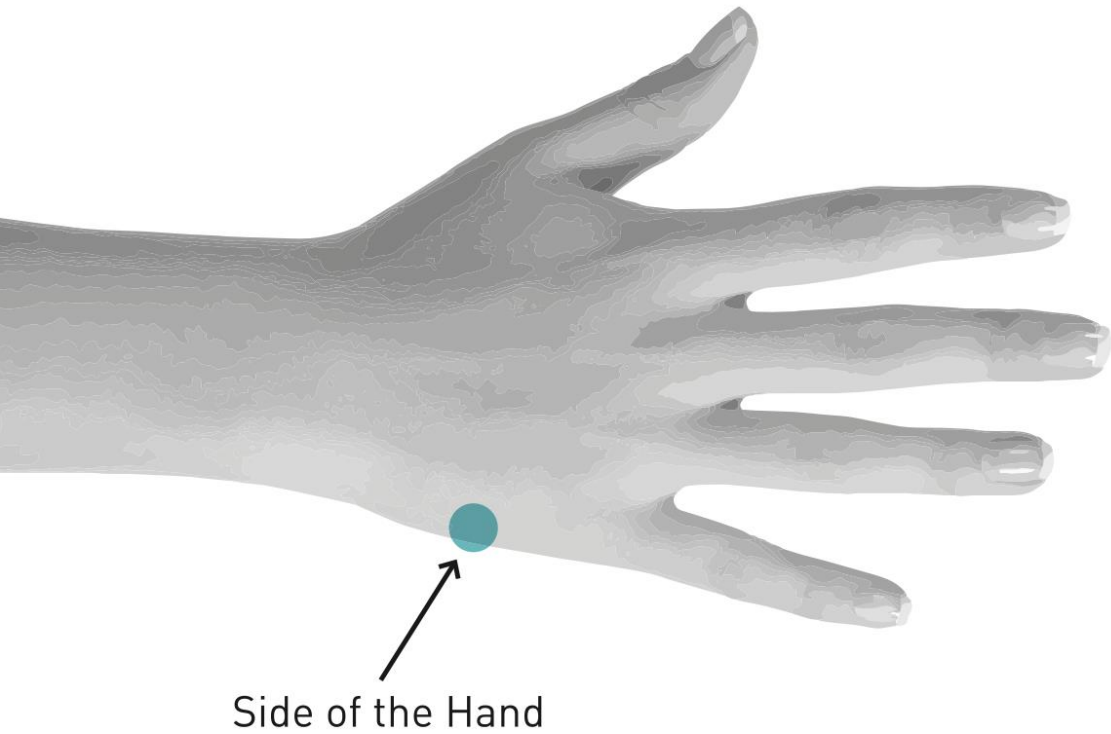
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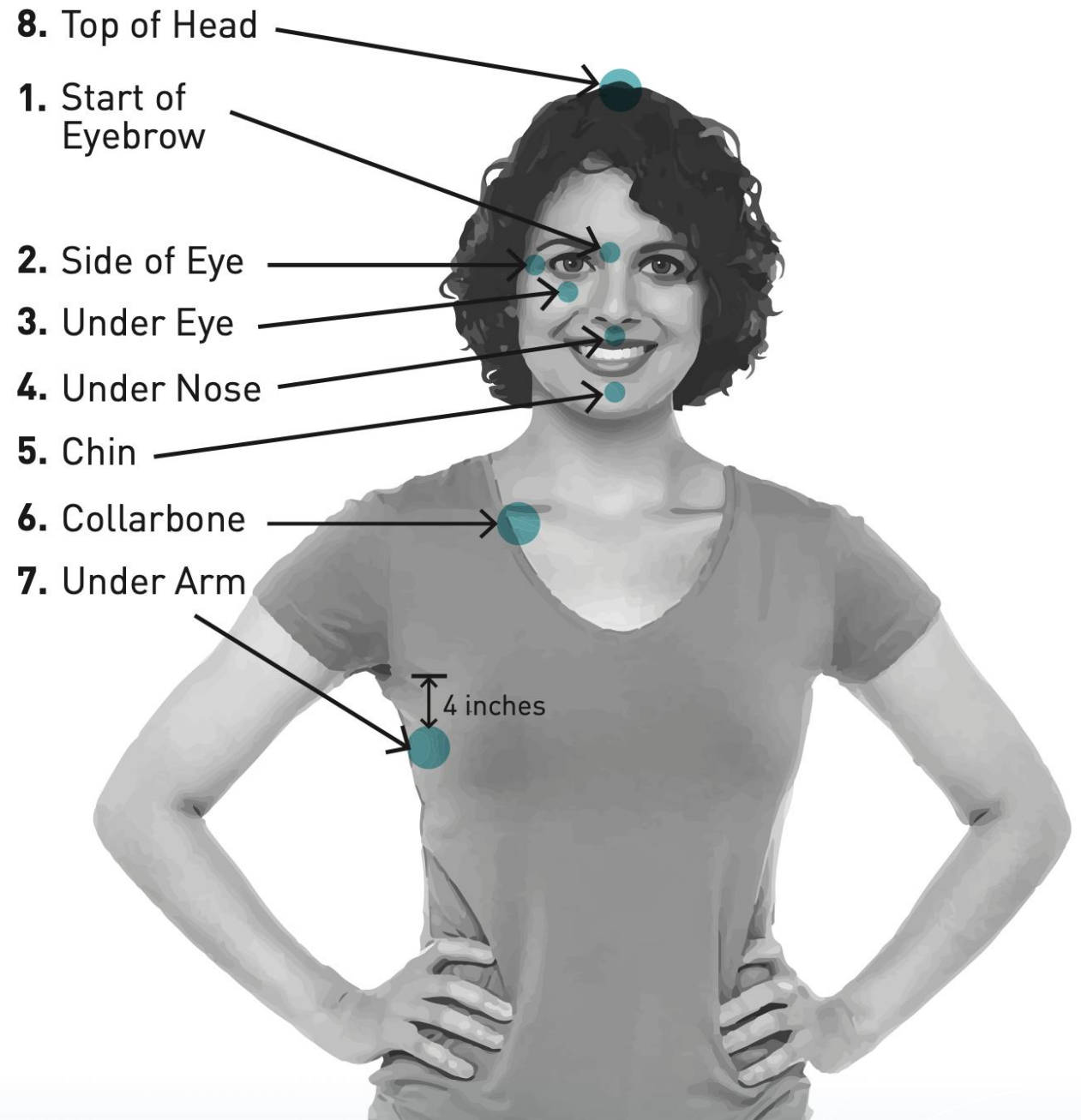


# SUDS Subjective Unit Of Distress





**Figure 1A (above):** Tapping point on side of hand



**Figure 1B (right):** The eight EFT points on the face and upper body



Professional standards body for EFT practitioners

The image features a white background with decorative green curved lines in the corners. The lines are layered, with a darker green on top and a lighter green below, creating a sense of depth. They curve from the corners towards the center of the page.

Thank you