

The Science behind EFT/Tapping and its Effectiveness for Stress

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The Changing Landscape of Pain Management in the NHS

Mainstream Protocols, CBT, MBT & Integrative Mind-Body Approaches

EVOLVING PAIN MANAGEMENT IN THE NHS

A holistic biopsychosocial approach is increasingly used to address chronic pain.



NHS Pain Management – The Core Shift

NHS PAIN MANAGEMENT APPROACHES: BIOPSYCHOSOCIAL FOCUS

NHS protocols, guided by FPM Core Standards, now focus on the biopsychosocial model.

Emphasis on:

- Multidisciplinary teams
- Patient empowerment & self-management
- Integrating physical, emotional, and psychological care



Multidisciplinary teams

Patient empowerment & self-management

Integrating physical, emotional, and psychological care

CBT, MBT, and Somatic Techniques for Pain Management

CBT



is central in NHS Pain Management Programs

Helps patients:

- Challenge catastrophic thinking
- Break the cycle of pain-avoidance behavior
- Improve daily functioning and mood

Is central in NHS Pain Management Programs

MBT

fosters present-moment awareness and non-judgmental acceptance of pain



Benefits:

- Reduces emotional reactivity
- Enhances coping in chronic pain
- Supports long-term resilience and wellbeing

Benefits

- Reduces emotional reactivity
- Enhances coping in chronic pain

Somatic Techniques

The NHS increasingly adopts integrative Medicine (IM) practices

Somatic therapies address pain through body-focused techniques:

- Yoga
- Tai Chi
- breathwork
- and now, EFT (Emotional Freedom Techniques)



Somatic therapies address pain through body-focused techniques:

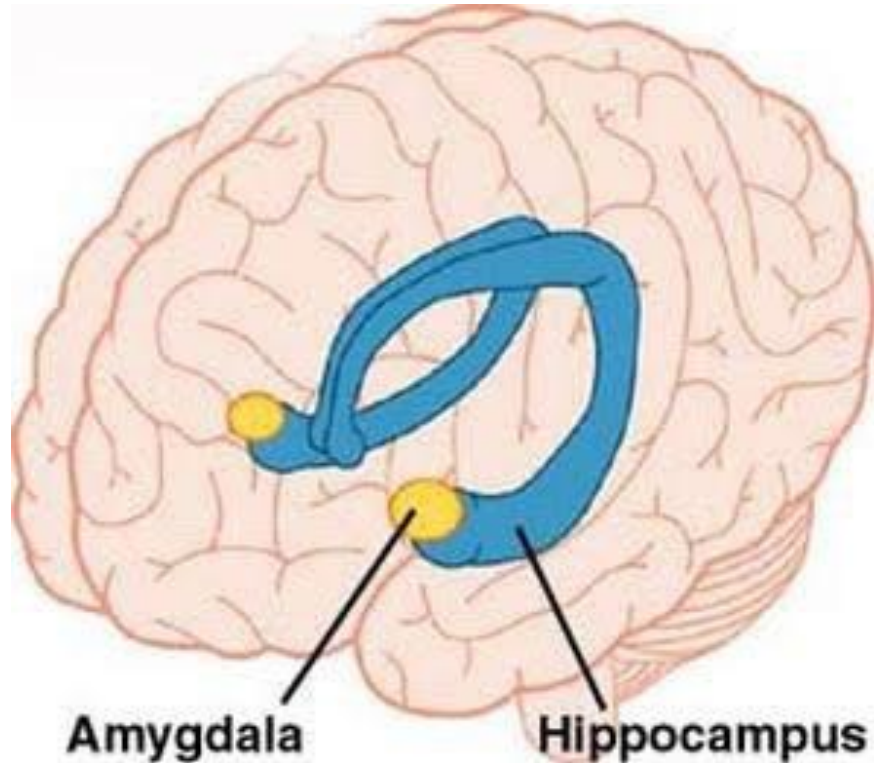
- Yoga
- Tai Chi

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- It has special advantages in quickly and permanently shifting outdated emotional learnings.

How does EFT work?



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

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

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

Evidence Based Practice

Clinical EFT as a evidence-based practice for the treatment of psychological and physiological conditions: A systematic review

Dawson Church
 Dawson Church¹Peta Stapleton²Too Stapleton² Anitha Vasudevan¹
 Tom O Keefe²

¹National Institute for Integrative Healthcare, Petaluma, CA, United States

Background

Clinical EFT is vividly sroel used in medical and psychological treatment settings. key three essential ingredients included.

Method

We performolcsysiew of the literature to identify a.6 randomized controlled trials. (RCTS) and meta-analyses

Objectives

In 2013 we published a paper defining Clinical EFT and reviewing published research.

It has been viewed or downloaded over 36,000 times, indicating widespreed interest in this treatment-analyzes

Conclusions

- Clinical EFT is efficacious for a range of psychologicalological and physiological conditions
- Freeffically few treatment sessions are required

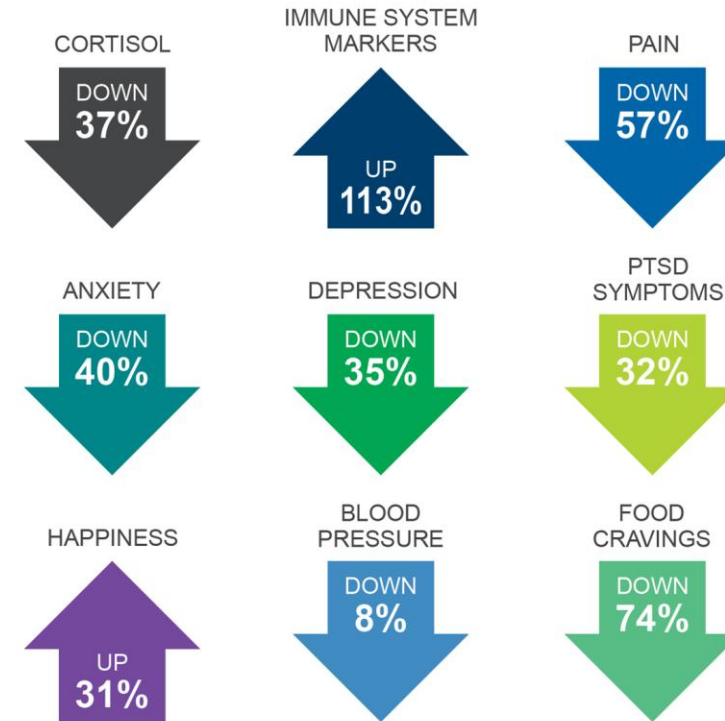
Results

RCTs have found EFT treatment to be effective for

- Psychological conditions such anxiety, depression, pain, insomnia, and autoimmune
- Physiological issues such as pain, insomni
- autoimmune conditi

- Treatment is associated with measurable biological effects in the dimensions of gene expression, brain synchrony, hormonal synthesis, and a wide range of biomarkers
- Clinical EFT is an stable and meture method with extensive

Clinical EFT Improves Multiple Physiological Markers of Health



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EFT for Chronic Pain: Live vs Self-Paced Delivery

Peta Stapleton, Clara Wilson, Nicola Uechtriz, Michele Stewart, Michelle McCosker, Tom O'Keefe, Matthew Blachard

First published: 18 October 2024
<https://doi.org/10.1002/ejp.4740>

@ Study Design

- N = 147 adult chronic pain patients (89.8% female)
- Six-week EFT programme
- Comparison: live vs online self-paced delivery



⚙️ KEY OUTCOMES

Pain Severity

- live vs waitlist: ↓
- self-paced vs waitlist: ↓
- live vs self-paced: no difference

Pain Interference

- live vs waitlist: ↓
- self-paced vs waitlist: ↓
- live vs self-paced: no difference



Somatic Symptoms

- reduced after EFT
- no difference at 6 months

Quality of Life

- improved after EFT
- sustained at 6 months

✅ CONCLUSION

- EFT significantly reduced pain and improved quality of life
- Live and self-paced EFT were equally effective

Neural and Psychological Outcomes of EFT in Chronic Pain: fMRI Study Findings

Stapleton et al. (202), *Complementary Therapies in Clinical Practice*

@ Study Design

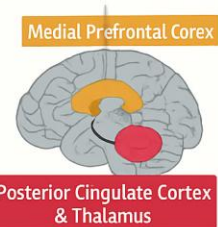
- N = 24 chronic pain patients
- Intervention: 6-week online group EFT
- Measures: Pre-and-post-resting-state fMRI
- Analysis: Repeated measures MANOVA + fMRI connectivity

+ Key Psychological Outcomes (Pre vs Post)

Outcome	Change (%)
Pain Severity	↓ 21%
Pain Interference	↓ 26%
Somatic Symptoms	↓ 28%
Depression	↓ 13.5%
Anxiety	↓ 37%
Happiness	↑ 17%
Quality of Life	↑ 7%
Life Satisfaction	↑ 8.8%
Effect sizes: Cohen's d = 0-75	

✓ Conclusion

- EFT led to measurable neural and psychological improvements
- Support EFT's role in chronic pain treatment



- ↓ Connectivity between: Medial Prefrontal Cortex ↔ Posterior Cingulate Cortex & Thalamus
- No areas showed increased connectivity post-EFT treatment
- Interpretation: reduced activation in brain regions

Pain, Range Of Motion, And Psychological Symptoms In A Population with Frozen Shoulder: A Randomized Controlled Dismantling Study of Clinical EFT (Emotional Freedom Techniques)

👤 Study Design

- N = 28 participants with frozen shoulder
- Randomized into three groups: EFT, Sham Tapping, TreatmentAsUsual
- Measures: Pain, Range of Motion, Anxiety, Depression
- 8-week intervention period

Results

Clinical EFT	Change (%)
Pain	↓ 63%
Shoulder Abduction	↑ 31°
Anxiety	↓ 61%
Depression	↓ 27%
Depression	↓ 27%



✅ Conclusion

- Clinical EFT improved pain, range of motion, and psychological symptoms of frozen shoulder

EFT for PTSD in Veterans: Randomized Trial Results

@ Study Overview

- N = 59 veterans with PTSD
- Intervention: Six EFT sessions supplementary to primary care
- Measure: SA-45 psychological symptom scale
- Significant improvements in pain, depression, and anxiety

⚙️ Key Outcomes (Pre vs Post)

Outcome	Change %
PTSD Severity	+29 %
Pain	+41 %
Depression	+40 %



✅ Follow-Up Results

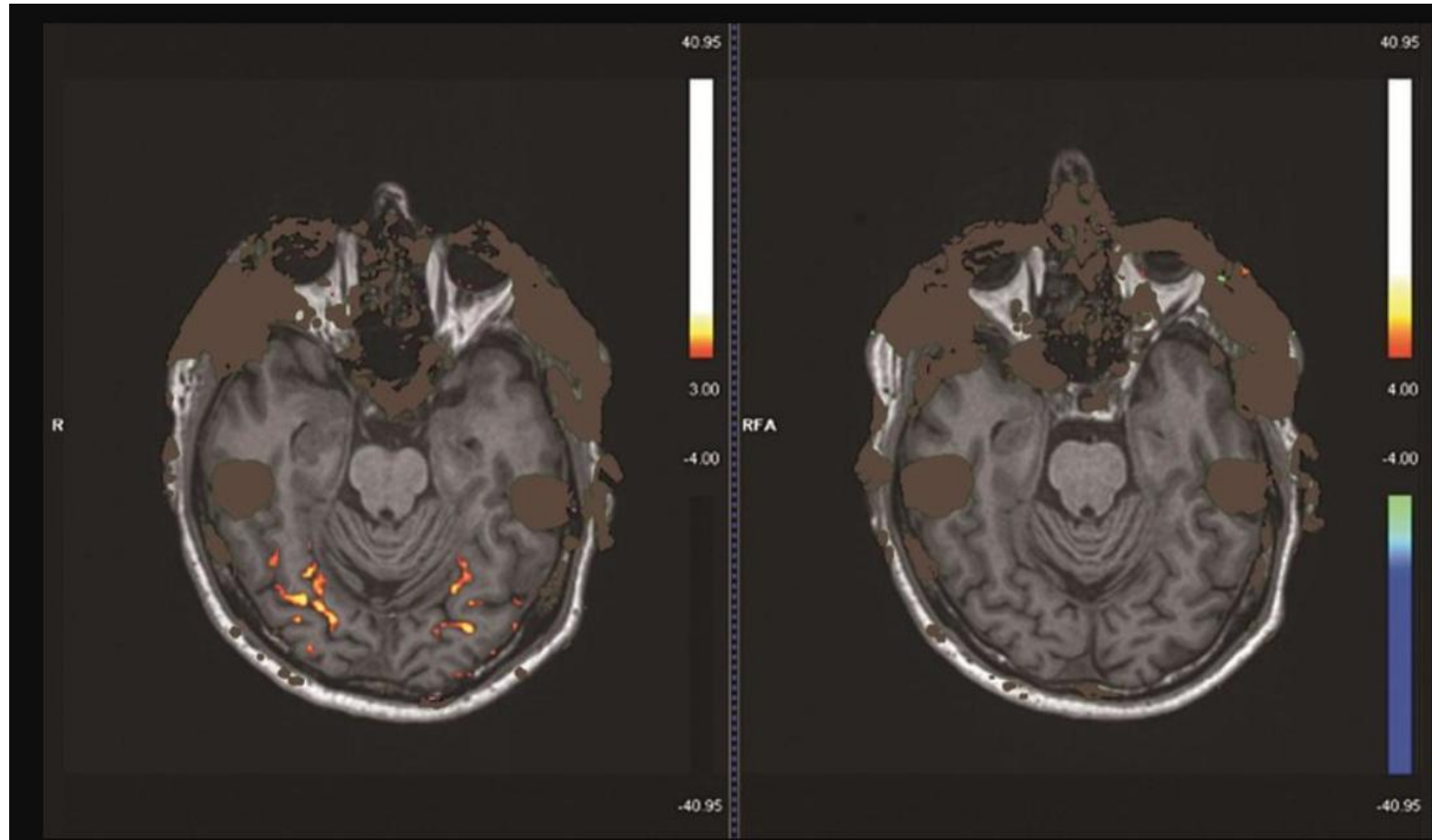
- Pain scores remained significantly lower at follow-up
- Significant relationships between PTSD, depression, and anxiety
- Improved mental health and reduced pain levels maintained

(Author, Year)

The Different Natures of Pain

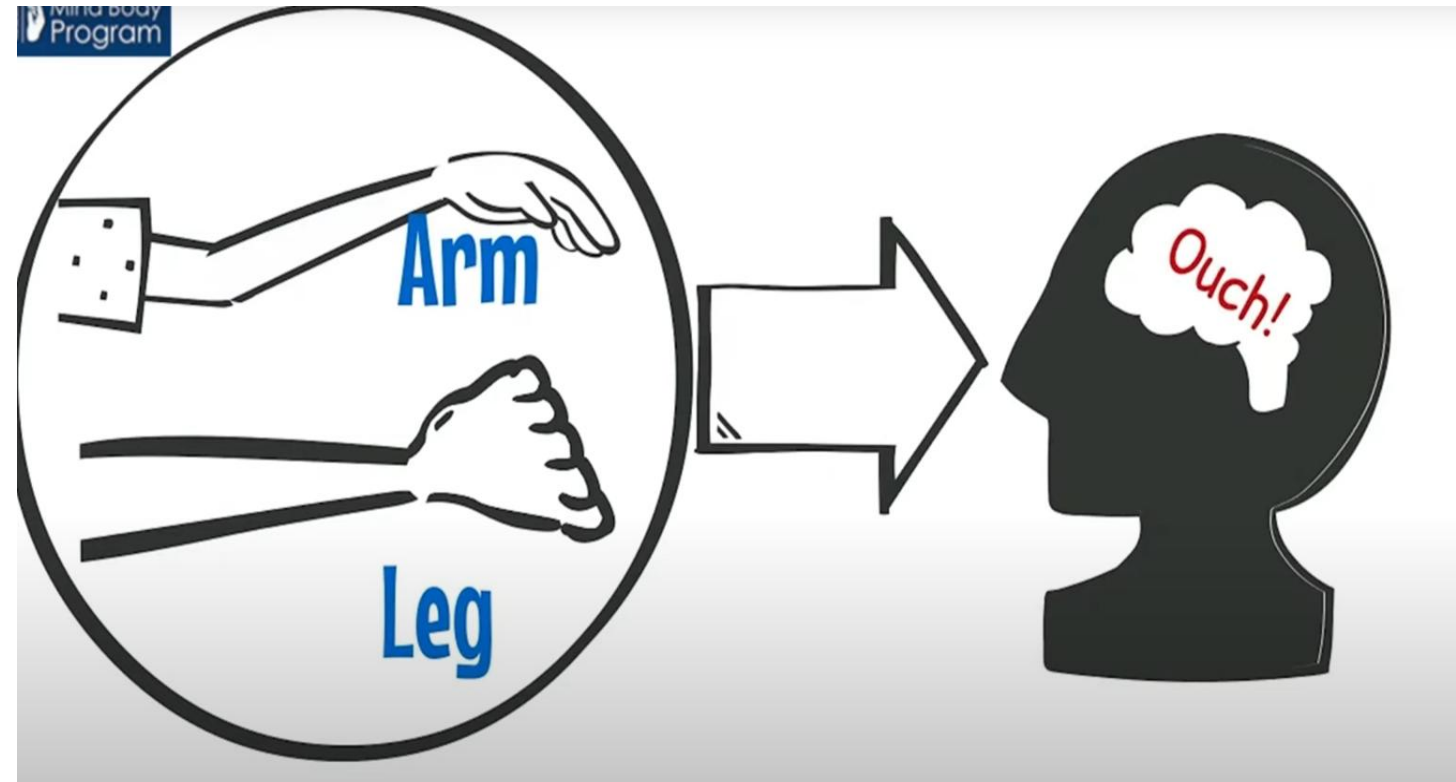
- Physical Injury
- Surgery
- Inflammation and infection
- Exacerbated pain through resistance and tension
- Emotional pain from current and recent difficulties
- Emotional pain from the past triggered by a recent physical or emotional experience.

Pre and post fMRI for subject in EFT treatment for pain.



Pain Areas in the brain are the same

- FMRI studies have shown that the same areas of the brain light up when someone is in acute emotional pain and when someone has a sharp or burning stimulus to an arm or leg

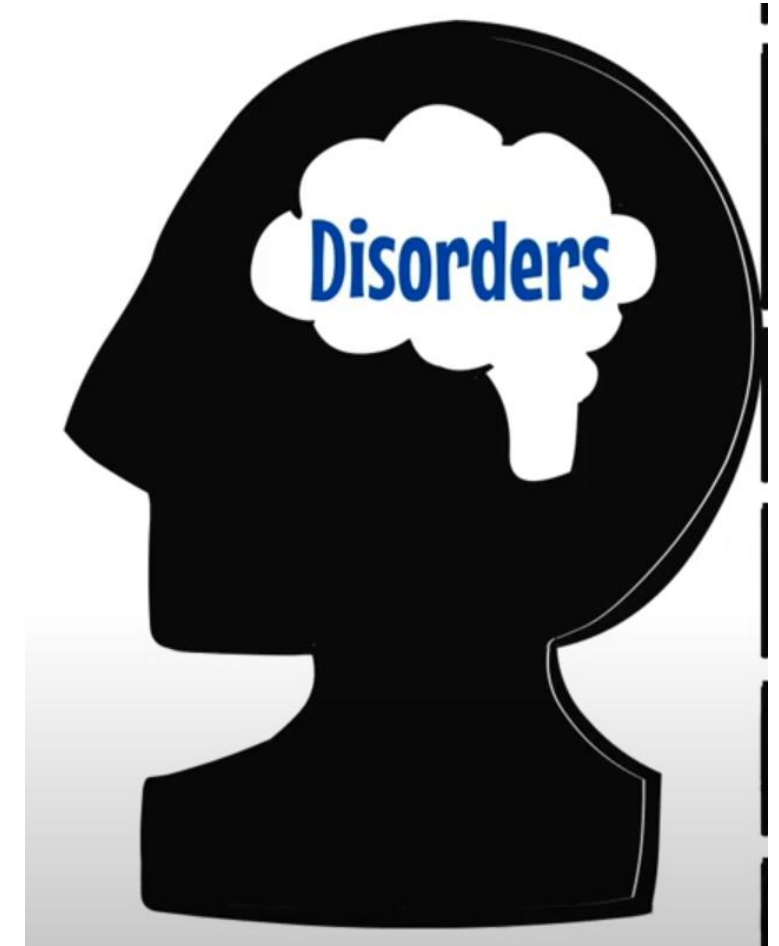


Neuro Circuit Pain

- It's not just about tissue damage; it involves the abnormal way nerve signals are processed in the brain and spinal cord, leading to persistent pain sensations.
- The body retains a memory and imprint of past emotional pain and it shows up as chronic pain



- Fibromyalgia
- Chronic Neck and Back Pain
- Chronic Stomach Pain, IBS
- Pelvic Pain Syndrome
- Tinnitus
- Bladder Pain Syndrome
- Chronic facial pain



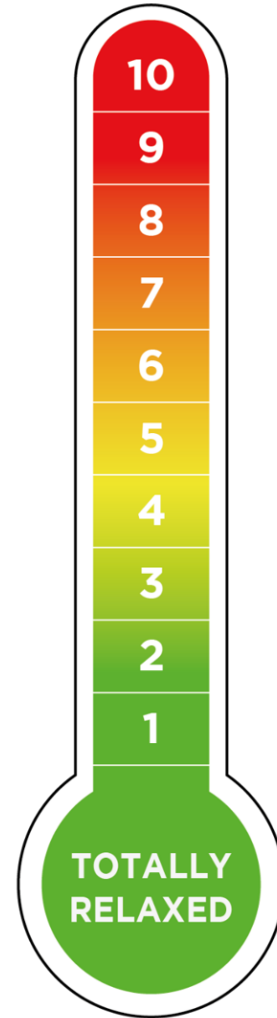
Ways to use Tapping for Feeling Stressed

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

EFT Tapping for pain

- Describe the pain's location, quality, and sensations
- Measure the degree of pain (out of 10 or using traffic light colours)
- Find a metaphor to describe it, colour, shape, density, it's as if.....
- What emotion do you associate with the pain?
- What could the pain's message be? What is your subconscious trying to tell you?

SUDS Subjective Unit Of Distress



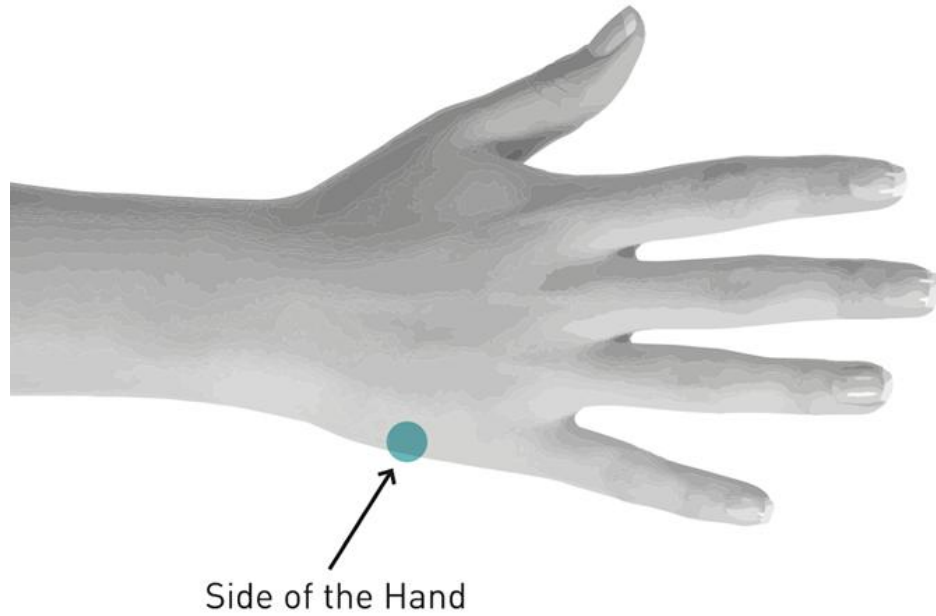


Figure 1A (above): Tapping point on side of hand

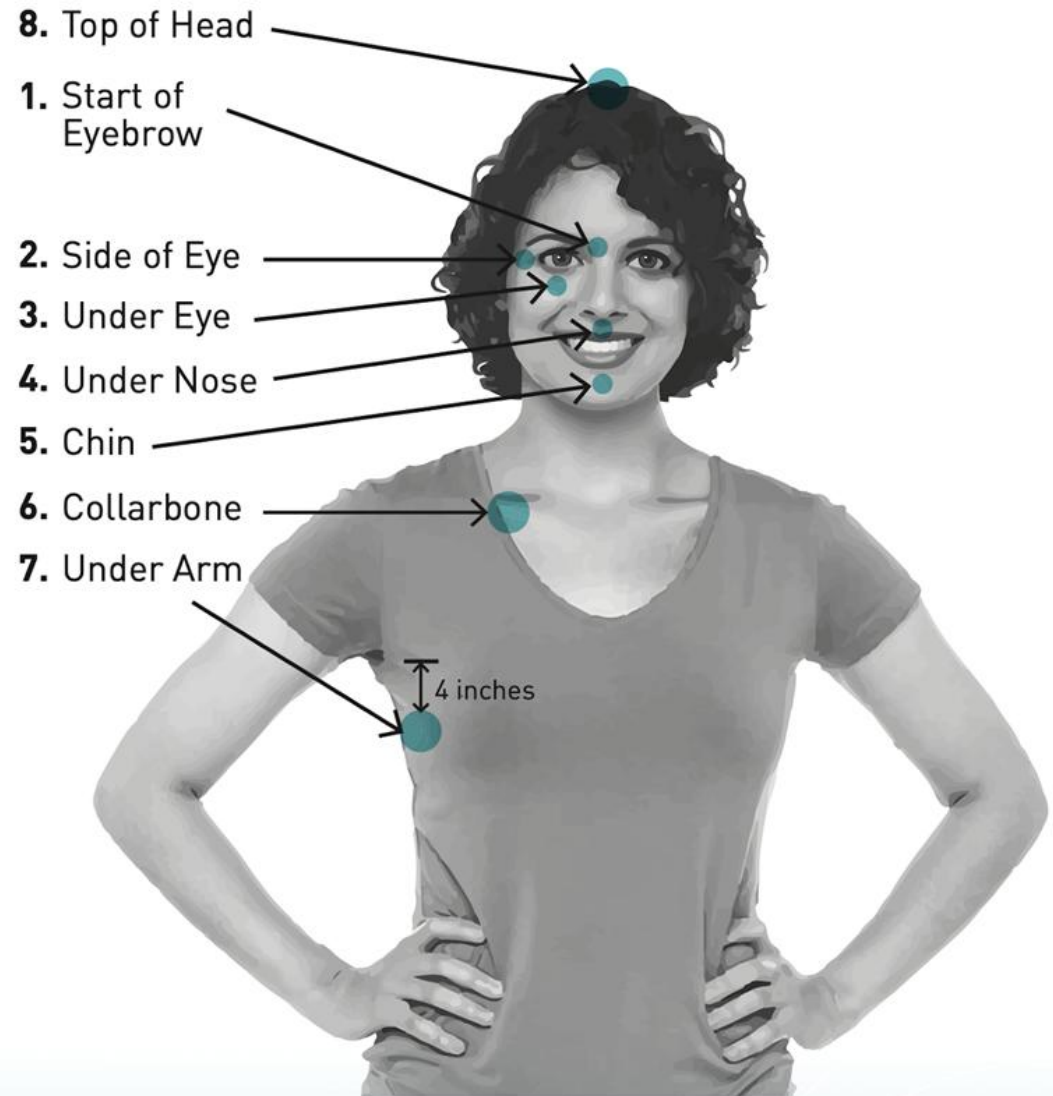


Figure 1B (right): The eight EFT points on the face and upper body

The evidence and practice of EFT Emotional Freedom techniques



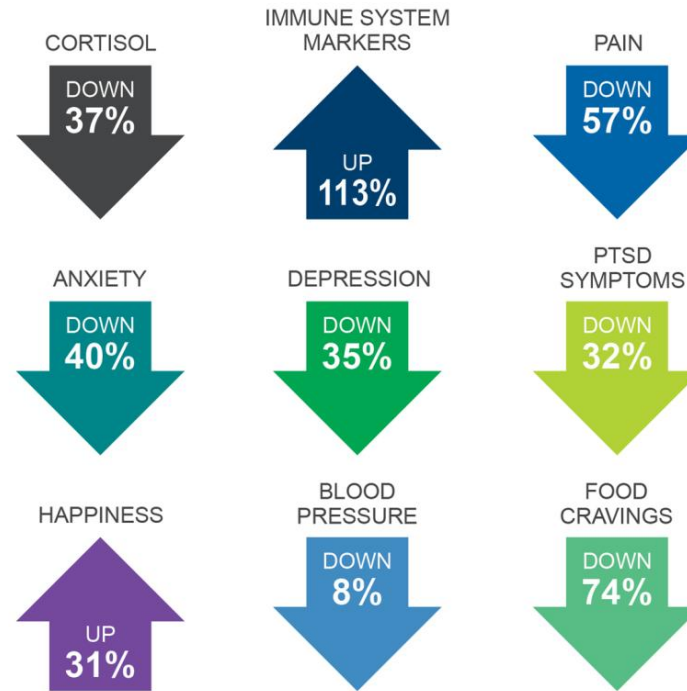
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Integrative
& Personalised
Medicine 25

6 Powerful Premises About Tapping

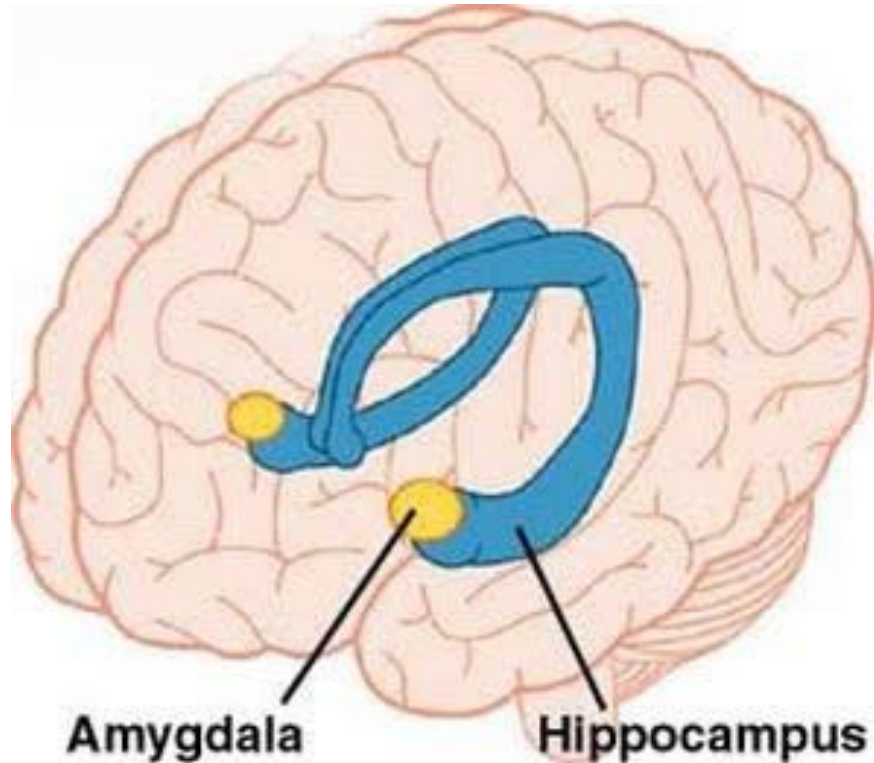
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- Deactivating signals can diminish the brain's threat response, while activating signals can enhance planning and stress management capacities.



Professional Standards Body for EFT Practitioners

Thank you

Invitation to learn more

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

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

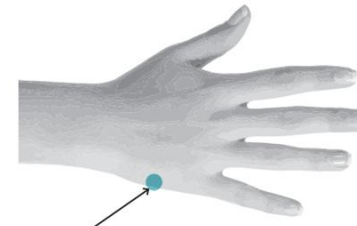
Tap with 2 fingers on the points on the face and body, while saying a short version of the setup statement e.g. feel scared...or this belief... or this feeling ... or something similar.

STEP 5

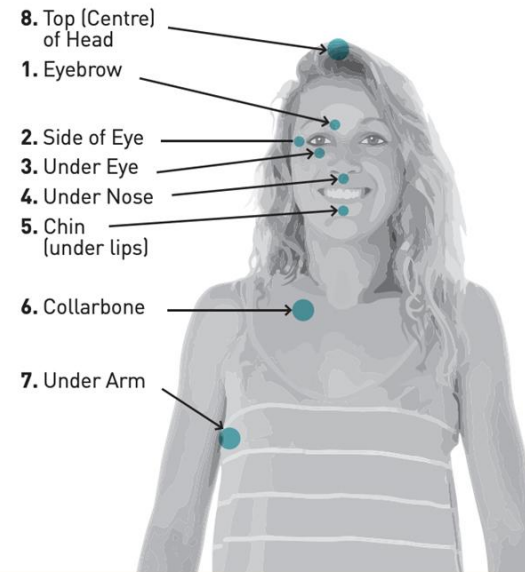
TAKE A DEEP BREATH

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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