

Nourish and Thrive!

How EFT Helps People Break Free From Unhelpful Eating Patterns

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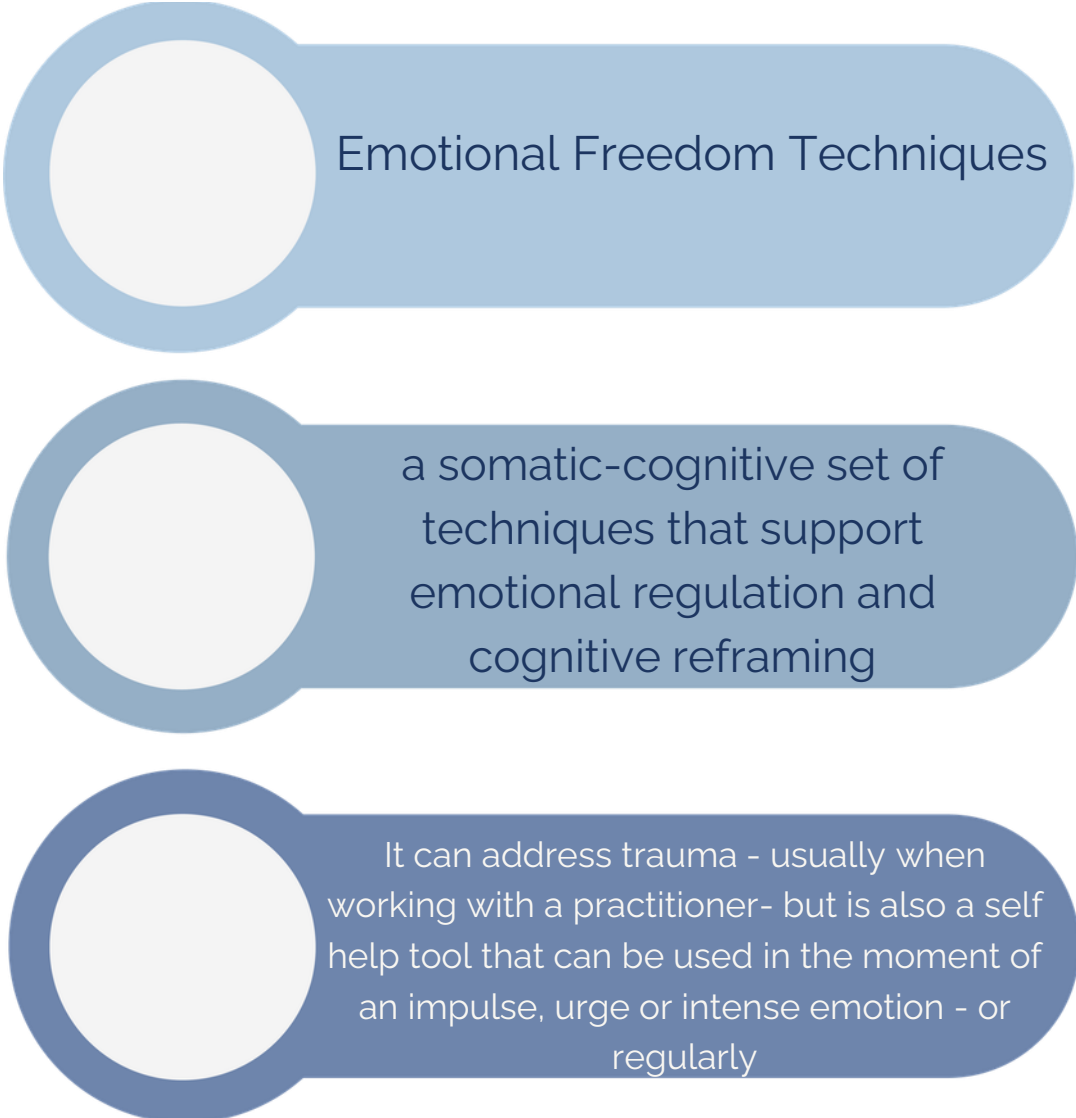
Advanced Accredited EFT Practitioner, Mental Health Nurse and Author of “Tap Your Trauma Away”



WELCOME and THANK YOU for attending
I'm Tanya ...
and this is Emily.

We don't have long, so I'll get going!!

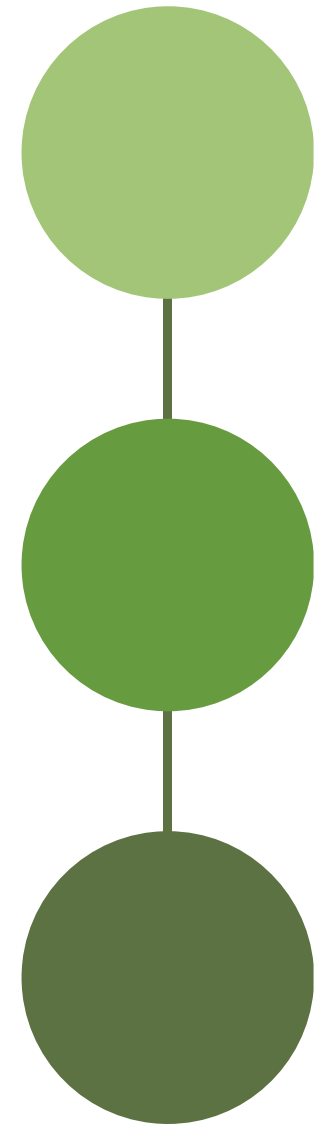
WHAT IS EFT?



Emotional Freedom Techniques

a somatic-cognitive set of techniques that support emotional regulation and cognitive reframing

It can address trauma - usually when working with a practitioner- but is also a self help tool that can be used in the moment of an impulse, urge or intense emotion - or regularly



Brief history

EFT was developed in the late 1990s by Gary Craig, who studied TFT from its founder, Roger Callaghan and wanted to make it simpler.

Gary created a single sequence which can be used whatever you are working on..

Through his work, EFT is now used for many issues, from public speaking, to physical pain, to PTSD and everything in between.

It's possible to work from a position of not knowing the issue itself, tuning into connected physical sensations or the emotion felt when the client focuses on the issue - it does not necessarily need deeper analysis.

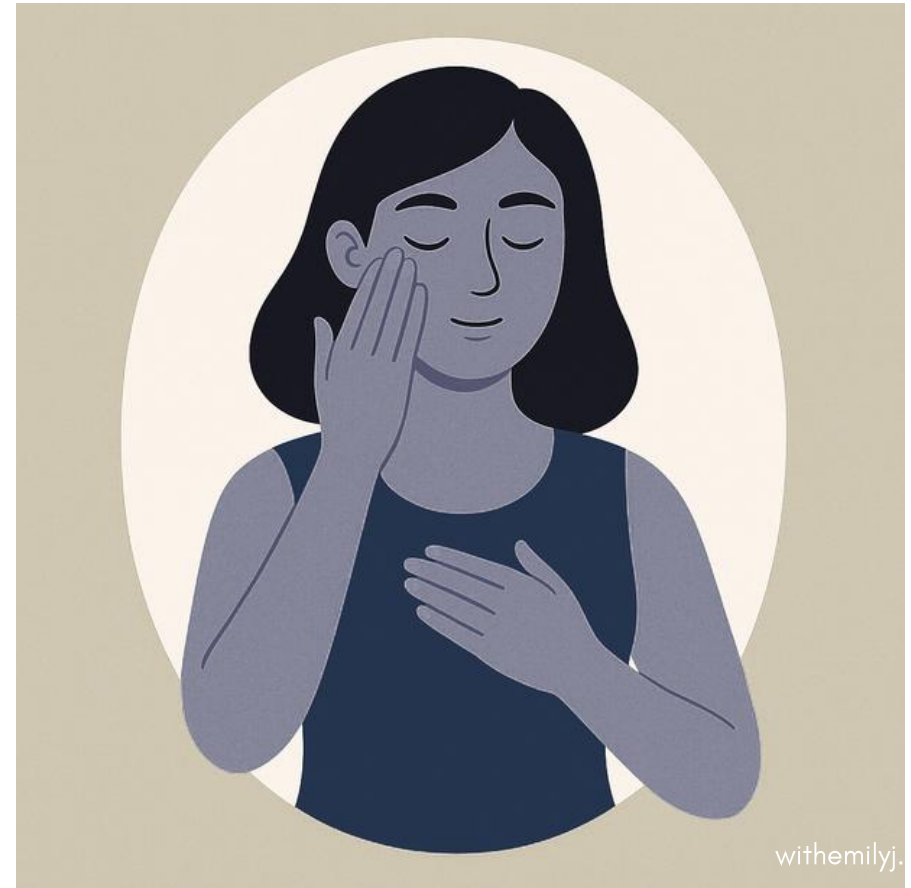
This can be really useful, for example, in working with people who overeat but don't really know why or repeatedly choose certain foods that aren't what their body needs



What actually happens?

Basically

- you focus on an issue - gently
- you note its' intensity
- you tap
- an electro-chemical communication calms the aroused part of the brain
- the intensity reduces (usually) and you repeat until there is no or very little intensity
- there is often a different cognitive experience following tapping



Emily will give you an
overview of the
evidence-base of EFT and
food issues

OVERVIEW OF EVIDENCE BASE

Evidence for EFT in food cravings and weight management is primarily based on randomised controlled trials (RCTs)

Research largely conducted in overweight/obese adults with high food cravings

Findings consistently show EFT is **effective**, **durable**, and **scalable**

EFTInternational 

CORE MECHANISM

- Targets **emotional drivers** of eating (stress, anxiety, depression)
- Works by **decoupling emotional distress** from eating behaviours
- **Addresses root psychological causes**, not just symptoms

KEY OUTCOMES ACROSS STUDIES

Significant reductions in:

- Food cravings
- Weight and BMI
- “Power of food” (psychological pull towards food)
- Anxiety and depression

Improvements often reach non-clinical levels

DURABILITY OF RESULTS

- Effects maintained at 6, 12 months, and up to 2 years
- Continued improvements seen post-intervention
- Contrasts with high relapse rates in diet-only approaches

RAPID & BROAD EFFECTS

Evidence of **rapid reduction** in cravings (*even in single workshop settings*)

Effects generalise across:

- Food
- Alcohol
- Tobacco

Highlights role in emotional regulation across behaviours

COMPARISON TO ESTABLISHED TREATMENTS

- EFT shown to be **non-inferior** to CBT for reducing cravings
- Offers an **alternative** or **adjunct** approach to traditional therapies
- Targets **underlying emotional regulation**, not just behaviour change
- Suitable for chronic, relapse-prone conditions like emotional eating
- Can be **integrated** into multidisciplinary approaches (e.g., alongside CBT, nutrition, motivational coaching)

2018 RESEARCH TRIAL ON FOOD CRAVINGS

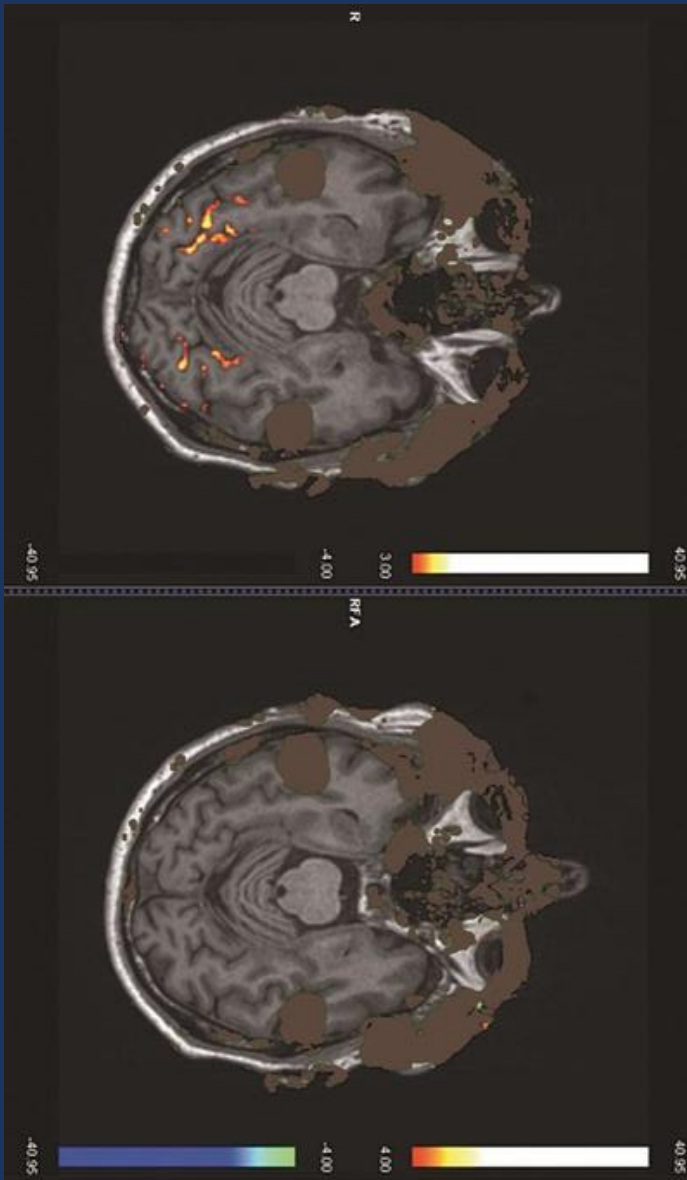
Pilot study of 15 obese adults; 10 were allocated to an EFT treatment, and 5 to a control group (no intervention).

Scanned using fMRI imaging before and after a **4-week EFT treatment phase**. While they were in the machine, they viewed images of high-calorie food.

After the 4-week EFT treatment, all were scanned again, with the same images to see if anything changed.

There was a **significant decrease in the activation in the EFT participants brain regions associated with the feeding response, reward & appetite**; and in some of them, there was no activation at all.

The control group still had activation in the parts of the brain associated with reward and loss.



FMRI Brain scan from 4 week research trial into food cravings 2018

2021 RESEARCH TRIAL ON ADDICTIONS

123 female clients over a 3.5 year period

Depression reduced 79% at intake to 16% at last survey, $p < .001$

Anxiety reduced 73% to 8%, $p < .001$

Trauma symptoms reduced 76% to 30%, $p < .001$

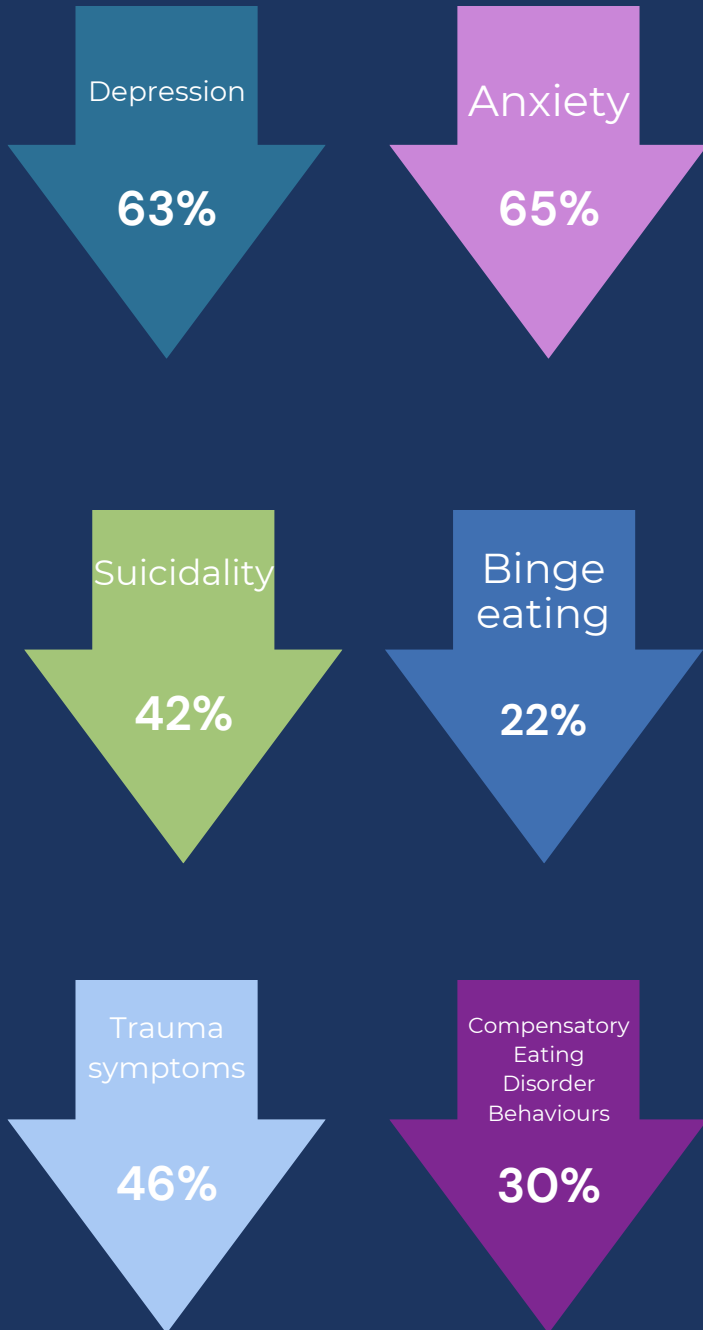
Suicidality reduced 53% to 11%, $p < .001$

Binge eating reduced 33% to 11%, $p = .01$

Compensatory ED behaviours 41% to 11%, $p = .074$.

77% of all clients successfully completed treatment compared to a national average of 42%

Energy psychology = EFT, TFT, TAT and BSFF
MI, MAT, CBT, DBT, relapse prevention, process
groups; 12 step & self help



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

LET'S TAP

Emily will lead us in tapping for food cravings.

Follow along with Tanya.



withemilyj.

Any questions?

And thank you so much for coming.

For more information:

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