

EFT blends and works well with many other modalities. Consider adding it to your tool kit.

EFT has many uses including: [reducing stress](#) in day-to-day living, [dissolving accumulated emotional pain](#), [enhancing performance](#) in many areas of life, and facilitating [profound personal growth](#).

The **Emotional Freedom Techniques** are the best known and most widely used [energy techniques](#) worldwide of a group of methods called [meridian tapping techniques](#) within the overall field of [Energy Psychology](#). EFT is known as "*the ambassador of energy therapies*".

EFT was developed by [Gary Craig](#) in the mid-nineties based on an earlier technique called Thought Field Therapy (TFT) which was developed by Dr. Roger Callahan. Gary found TFT to be unnecessarily complex and he streamlined and simplified it without compromising its effectiveness. These two techniques have evolved separately since that time. The result is that EFT is much easier to learn and apply and is far more flexible (i.e. EFT can be used in many different ways for more things) and is exceptionally effective.

Although EFT and TFT look like similar techniques on paper, they are *significantly* different in how they are done and applied. Another difference is that EFT is an open subject with no confidential levels and is accessible to everyone.

### Experiencing and Learning EFT

As EFT can be readily **self-applied**, it is worth learning to do it confidently and competently by developing your EFT skills to a functional level (which isn't that hard). It is a tool and, like any tool, it takes some practice to become good at using it.

You can experience and learn EFT by having [private EFT sessions](#) to work on your own *personal issues* with an experienced EFT practitioner and/or by doing [EFT workshops](#) (from beginner to advanced).

Certified EFT Master [Peter Graham](#) currently delivers four EFT workshops, conducts an EFT practitioner certification program and provides ongoing support.

The (1-day) **Level 1 Introductory EFT Workshop** (\$175) teaches *the full EFT tapping technique*, how to use it, and much more. The (2-day) **Level 2 Foundational EFT Workshop** (\$395) teaches *the essential EFT skills and techniques* needed to get consistent results. Both workshops are recommended, including for those who will only be self-applying it.

The 2-day **Personal Empowerment EFT workshop** (\$425) is a [breakthrough workshop](#) developed by Peter Graham for those who are *serious* about using EFT for their *own personal growth* and it's also very useful for *EFT practitioners*. The pre-requisite is Level 2.

The 3-day **Level 3 Advanced EFT workshop** (\$495) is mainly for those who will use EFT with others as an [EFT practitioner, counsellor or coach](#) (professionally or non-professionally) but it is also very useful for anyone who is serious about his/her own *personal development*. Pre-requisite is Level 2.

For more **information** on EFT or if you are interested in having **private EFT sessions** (in person or by phone), *or to register* for an **EFT Workshop**, *or to receive* Peter's online **EFT Newsletter**, [email](#) or [contact Peter Graham](#) on (08) **9487 8363** or [Post](#) to: P.O. Box 8031, Hilton, 6163 WA.

**Web site:** [www.tap4peace.com.au](http://www.tap4peace.com.au)

**Email address:** [pgraham@tap4peace.com.au](mailto:pgraham@tap4peace.com.au)

Copyright © 2011 by Peter D. Graham. All rights reserved.



P D Graham Enterprises Pty Ltd  
ABN: 12081077590



*EFT is an Invaluable Tool for  
use in the Journey of Life*



Learn EFT from  
**Peter Graham**,  
certified EFT Master

## What is the Emotional Freedom Technique?

Includes information on

- **The theory of EFT,**
- **The many uses of EFT,**
- **EFT workshops, and**
- **Private EFT sessions.**

*EFT gets to the heart of an emotional  
problem by addressing and clearing  
disruptions in the body's energy system.*

# The Emotional Freedom Technique

**The Emotional Freedom Technique** (EFT) is a remarkable *emotional clearing* technique that has come into prominence around the world in recent years for its capacity to eliminate or reduce the intensity of **negative emotions & feelings** and **painful memories** and to dissolve attachments to **negative beliefs**. This often occurs quite rapidly, but not always as there are times when *persistence* is required.

Since negative emotions, feelings and beliefs contribute to our personal issues, EFT is an extremely important development. At best, these feelings and beliefs limit us and keep many of us stuck in our “comfort zones”. At worst, our recurring emotional responses and bad feelings can literally ruin our lives and relationships.

## "Emotional Acupuncture"

EFT is often called **the tapping technique** and is sometimes also referred to as "emotional acupuncture" (but without any needles). The primary EFT technique involves *tapping* (with one's fingers) through a series of very specific *acupressure points* (that are understood to be related to emotions) while *focusing attention* on a particular (and usually activated) emotion, feeling, problem or event. After tapping through this sequence a few times, the intensity of the emotion, feeling or issue usually drops noticeably and often disappears in a matter of minutes.

EFT has some unique features that make it exceptionally useful. Firstly, the EFT tapping technique is fairly *simple* and can be learnt in less than an hour and, secondly, this tapping technique can be *easily self-applied*.

EFT is extremely *effective* and has a very high success rate (over 80%) when correctly used. It doesn't take long to do a single application of the tapping technique (minutes), after which there are usually observable changes or shifts in the intensity of the selected feeling or emotion.

EFT may seem like a strange technique to some at first, unless they are already familiar with acupressure or kinesiology or some other healing approaches that include the *human touch*. EFT is *partly based* on the same principles as acupuncture and the tapping is believed to help *re-balance the body's energy system*.

**There is a lot more to EFT than just the tapping technique.** EFT actually stands for **Emotional Freedom Techniques** (plural). The *same* EFT tapping technique (or a shortcut version of it) is used as *part of every other EFT technique*, such as the Movie Technique which is one of the EFT techniques used to effectively resolve painful memories.

When using the Movie Technique, each one of the negative emotions or feelings or intense parts of a particular painful event “get tapped on” separately (using *the same simple EFT tapping technique*) to reduce their intensity and dissolve them. It can be amazing to observe or experience this happening.

## Theory

The basic premise of EFT is that where a person has a negative emotion or feeling, there is *a disruption or blockage in that person's energy system* (which can often be *felt* in the body as one or more sensations, feelings or energies).

The original theory is that by *tapping* on (i.e. *stimulating*) certain acupressure points *while* (at the *same* time) keeping one's *attention* on (staying *tuned into*) that emotion or feeling, the disruption in the person's *energy field* is cleared and the feeling spontaneously reduces or collapses. There are also several *alternative theories* regarding why EFT works. In practice, clients often comment on feeling "shifts" inside their body (as the feeling dissolves, changes or moves) while doing the EFT tapping technique and many mention a feeling of calmness as a result of doing it.

A very important concept in EFT is that *complex problems* are usually composed of *a number of negative feelings and emotions, limiting beliefs and attitudes, and/or painful memories*. Each of these "components" or contributing factors (and there is sometimes many of them) is called **one aspect of that problem**. Difficult or long term problems usually have *dozens of aspects (or more)*. Part of the skill in using EFT is understanding this and learning how to *systematically* locate and eliminate the various aspects that together make up a particular problem. This approach opens the door to making progress with very challenging issues.

EFT is simple, elegant and **easy** to learn and use. It is very effective and can be easily **self-applied**. It basically consists of tapping on a series of acupressure points while focusing attention on a negative feeling, memory, problem or belief. EFT appears to work at all levels (physical, emotional, mental and spiritual) and often works when nothing else will. A detailed article on why EFT works can be found on Peter's web site (see below).