

# EMOTIONAL FREEDOM TECHNIQUE (EFT)

FOR EMOTIONAL HEALING 

## WHAT IS EFT :

*EFT is a natural finger tapping and thought altering method derived from the ancient healing technique of acupressure , when applied , it can erase negative feelings , unhealthy emotions , long standing addictions , and traumatic memories from your subconscious mind .*

## EFT IS :

*A new branch of energy psychology .*

*A clinically proven method that has been used in thousands of documented cases to relieve stress , trauma , anxiety , pain - and numerous other health related conditions .*

*EFT is gentle and non threatening .*

*Confidential - you don't even have to share any of your problems with the practitioner to gain relief .*

*Remarkably rapid in its effects .*

*Phobias and stubborn anxieties often fade in minutes .*

*The life long grip of an early trauma can frequently be released within one or two sessions .*

*Anger can be managed more reliably .*

*Depression can in many cases be alleviated without drugs .*

*Achievements in sports , school , music and business can be given a powerful boost .*

*Even elusive psychical problems may respond where other treatments have failed .*

*EFT balances the energy connected to negative emotions or thoughts .*

*When your energy is balanced and clear around a thought or issue you feel completely different .*

*There is no more emotional distress .*

*You feel better .*

*You are able to think more clearly .*

*You can see possibilities you couldn't see before .*

*You are able to take action .*

*You are able to act with more thought and wisdom .*

*You bring about better results in your life .*

## ABOUT THE THERAPIST :

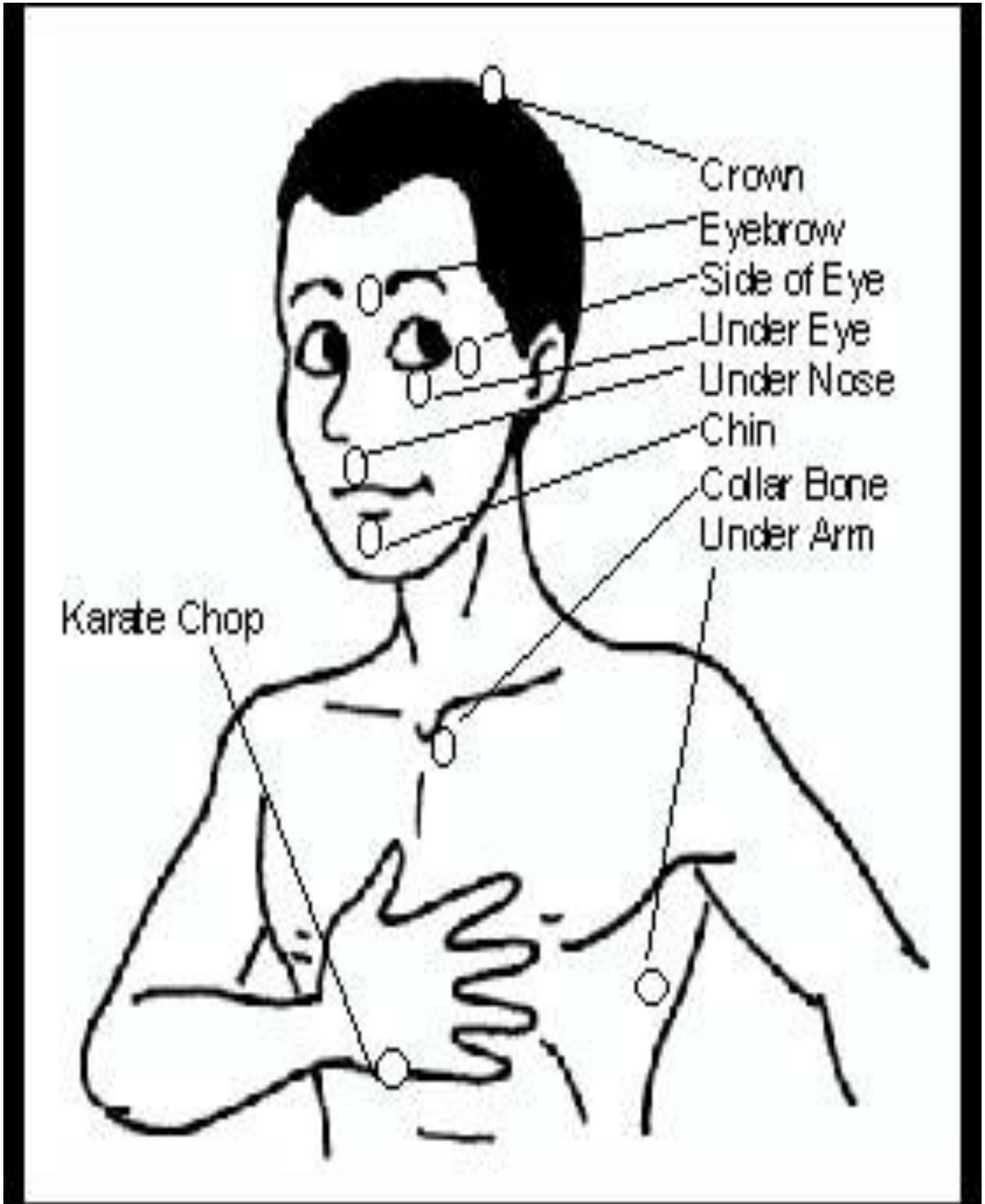
*Alan kirwan is clinical Hypnotherapist & EFT practitioner he holds a advanced diploma in clinical Hypnotherapy and also a advanced certificate in EFT he is member of the institute of clinical Hypnotherapy & Psychotherapy and the British Institute of Hypnotherapy and as such is bound by a code of ethics . As a professional therapist , he is committed to helping you swiftly and effectively as possible*

## FOR MORE INFORMATION AND APPOINTMENTS :

**PHONE : 041 9823869 086 2378365**

Tens of thousands of people worldwide are now using EFT to reduce stress and create calmness and confidence .  
[www.walkingtall-hypnotherapy.com](http://www.walkingtall-hypnotherapy.com)

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## *EFT Tapping Sequence*

*SUDS ( subjective units of distress )*

*Assign a number to your feelings based on an intensity scale of zero to ten ( ten being the highest )*

*The Karate Chop point :*

*Then begin tapping on the karate chop point with the index and middle finger of the other hand whilst using the set up phrase .*

*The Set up Phrase :*

*“Even though ( state your issue ) I deeply and Completely accept myself “*

*Say this aloud 3 times with emphasis .*

*Reminder Phrase :*

*Choose a reminder phrase of your issue ... e.g. this headache .*

*Now begin tapping on each point with the tips of your index and middle finger gently starting at the eyebrow point and tap between 7 - 10 times on each point while stating the reminder phrase once at each point .*

*1<sup>st</sup> eyebrow*

*2<sup>nd</sup> side of the eye*

*3<sup>rd</sup> under the eye*

*4<sup>th</sup> under the nose*

*5<sup>th</sup> the chin*

*6<sup>th</sup> collar bone*

*7<sup>th</sup> under the arm*

*8<sup>th</sup> top of the head*

*Then after doing two rounds of the tapping points take a slow deep breath and check your intensity levels between one and ten and when you have completed as many rounds is required to bring intensity to zero . You can then move onto a new issue .*

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