

## EMOTIONAL FREEDOM TECHNIQUE (EFT)

Another tool used by Gail Jones in her coaching practice is Emotional Freedom Technique (EFT). EFT can be used alone or in conjunction with RTS.

EFT is a quick, effective, easy-to-learn tool for healing all sorts of emotional blockages, ranging from fear of flying and speaking in public to letting go of anger and wounds from the past. It is also used in the medical profession to help ease the symptoms of physical ailments such as chronic back pain, headaches or insomnia. (Physical problems sometimes have a psychological component.)

Some clients who use EFT regularly have reduced their pulse rates. Many have successfully used EFT to lose weight, break addictions, or even to heal or improve relationships.

The beauty of EFT is that with only a few sessions, nearly anyone can learn to use it.

EFT is sometimes referred to as “acupuncture for the mind,” because it uses meridian points in the body to release negative or dysfunctional emotions. By learning how to tap these energy points, a person can often immediately neutralize uncomfortable emotions.

A trained EFT person can help a person get to the underlying BELIEF that causes the fear, which is where real breakthroughs occur. For example, when coaching a client with weight issues, Gail helped the client get to the cause of why she over ate. As the client was “tapping,” she remembered being molested as a child. She ate to “stuff” the shameful feelings away. By using EFT, the client was able to release her feelings of shame.

EFT was discovered by Gary Craig, an engineer by training, who was interested in personal development tools. Craig trained with Dr. Roger Callahan, a psychologist who developed Thought Field Therapy, which applies kinesiology and acupuncture. Craig refined Callahan’s techniques to make them easier to use and more accessible to the layperson.

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