

Welcome

Please describe a stressor or concern that is personal in nature and/or relating to your career.

EXAMPLES: financial, relationship, health, education, testing.

This is anonymous, so don't include your name.

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EMOTIONAL FREEDOM TECHNIQUES (EFT)

EFT is an evidence-based somatic self-regulation and brief therapy tool developed nearly 50 years ago.

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RESEARCH

EFT has been researched in more than 10 countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals.

(Dawson Church 2016)

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EFT can address a range of complex emotional challenges, including post-traumatic stress disorder, anxiety, depression, pain, phobias and more.

Clinical trials have shown that EFT lowers stress reactions in the body and reduces the emotional impact of traumatic memories while positively influencing gene expression.

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Please Write This Down

EFT changes your stress response pattern, reducing anxiety and increasing calm and rational thinking

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Tapping Benefits

- Appropriate for all ages, cultures, and specialized populations
- Easy to learn
- Self regulating
- Access anytime
- Automatic results
- No risk of harm
- Lessens re-trauma
- Trauma Work ~ Somatic Experience

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EFT SUPPORTS AND AIDS

- ▣ Stress Relief
- ▣ Anxiety Relief
- ▣ Trauma-Informed Care
- ▣ Trauma Activation
- ▣ Positive Behavior Strategies (PBIS)
- ▣ Social-Emotional Learning (SEL)
- ▣ Positive Classroom Behavior (PAX)

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EMOTIONAL FREEDOM TECHNIQUES (EFT)

Emotional Freedom Techniques (EFT) is an evidence-based intervention and brief therapy incorporating elements of exposure, cognitive therapy, and somatic stimulation. Research suggests that it deactivates the body's stress response (amygdala) and the brain's memory center (hippocampus). It's also called Tapping because you gently tap, with your own fingers, on the acupuncture meridian points on your face and upper body while focusing on the presenting issue, including your thoughts, feelings, and bodily sensations.

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Simplistic Definition of EFT

By gently tapping with your own fingers on Acupuncture Meridian points on your upper body:

- EFT (Tapping) works quickly to **reduce anxiety** and the emotional impact of past experiences that trigger the stress response in the body - **"Trauma Triggers"**
- EFT interrupts the automatic stress response allowing for calm and **re-engaging the critical thinking brain**

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Tijana's Tapping Definition

Functional Tapping stops you from
stressing and
Allows you to think clearly

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Exercise

In your own words AND for your own populations or needs, describe what EFT/Tapping is and what it does. For example, when speaking to young children you may explain, Tapping is a way to calm those scary feelings in your tummy. (A child doesn't need to know how it works.) A different explanation would be appropriate for a peer.

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Personal Bio



- ▣ International Keynote Speaker, Workshop Leader, EFT Trainer
- ▣ Staff Development, Continuing Education Courses (one of few nationally), Leadership Retreats
- ▣ EFT Expert: Stress/Anxiety, Trauma-Informed Care, Secondary Trauma, Addiction, General Wellness
- ▣ **Formerly DEPRESSED AND STRESSED**

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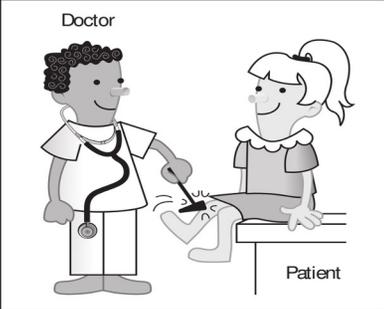
Populations

- ▣ Corporate Groups
- ▣ Teachers
- ▣ Mental Health Professionals
- ▣ Foster Parents
- ▣ Domestic Violence Victims
- ▣ Children (all ages)
- ▣ People with SUD's
- ▣ Wellness Groups



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It's Automatic



It's All Good!

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Functional Tapping 🧘



Press Pause
 Cleansing Breath
 Grounding

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FEEDBACK

What did you feel?
What did you see?
Application Ideas.

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How do you do Functional Tapping?

- ▣ Tap
- ▣ Talk
- ▣ Truth

Share, Vent, Tell the Story
Always include an emotion

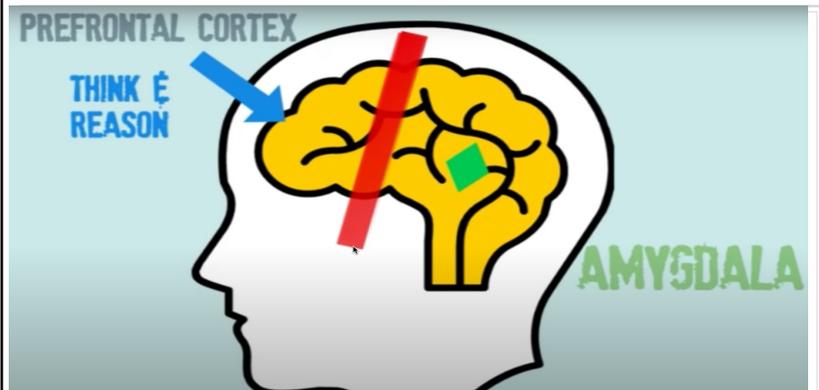


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PREFRONTAL CORTEX
THINK & REASON
AMYGDALA

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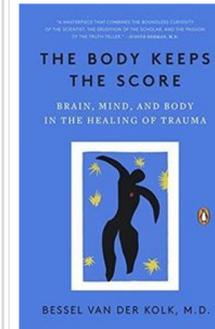
“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

— Steven Covey

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The Body Keeps The Score



“For adults and children alike, being in control of ourselves requires **becoming familiar with our inner world and accurately identifying** what scares, upsets, or delights us.
(Van der Kolk, 2015)

(in other words, **Tell the Truth**)

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“As long as you keep secrets and suppress information, you are fundamentally at war with yourself...The critical issue is allowing yourself to know what you know. That takes an enormous amount of courage.”

~ Bessel van der Kolk

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Demonstration With Client or Model

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Tapping Ideas

- ▣ Model: alone and with them
- ▣ Body feeling
- ▣ Talking about difficulties
- ▣ Before, during, and after
- ▣ Processing anything
- ▣ Undesirable behaviors



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