



BE FREE from emotional Baggage – Upper York Magazine “Holiday 2008”

Emotional Freedom Technique (EFT)....What is it?

EFT is an energy healing technique that is based on the principles of Acupuncture. Dr. Roger Callahan designed a technique known as Thought Field Therapy (TFT); the beginnings of EFT. Dr. Callahan received his Ph.D in clinical psychology from Syracuse University where he has also taught. He is the founder and developer of the Callahan Techniques (reg.) Thought Field Therapy.

The method uses acupuncture points that you tap on with your fingers instead of needles. This practice worked very well, however it needed to be modified to become easier for most to learn and be able to practice themselves. Thus a new therapy was born. EFT was created by Gary Craig in the mid 1990's and is meant to be a simplification of Roger Callahan's Thought Field Therapy (TFT) techniques.

Craig trained with Callahan in the early 1990's. In 1993, Craig was the first person Callahan trained in his most advanced procedure, a proprietary procedure known as Voice Technology. Craig felt through his experience that the sequence of tapping points did not matter and that special proprietary procedures were therefore unnecessary, and by the mid 1990's had simplified Callahan's procedures.

These revisions became EFT and made learning and applying the technique much easier.

Dr. Patricia Carrington Ph.D is an associate clinical professor at UMDNJ-Robert Wood Johnson Medical School, Piscataway, New Jersey. Dr. Carrington who learned from and continues to work with Gary Craig made her own revisions that have made it easier still for clients to get positive results. She is the originator of EFT Choices Method used world-wide by psychotherapists and trainers.

It was through the teachings of Dr. Carrington in 2002 that I learned this wonderful technique and continue to have great success with. It truly is a simple technique and with unlimited possibilities, I encourage my clients to use it on EVERYTHING. No adverse side effects and very gentle. I feel very strongly that everyone should learn and use this technique.

EFT is designed to eliminate negative emotions and their physical attachments. However EFT is not limited to just emotions, it can be used to help eliminate or minimize pain, fears and other dis-ease of the body. The cause of negative emotions is a disruption in the body's energy system.

Emotions play a large part in our health and well-being. “I think therefore I am” is a good example of just how our thoughts can affect us both physically and mentally. If you think negative thoughts your mind and body will change because of them. EFT will create a positive change in your conscious and sub-conscious mind.

Through working with your body energy, EFT brings balance into your life. EFT can be used for phobias, anger, allergies, relationship issues, pain and recovery, behavioral problems and can be used to enhance such as sports performance, school, creativity and so much more.

Once someone has learned the technique the possibilities for its use are endless and only limited to the individual’s imagination.

Why suffer with fears and other dis-ease when you can learn this very simple technique and through help and guidance you can begin your healing today.