



# EFT *Emotional Freedom Techniques*

## *Information Sheet*

Company Name: Emotional Freedom Techniques (EFT)

Type of Business: Energy Healing

Founded by: Gary Craig

Introduced: 1995

Website: [www.emofree.com](http://www.emofree.com)

Product: Education on the application of a universal healing aid designed to remove the effects of negative emotions from the body, and promote improved physical health.

Clientele: Anyone with emotional issues or physical ailments.

Availability: Although there are trained EFT Practitioners around the world, the technique can be easily learned and applied by almost anyone.

Other: Free 79 Page Manual available online that includes all the EFT Basics  
Free e-newsletter  
Easily affordable training DVDs for sale on website



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# EFT *Emotional Freedom Techniques*

## *The Missing Link to Vibrant Health and Complete Happiness!*

Based on the premise that unresolved emotions can compromise our potential for happiness, EFT began as an effective remedy for phobias, addictions and war trauma. ***Vietnam Vets were finally able to sleep at night, smokers could choose fresh air, and paralyzing phobias lost their grip...all without medication!***

Before long, EFT was providing relief for migraine headaches, sexual abuse trauma, and a wide assortment of everyday ailments. Fascinated by the results, founder Gary Craig taught the technique to therapists, clients and people on the street. He said "Try it on everything!", so they did.

Since then, EFT has grown into a revolutionary healing aid, ***used by traditional therapists, medical professionals and alternative healers on everything from weight loss to cancer.*** The discovery behind this relief is that unresolved emotional issues are caused by disruptions in the body's "subtle energies". These disruptions inhibit our natural ability to heal, leaving us open to nagging fears, chronic pain and terminal illness.



Combining this emotional element with the ancient principles of acupuncture, ***EFT has been able to address the causes*** of these energy disruptions with a gentle tapping procedure (using the fingertips). Impressive results ensue because the process addresses causes instead of symptoms.

Most recently, advanced EFT applications have been demonstrated on clients with serious diseases at a series of workshops in the US and England. These workshops have drawn between 250—400 participants each, and clients have walked away with ***measurable relief from Parkinson's Disease, Cystic Fibrosis, Diabetes, Chronic Fatigue Syndrome and Multiple Chemical Sensitivities, to name a few.***

Committed to the integration of traditional medicine with energy healing, Gary offers a free 79 page manual that includes the EFT Basics, a free e-newsletter, and very affordable training DVDs on the EFT website ( [www.emofree.com](http://www.emofree.com) ).

Practitioners around the world are trained to teach and apply EFT, and over 100,000 people receive the EFT newsletter. It is also spreading internationally, and the EFT Manual has been ***voluntarily*** translated into French, German, Italian, Spanish, Dutch, Persian and other languages. EFT is destined to become a household word.

As Gary Craig says, "We are on the ground floor of a new Healing High Rise".

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## *How Does EFT Work?*

Energy meridians that run through our body can be blocked or disrupted by unresolved emotional issues, thereby compromising our natural healing potential.

Quite often, people are aware of the events or memories that trigger emotional discomfort in their lives, but they have not yet connected those memories to the symptoms of disease in their bodies. Using EFT, it is possible to revisit the event(s) in question, and balance the disturbed meridians. Properly done, both emotional anguish and the physical symptoms often subside.

Although based on acupuncture, EFT has simplified the realignment process by gently tapping on key meridian points on the head, torso and hands. Traditional acupuncture needles are not necessary in this process.

### **Headache Example**

A basic EFT application would initially focus on a current issue. This would include simple language designed not only to hold the focus, but also to add self-acceptance to the process. For example, someone trying to address migraine headaches might say "even though I have this horrible headache, I deeply and completely accept myself", while tapping through the points.

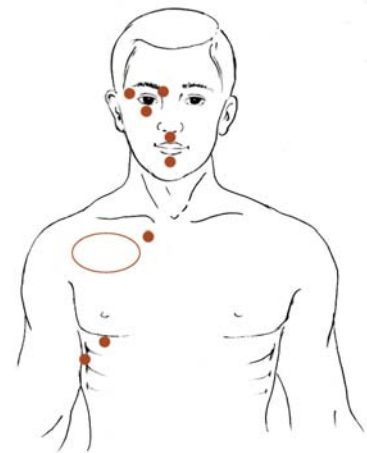
If this initial procedure provides significant relief, then applying the Basic EFT procedure as headaches appear can be very effective. Interestingly, it has provided permanent relief in several migraine cases.

If the headache hasn't vanished after the initial realignment, or if the Basic procedure doesn't provide relief for subsequent headaches, then there is almost always a deeper emotional factor at work.

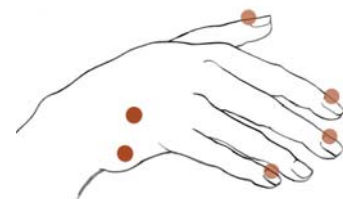
Advanced EFT application can enhance the results significantly, and is usually necessary for more complicated cases. The best EFT practitioners have learned the techniques available for uncovering the core issues, and approaching them with minimal amounts of emotional pain.

Although the Basic EFT procedure has shown astonishing relief for a wide variety of symptoms, applying EFT to serious diseases and chronic illness requires advanced experience. Please consult a qualified health practitioner before using EFT or before discontinuing any treatment or medications.

Please visit [www.emofree.com](http://www.emofree.com) for more information on EFT or to search our database of EFT Practitioners.



This illustration is provided for your reference after you have learned the Basic EFT procedure.



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*By addressing unresolved emotional issues, EFT has proven effective with a WIDE VARIETY of serious diseases, everyday ailments and personal performance goals.*

*Please visit [www.emofree.com](http://www.emofree.com) for case studies and DVDs on all of the following issues.*

- ◆ Weight Loss
- ◆ Anxiety/Panic Attacks
- ◆ Eating Disorders
- ◆ Relationship Issues
- ◆ Anger Management
- ◆ Children's Behavior
- ◆ Dyslexia
- ◆ Allergies
- ◆ Carpal Tunnel Syndrome
- ◆ Asthma
- ◆ Insomnia
- ◆ Multiple Chemical Sensitivities
- ◆ Pain Management
- ◆ Women's Issues
- ◆ Men's Issues
- ◆ Self Worth/Self Esteem
- ◆ Abundance
- ◆ Sports Performance
- ◆ Spiritual Connection
- ◆ Phobias
- ◆ War Trauma (PTSD)
- ◆ Sexual Abuse Trauma
- ◆ Addictions
- ◆ Depression
- ◆ High Blood Pressure
- ◆ Fibromyalgia
- ◆ Migraine Headaches
- ◆ Chronic Fatigue
- ◆ Obsessive/Compulsive Disorder
- ◆ Cancer
- ◆ Parkinson's Disease
- ◆ Muscular Dystrophy
- ◆ Multiple Sclerosis
- ◆ Rheumatoid Arthritis
- ◆ Cystic Fibrosis
- ◆ Diabetes
- ◆ Hepatitis C
- ◆ ALS—Lou Gehrig's Disease



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## *Life-changing opportunities for victims of serious disease!*

- ◆ Clinical results with EFT have revealed an ***undeniable connection*** between unresolved emotional issues and serious diseases.
- ◆ Even better, EFT has found a way to address those issues, ***often reversing the effects of disease***, and allowing the body to heal itself.
- ◆ Negative emotions result in energy disruptions that interfere with the body's ability to fight disease.
- ◆ EFT can identify the ***causes*** of energy disruptions, often resulting in permanent solutions....without medication!
- ◆ At several of his Mastering EFT Workshops, Gary Craig has clearly demonstrated the link between unresolved emotions and the onset of serious disease, and has ***opened up a new world of possibility*** as a result.

Please consult qualified health professionals before putting these ideas into practice for yourself or others.



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## *Rouleaux, or blood cell clumping, corrected by using EFT ...with before and after pictures.*

This remarkable finding is offered as yet another fascinating EFT anecdotal report ... this time with before and after photos.

Rouleaux is a medical term for a condition wherein the blood cells clump together forming what looks like stacks of coins. This is an unhealthy state because the cells are not free to absorb and carry oxygen. It is a pre-cursor to many serious diseases.

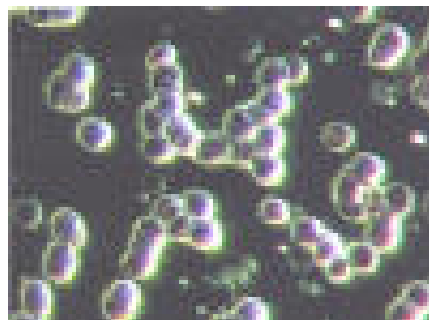
EFT practitioner Rebecca Marina went to her physician, Patricia Felici, ND for a checkup and, when Rebecca's blood was examined under a microscope (Dark Field Microscopy), it contained substantial blood clumping. Rebecca then corrected this problem with a brief, self-administered EFT session and, when the blood sample was taken again (minutes later), the blood clumping disappeared. This was astonishing to Dr. Felici because, normally, it takes many weeks of nutritional supplements to correct this condition.

The camera captured the before and after result and those photos are shown below. For Rebecca's account of what happened, please go to <http://www.emofree.com/research/rouleaux.htm> .

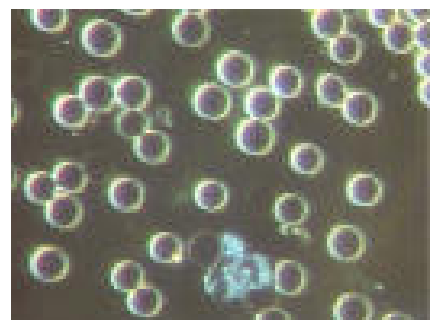
Pic #1: Rebecca's blood in the badly clumped state.



Pic #2: After a few minutes with EFT. Clumping improved.



Pic #3: After a few more minutes with EFT. Clumping completely gone.





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*With startling consistency, EFT has been improving the results obtained by traditional medicine, psychology and self-helpers. . all without medication!*

"Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools .... as it is for me."

**Eric Robins, MD**

"I am thrilled with EFT as a tool for healing in my practice. I have never come across such a gentle and comprehensive healing technique to help clients relieve their suffering. EFT is simple yet graceful, gentle yet thorough, and I am deeply grateful that I am able to use it to lead others to more vibrant health and emotional fulfillment."

**Carol Look, LCSW, DCH**

"Working with Diabetics is a challenging experience, yet has proven to be a very rewarding one. Here is an illustrative example from a list of many Diabetic cases for which we have successfully applied EFT... Michael is a 59 year-old obese male. Suffering from leg ulcers, advanced diabetes, leg and back pain." After using EFT to address the emotional issues attached to his ailments, "...His insulin need dropped dramatically from 3 shots per day to about 1 shot per week. His sugar level in the testing has gone from 400 to about 109. His leg ulcer is healing nicely and the blood pressure to his feet has increased. The leg and back pain have all but disappeared and he is able to sleep through the night. His energy level has increased dramatically."

**John Russo**

"Oh my God! I am a rank beginner, having never even heard of this process until last night, I've only done it now a total of 3 times, and it's stabilized my heart rhythm and lowered my blood pressure over 20 points! Thank you, thank you, thank you!

**Peggy Thiel**

"I have a real phobia about driving in heavy traffic areas, especially with ramps that are elevated. I tried the tapping and drove on an expressway, with ease and comfort, that normally I would have avoided like the plague. That convinced me!"

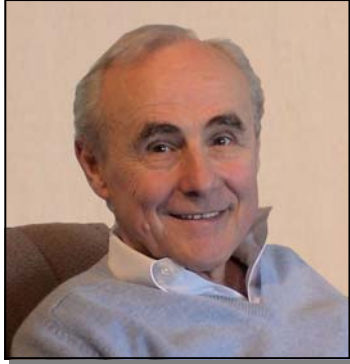
**Pat Pietri**

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## *Meet Gary Craig, Founder of EFT*

EFT was introduced in 1995 by Gary Craig, a Stanford Engineer in lifelong pursuit of personal well-being.

*"I have been intensely interested in personal improvement via psychology since my age 13. That was when I recognized that the quality of my thoughts was mirrored in the quality of my life. Since then I have been self taught in this field, seeking only those procedures that, in my opinion, produced results.*

*EFT is my latest finding, the core of which I learned from Dr. Roger Callahan. I also have high regard for Neuro Linguistic Programming (NLP) in which I am a Certified Master Practitioner."*

Gary Craig is neither a psychologist nor a licensed therapist. He is an ordained minister through the Universal Church of God in Southern California, which is non-denominational and embraces all religions. He is a dedicated student of A Course in Miracles, and approaches his work with a decidedly spiritual perspective. However, there is no specific spiritual teaching connected to EFT or its Practitioners.

*"I've been doing energy healing work since 1991 and my jaw still drops at the results. I've lost count of the number of phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments that have been elegantly relieved (often in minutes) by this procedure. Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn't perfect, of course. We don't get 100%. But it usually works well and the results are sometimes spectacular. It often works where nothing else will."*

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## Emotional Freedom Technique (EFT): A New Moment in Science

© Copyright 2003 by Christopher Hegarty, Ph.D., USA • Published in *Explore!* Volume 12, Number 6, 2003

*Imagine for a moment a healing modality that, in less than 10 years, has become a highly valued method of more than five thousand medical doctors, psychiatrists, psychologists, chiropractors, acupuncturists, nurses and other members of the healing professions in dozens of countries. Imagine further that no surgery, drugs or equipment are needed.*

*There is such a healing modality, Emotional Freedom Techniques (EFT).*

Practitioners worldwide have marveled at its simplicity, elegance and rapid means of healing. It has been clinically effective in thousands of cases for physical symptoms, trauma, stress, anxiety, fears, depression, addictive cravings, children's issues and more.

Even in the hands of most newcomers, it often achieves either noticeable improvement or complete cessation of the client's problem. For those practitioners who learn the advanced work, there are much higher success rates. Many skilled practitioners get measurable results over 80% of the time. In addition, the process is often rapid, long lasting and gentle and sometimes works when nothing else will.

For more than 10 years I have both witnessed, and used, acupuncture meridian methods as part of an integrated healing process that has proven valuable. There are too many proven successes to ignore the results. (See ***What health care practitioners around the world say about EFT at the end of this article.***) A very important book giving scientific validation in this field is *Science and Human Transformation: Subtle Energies, Intentionality and Consciousness*, by Stanford professor William A. Tiller, Ph.D. (ISBN: 09642637-4-2).

The potential within these procedures is so far-reaching that we may have reached "a new moment in science." While there are several useful techniques in this field, Emotional Freedom Techniques (EFT) is clearly the leader.

### **How Does it Work?**

EFT is sometimes called "acupuncture without needles" and generates its results by balancing the body's energy meridians while the client "tunes in" to their problem in a gentle, conversational manner. In this way an important link is established between mind and body. It parallels acupuncture, except that needles are not used. Instead, certain meridian points are stimulated by tapping with the fingertips while the client focuses on the issue they wish to resolve.

A simple way to explain how the EFT strategies work is to use the analogy of a circuit breaker in your kitchen. Once the circuit is over-powered you cannot turn the lights on or get the refrigerator to cool until the circuit breaker has been reset. EFT resets the circuits in a person's body and mind.

This acupressure-based healing modality was pioneered by renowned chiropractor, George Goodheart, furthered by medical doctor John Diamond and psychologist Roger Callahan and dramatically simplified and improved by Stanford engineer Gary Craig. With the initial aid of Adrienne Fowlie, Craig developed EFT and made the work elegant, efficient and affordable for almost anyone. Craig deserves the Legion of Honor award for making the work available at little or no cost to millions of people.

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Many people have achieved success using only the 79 page EFT Manual (*which is free and can be downloaded from [www.emofree.com](http://www.emofree.com)*). More in depth training is available at modest cost through live seminars and EFT's 57 professional videos. The favorite video of most practitioners is "6 Days at the VA". It displays full EFT sessions with Vietnam veterans and clearly shows how these hospitalized soldiers (*with Post Traumatic Stress Disorder*) are freed from the horrors of war often in a matter of one or 2 sessions.

I recently watched Craig demonstrate the value of EFT to an audience of over 350 people. Like many other EFT audiences they were initially skeptical.

How, they questioned, could tapping with their fingertips on various acupuncture points bring relief to both physical and emotional pain? Nonetheless, the audience members were soon tapping along with him as a means of bringing relief to their unwanted memories and physical discomforts.

I witnessed more than 70% report noticeable relief. Back pains subsided, headaches went away and sinus problems vanished. In addition, the unrelenting traumatic memories emanating from war, rejection, rape and abuse were replaced, for most, by a sense of calm. Many of the attendees claimed they were able to eliminate issues that years of conventional counseling had been unable to resolve.

To Craig, these results are logical and to be expected. In his words, "*Einstein discovered decades ago that physical matter (including the human body) is made of energy. Thus, even though the human body may appear to be solid, its foundation is energetic at its core. This simple fact is one of the most universally agreed upon findings in the scientific world but, to date, it has not been well integrated into western healing procedures.*"

For more details on EFT's results, visit the EFT web site ([www.emofree.com](http://www.emofree.com)). There you will find hundreds of cases where physical issues such as migraine headaches, carpal tunnel, lactose intolerance, strep throat and multiple sclerosis symptoms have gained complete or partial relief through EFT. These case histories serve as an aid for anyone wanting to master the subtleties of this process.

## **Four Examples From the EFT Materials**

1. John was hit over the head with a lead pipe resulting in a metal plate being inserted into his skull. Afterwards he had daily migraine headaches. These headaches were effectively relieved with EFT in short order with the help of New York Therapist Dr. Carol Look. This report is available on the EFT web site in a case history entitled 18 -month migraine headache follow-up. You can read the article at <http://www.emofree.com/cases/migraine/followup/htm>.
2. Josh, a 5 year old boy, had ongoing anger and behavior problems after witnessing his grand mother being accosted by thieves. He was relieved of this problem in one session at an airport...to his mother' delight. This report is available on the EFT web site in an article entitled, Josh: Building rapport with children--anger and behavior problems. You may read the article at <http://www.emofree.com/children/josh.htm>.
3. Ken, a profoundly retarded man with autistic symptoms, was inflicting harm on himself by biting his arms (many scabs and bleeding). Thanks to the creative use of EFT by practitioner, Tom Altaffer, this biting behavior subsided and his wounds healed. This case history appears on the EFT web site in an article entitled EFT with a mentally retarded patient. You can read the article at <http://www.emofree.com/cases/retarded.htm>.
4. Patricia sought relief for her emotional issues but had no idea that she was also going to achieve relief for her asthma. However, within the first few minutes of her use of EFT she was breathing deeply and freely in a manner that her medications had never provided. She also suffered from low back pain and that, too, subsided within the same session. This full session is included in The EFT training video set known as The EFT Course (see <http://www.emofree.com/eftcourse.htm>).

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## **Unique Features of EFT**

There are several features that set EFT apart from other such healing procedures. For example, it employs one basic tapping routine that is effective for both physical and emotional issues. That's why diverse audiences can achieve high percentage results even though each member may be addressing a different issue.

Further, healthy belief changes often occur as the energy meridians come into balance. The abuse victim, for example, may experience a belief shift from "My father hates me" to the healthier, "Dad doesn't know how to love. He needs help." Along with this more peaceful attitude, physical symptoms often subside.

Also, EFT's results are often long term. Properly done, the process most often does not need to be repeated. I know a number of people, who received very successful EFT sessions more than 10 years ago, and have never had a relapse. This is particularly so with emotional issues involving traumatic memories, grief, fears and phobias. It is also true with many physical symptoms although highly skilled practitioners may be necessary in complicated cases. Many injuries, including sports injuries, tend to heal faster when EFT is part of the healing protocol.

## **A New Moment in Science?**

My view of science is that "SCIENCE IS THE BEST WE KNOW AT ANY GIVEN MOMENT." However, "the best known" is not always "the best available." Valuable breakthroughs often take a long time before being accepted. For example, the doctor who discovered and proved the need for sanitary conditions when clients were being treated saw his proven work ignored for decades.

EFT, by contrast, has already received international acceptance. Thanks to close teamwork between highly skilled practitioners, seminars and word-of-mouth, the EFT email list has grown over a thousand fold since it first started 6 years ago and it continues to grow at an impressive pace. Also, the EFT training videos are modestly priced and can be copied and freely distributed to your colleagues and to other professionals. It is estimated that over 1,000,000 people worldwide have received the benefits of EFT.

A controlled study is now available in the September, 2003 Journal of Clinical Psychology.

For historical perspective, let me also mention that I served as a special advisor for the Academy of Parapsychology and Medicine at the time (1972) that it sponsored the first acupuncture symposium held in America. Dr. William Tiller was head of the Materials Science Department at Stanford University at that time and played a major role in bringing the symposium to Stanford. It was conducted on the Stanford University campus one day before the American Medical Association opened its annual national meeting in San Francisco.

The room was filled with M.D.s from all over the US. In an interview with Dr. Paul Dudley White, who had served as Dwight Eisenhower's personal physician while he was President of the United States, he stated "Christopher, I traveled to mainland China as a tourist after retiring from medicine. I went to a demonstration of acupuncture at a leading Chinese hospital and witnessed a number of major operations being done without anesthesia that changed the rest of my life. I am now devoted to seeing acupuncture used in the U.S. It may take time to see the benefits utilized in the U.S., but it will happen."

With that symposium as the starting point, acupuncture is now being widely used in America. EFT is a logical extension of that movement and, because of its value and simplicity (and skillful use of the internet) is known around the world. EFT has come full circle and is now being used in China, the birthplace of acupuncture. I have not known of a healing breakthrough to reach so far, so soon. My observation is that EFT will likely be a global force in the field of integrated health and healing.

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## **What Health Care Practitioners Around the World Say about EFT**

*"In addition to several emotional issues, I have used EFT for impressive relief for many physical problems including Hiatal Hernia, Candidiasis and Rheumatoid Arthritis. The process is gentle and often provides benefits where other methods fail."*

**Raul Vergini, MD Italy**

*"In my opinion, even though Gary is not a therapist by profession, his masterful use of EFT has made him one of the top 5 therapists I have ever met....and I've met the best."*

**David Lake, MD, Australia**

*"EFT has been, for me, the single most effective technique I've used in my 45 years of practice as a psychiatrist. I've had success with panic, social anxiety and many other disorders."*

**Curtis Steele, MD, Canada**

*"I have found EFT to be so useful that it has become the centerpiece of my practice. I have used it successfully on a long list of emotional issues, including paranoid schizophrenia. Interestingly, when the emotional issues subside, physical ailments often enjoy simultaneous relief. I have seen this with the symptoms of fibromyalgia and MS as well as for swallowing problems, back pains, hemmerhoids, acidity, breathing problems, stomach pain, vaginitis, headaches, joint pains and stomach problems."*

**Sonia Novinsky, Ph.D., Brazil**

*"In my 50 years as a practicing psychiatrist, EFT has proven to be one of the most rapid and effective techniques I've ever used."*

**Henry Altenberg, MD, USA**

## **ABOUT THE AUTHOR**

*Christopher J. Hegarty, Ph.D. is an alternative medicine researcher/journalist, best selling author and an advisor to a number of organizations in the health and healing field. His major focus is to make proven, valuable healing and health products and services well known internationally.*

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## The San Diego Union-Tribune.

### Unorthodox therapy gains local following

By Rick Rogers  
STAFF WRITER

March 31, 2005

VISTA – A once-dismissed therapy for mental disorders is gaining a following among San Diego medical experts who treat combat veterans.

Social workers, chaplains and psychiatrists from Naval Medical Center San Diego and Camp Pendleton are learning the Emotional Freedom Technique, an unorthodox method that even its creator can't explain precisely.

It and a treatment that uses virtual reality are two of the enterprising approaches being tried at the medical center to alleviate combat-induced psychological wounds.

The Emotional Freedom Technique was developed by Stanford engineer Gary Craig in the 1990s. It was largely ignored by the mental health establishment because no one had conducted a study on its effectiveness.

But Jeannie Ertl, a senior clinical social worker at the medical center, gave the technique a chance in November.

She and many of her patients are happy that she did.

"EFT is tremendous for treating anxiety associated with post traumatic stress disorder," Ertl said.

She has tried the method on 15 patients, 12 of whom found it helpful at relieving or eliminating symptoms such as anxiety and stress. Ertl uses the technique, which hasn't been approved by the Defense Department, in conjunction with more traditional therapies.

"It seems to work for a lot of people," she said.

Seaman Wilbur Hurley is one of them.

Hurley, a 20-year-old corpsman, returned to Camp Pendleton in October plagued with horrible visions. In mid-September, he had witnessed a young Marine kill himself while serving in Iraq. It was just weeks before Hurley returned to his base at Camp Pendleton.



Photo of Susan Hannibal  
By Laura Embry, Union-Tribune

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"I don't care what happened in Iraq," Hurley promised himself. "What happened there would stay there."

But back home in Calvert County, Md., Hurley couldn't erase the image of the dead Marine.

"I felt like a black cloud was over my head every day," Hurley said. "I had vivid dreams of walking through fields of gore. I isolated myself from friends and family."

By early December, anxiety attacks sometimes made Hurley pull to the side of the road until his tremors passed.

Willing to try something new, Hurley followed a friend's advice and went to Susan Hannibal, a self-described intuitive healer from Vista who uses the Emotional Freedom Technique to treat stress, anxiety and post traumatic stress disorder. It was Hannibal who taught the technique to Ertl and several military chaplains.

Hannibal explained to Hurley how the method is based on the same theory as acupuncture – that the body is an energy field with points that can be manipulated to restore health.

Patients focus on a traumatizing event while repeating a self-affirming chant and tapping parts of their body, such as their hands, lips and sides. A typical session is about 90 minutes, and some results can be seen after a single session.

"Once I started doing the tapping, an overwhelming calm came over me," Hurley said. "I had no cares or worries in the world. In fact I left Sue's (office) singing. It was pretty much the greatest day of my life."

Hurley spent that weekend trying to summon bad feelings just to prove that he could stay calm. He concentrated on the worst cases he'd seen while patching up Marines for seven months in Ramadi. He also thought about the suicidal Marine.

"But I felt nothing. It wasn't there anymore," Hurley said.

More than a month later, Hurley said he believes that what happened in Iraq is finally staying there.

"Nothing that happened over there ruins my day now," he said.

For more information about the Emotional Freedom Technique, visit [www.emofree.com](http://www.emofree.com).

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## Psychotherapist taps into clients' potential

### **Russ Christ**

Special for the Scottsdale Republic  
Mar. 9, 2005 12:00 AM

SCOTTSDALE - Elite athletes and amateurs alike are continually searching for things that can help them attain levels of peak performance.

Stacey Vornbrock believes she can help.

The founder of Scottsdale-based Breakthrough Performance, Vornbrock helps people eliminate obstructions to achieving peak performance by "tapping." The practice, also known as emotional freedom technique, is basically a do-it-yourself acupuncture without the needles.

Using two fingers (index and middle), EFT allows a person to discharge negative energy by physically tapping the body's pressure points on the hands, wrists and face. It is designed to address the physiology of the body, and it releases mental, emotional, mechanical and physical blocks, including range-of-motion blocks - and it works quickly.

Vornbrock, a psychotherapist, suffered a severe fear of water for 34 years and attended a workshop on EFT five years ago. When tapping eliminated her fear, Vornbrock was shocked because she had been taught that many phobias are psychological. "In fact, they are really biochemical," she said.

So Vornbrock tried tapping with friends and then her clients, all of whom saw improvement. Whether it was anxiety, stress and depression, physical pain, even weight loss or gain, problems went away.

"I want results for people," she said. "I've always wanted what is best and fastest for my clients, so it was frustrating not to have results just with talk therapy. So when I discovered this technique and what it could do, I was so excited."

Ed Oliver, owner of Ed Oliver Sports Massage in Scottsdale, is a believer.

"It sounds strange, but it works," said Oliver, whose clients include professional athletes. Vornbrock and Oliver have worked together on athletes and seen results, specifically when they have problems with range of motion.

Former Arizona Cardinals linebacker Seth Joyner said tapping has helped him, not only with golf but with his daily life.

"It's something you can use for everything," Joyner said. "It's a tremendous tool that I wish I had known about a long time ago."

Joyner uses tapping to relieve stress. Road rage, he thinks, can be controlled through EFT.

*Emotional Freedom Techniques...Often works where nothing else will!*



# EFT *Emotional Freedom Techniques*

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"Anger management really has more to do with your reaction to a situation than what someone else does," he said.

Now, instead of getting angry when someone cuts him off in traffic, Joyner taps.

"You naturally get upset when that happens, but now I start tapping right away," he said.

"It calms you right away and makes you realize you're in control of your emotions, of how you act and react in certain situations."

Joyner, whose goal is to play well on the Celebrity Players Tour, said tapping has helped.

"Golf is a game of how you react mentally," he said. "One bad shot or hole can ruin a round. Tapping has improved how I think on the course, my calmness and my concentration."

Jason Eccleston, who has a 5 handicap, believes EFT has merit.

"What I had was a bunch of little obstacles as far as trying to lower my handicap," Eccleston said. "We found out what they were and basically eliminated them."

EFT got rid of Eccleston's back problems, then Vornbrock worked on his mental issues. Eccleston, a contractor, said he used to get bothered by tactics his playing partners would use on the course to unnerve him.

"You find these little things that sabotage your round," he said. "We eliminated those mental blocks. It's easy to walk along, tap and eliminate that situation so it doesn't bother you anymore."

**Russ Christ is a correspondent for the Scottsdale Republic**

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