

Frequently Asked Questions Concerning EFT

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I've been in therapy for years and this is still an issue, how is EFT different?

EFT (emotional freedom technique) addresses the step between the thought, and the emotion. This 'in between' step is your energy system. Founded on the discovery that the cause of all negative emotions is a disruption in the energy system, EFT is a different approach not considered in traditional talk therapy. EFT is similar to talk therapy only with an additional body element. With EFT we will be tapping on the energy system and 'smoothing out' the disruption that caused the negative emotion, resulting in a decrease in stress level and an overall sense of well-being.

How many sessions will it take to resolve my issue?

There is no one answer to this question as everyone comes to the table with their own unique experience. Some problems are simple, single-faceted, and require only 1-3 sessions. Other problems are more complex, multi-faceted, and require more sessions to resolve. The vast majority of people experience relief in the first session. I encourage, and find, that clients who continue tapping in between sessions experience quicker resolution to their challenges along with a new found sense of empowerment from having this tool literally at their fingertips. I offer discounted packages which clients find useful as they begin to commit and participate in the path of recovering their own true nature.

How often should I tap?

Everyone has their own pace in the healing process. In the beginning I often recommend attaching tapping to something that you do regularly throughout the day-right after your shower, when you first awake, while the car is warming up, putting on your shoes, going to the restroom. You get the idea. You are creating a body habit. You are doing

this for YOU. As you become more accustomed to using tapping you will look to it automatically as a delightful way to effectively deal with the less than pleasant things that may come your way. We will simultaneously be going after the 'big stuff' in our time together.

Why do you keep encouraging me to drink water?

The goal here is not to keep you running to the restroom every half hour, but to make certain that you are well hydrated. We are working with something like an electrical current in your body, and water conducts electricity. Over time practitioners have noticed that EFT doesn't work well when a person is dehydrated. If you are tapping and don't notice a reduction or shift in intensity, this is the first thing to check for since it is such a simple block to remedy. Drink a glass of water and try again.

It seems easy to follow in your office, but I don't know what to say when I am at home tapping by myself!

The most important thing to remember while tapping is to 'tune in' to the problem, event, or feeling. Notice what you are experiencing and simply say what is. Words are not always necessary, especially if the feeling or emotion feels overwhelming. It's best just to begin. You'll be surprised at how often the words will begin to flow once you start tapping.

Over the course of our work together you will become more adept with the technique and will experience a growing trust of your own instinct, process and experience. In addition to helping you clear negative emotions and limiting beliefs, it is my goal in our work together to give you a good sense of how to work with yourself so that you may own this gift for a lifetime.

(Although there is much work with EFT that you can do on your own, please remember it is best to work with a qualified EFT practitioner when dealing with particularly stressful memories)

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