

You Can Manage Your Symptoms of Stress, Anxiety, Frustration, Depression, Pain, Fear, Cravings, etc with EFT Tapping

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Intros and Intentions

- 1. **Who is Carmi** and why is she speaking today about EFT tapping?
 - Dialysis social worker 5 years in 5 clinics and 30 years in social services
 - Completed EFT Professional skills level 1 training with Association for Comprehensive Energy Psychology
- 2. **Who are you?** (person who has kidney disease, person on dialysis, caregiver, significant other/family, medical or social service provider)
- 3. **My intention** is for each one of you to recognize your ability to manage your symptoms and to experience relief from your symptoms because you tapped or utilized another healthy coping strategy.



How 2 therapist friends rescued me during my melt down

- WHEE: Whole Health - Easily and Effectively® Daniel J. Benor, MD
- AKA –Wholistic Hybrid derived from EMDR and EFT



What is EFT and how does it work?

- <https://www.nevertoolatetoloseweight.com/what-is-eft-and-how-does-it-work/> from the website of EFT practitioner Jan Hamning, LMT
- EFT (Emotional Freedom Technique), also known as “tapping”, is a acupressure technique based on the same energy meridians used in acupuncture, but instead of stimulating the pathways with needles,
- EFT uses tapping with your fingertips on the meridian endpoints while focusing on a negative emotion at hand – a fear, worry, bad memory, or anything that’s bothering you at the moment.

Calm down your brain and nervous system

- Through tapping, we're able to calm the nervous system, rewire the brain to respond in healthier ways, and restore the body's balance of energy. (check out websites on handout for more explanation)
- While maintaining your mental focus on a particular issue, you use your fingertips to tap on specific meridian points of the body. Tapping on these meridian endpoints, while verbally or mentally addressing the root cause of distress, sends a calming signal from the body to the brain, allowing you to feel relaxed and in control.
- Can tap or rub on the meridian points (while holding patient's hand).

What the experts are saying about EFT Tapping

- <https://www.youtube.com/watch?v=m6hsihu1UxI>
- You will likely recognize several famous self actualization experts such as Jack Canfield, author of the Chicken Soup for the Soul and other books, Wayne Dyer, Bob Proctor, etc. who all practice and recommend EFT tapping.
- The free online 2018 Tapping World Summit had more than 500,000 viewers worldwide for their 10 day event.

Experiences of a few of my dialysis patients



Development of tapping and tapping sequence

<https://www.thetappingsolution.com/tapping-101>

You Can Do This!!!

<https://eftuniverse.com/tutorial/easy-eft-tapping>

Download free EFT tapping manual

Tap along with the videos from the websites listed in your handout when calm.

You can purchase tapping books, CDs, DVDs, tapping apps, tapping packages, etc.

Hire a tapping coach or work with a therapist who is trained in EFT tapping.

I will be creating some tap along videos for dialysis patients before the end of 2019.

The free **Tapping World Summit 2020** will begin on Feb. 3, **2020**

Just Do It!!!!