

Emotional Freedom Technique: A Powerful Self-Help Tool

By Kathy Doner, MD

Is it possible to control cravings, reduce stress and feel more in control – in just a few minutes? If your answer is, “No, it can’t be that easy,” I understand.

I, too, was skeptical when I was first trained in Emotional Freedom Technique, or EFT, ten years ago. As a physician, I had been taught to prescribe or make referrals for emotional issues.

Many of us practice something radically new out of desperation. I was brought to my knees by the hurricanes of 2004. The house roof flew off, the rain poured in, the office was destroyed and the contractor was crooked. When I started experiencing anxiety that wouldn’t go away, I turned to EFT. It is the only technique that helped and I’ve been teaching it ever since.

What is Emotional Freedom Technique?

EFT is a very effective, safe and simple self-help tool that is also called “emotional acupuncture” or “tapping.” EFT is based on acupuncture points and energy flow. Instead of needles or laser, this technique involves tapping on the end points of various energy meridians with your finger tips.

In Chinese medicine, physical or mental distress is theorized to be caused by a blockage or disruption in the energy flow. Acupuncture, or in this case “tapping,” on end-points of the meridians releases the blockages and allows the energy to flow freely. You feel much more balanced and in control.

Although the theory of “subtle energy” seems very foreign to Western medicine, research has validated the effectiveness of acupuncture for many conditions. EFT was created over 20 years ago, has been



successful in thousands of clinical cases and now is finally being proven effective by scientific research.

“EFT is easy,” said Amy Chopie of Sebastian, who uses EFT for panic attacks, creative block, smoking and some eating issues.

How can EFT help me?

EFT applies to just about every emotional, health and performance issue you can name and it often works where nothing else will. I am so impressed by the benefits that I enthusiastically teach EFT at medical and mental health clinics, hospitals, fitness centers, schools, churches and private groups.

I’ve used it in my clinical hypnotherapy practice for emotional issues such as anxiety, stress, worry, panic attacks, fear, phobias, anger, depression, guilt and grief. Clients and mental health professionals I have

trained at Circles of Care in Titusville are finding it to be a great complementary aid to standard counseling and medication. VA Hospitals are using it with PTSD. And a client in Vero Beach teaches it to his students for performance anxiety.

EFT is also very effective for cravings, smoking cessation, weight loss and compulsive habits. (In my case, sugar addiction!) Dieticians who attended the training at Pro-Health and Fitness Center in Melbourne are using it for emotional eating.

Restoring balance to the body’s subtle energy system can also benefit physical symptoms. I’ve seen it help tension headaches, irritable bowel, ulcerative colitis, irritable bladder, insomnia and chronic pain.

Can EFT enhance performance?

Definitely. You can dramatically improve athletic, school, business

and any type of performance by building confidence, determination and motivation! EFT also enhances well-being, pleasure and self-esteem by tapping with any positive suggestion you choose. In fact, clients use it as an “eyes wide-open” form of self-hypnosis.

How can I learn to do EFT for myself?

Check out the informative web-site www.eftUniverse.com, which contains material from the founder Gary Craig. The site www.tapping.com is also useful.

Be aware that the technique has evolved from the original form to more simplified forms over the years. Be open-minded, not confused, when observing various techniques, but be

patient, persistent and creative as you apply it in your life.

If you are dealing with complex issues or are in severe emotional distress, please consider learning it under the guidance of an experienced professional. ♡

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