

EFT Tapping Technique for Frontline Workers

Developed by Gary Craig as EFT

EFT stands for Emotional Freedom Techniques and has roots in the 1970s when doctors began stimulating acupuncture points to help their patients deal with stress, fear and phobias. Dr. Roger Callahan patented the technique and called it Thought Field Therapy. Later Gary Craig simplified the process and made it available to the public under the EFT name.
(www.webmd.com/balance/what-is-eft-tapping)

STEP 1:

Begin by stating what is on your mind and rating the distress on a scale from 0 to 10.

“Work feels overwhelming” 8/10

STEP 2:

Speak the “setup statement” which identifies the issue and include a statement of acceptance.

“Work is stressful, and I am doing the best I can”

STEP 3:

Begin the tapping sequence (7–9 taps per site)

As you tap, use a reminder phrase to refocus “I am doing the best I can”

1. Side of hand
2. Top of head
3. Edge of eyebrows
4. Temples
5. Sinus/cheeks
6. Below nose
7. Chin/below lower lip
8. Below collar bones
9. Side ribs

STEP 4:

At the end of the sequence, rate your distress 0–10 again.

If the disturbance level is 4 or above, repeat Steps 3 and 4 until the disturbance level is 0–3. If the distressing symptoms do not decrease, or increase, contact your EAP therapist or a specialist in trauma treatment.