EFT and Beyond
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Cutting Edge Techniques for Personal Transformation

EDITED BY PAMELA BRUNER & JOHN BULLOUGH

Energy Publications Ltd
Co-Authors

In alphabetical order

Ann Adams
Maggie Adkins
Sue Beer
Pamela Bruner
John Bullough
Judy Byrne
Patricia Carrington
Sophia Cayer
Jaqui Crooks
Karl Dawson
Nancy Gnecco
Peter Graham
Rue Anne Hass
Lindsay Kenny

Mair Llewellyn
Tam Llewellyn
Carol Look
Paul Lynch
Gwyneth Moss
Tania Prince
Emma Roberts
Ann Ross
Barbara Smith
Loretta Sparks
Helen Walker
Rehana Webster
Linda Wood
# Table of Contents

<p>| Co-Authors | 5 |
| Disclaimer | 11 |
| <strong>The Coming of Age of Tapping Therapy</strong>—<em>Patricia Carrington</em> | 15 |
| <strong>The Healing High-Rise Today: How this book came to be written</strong>—<em>Pamela Bruner &amp; John Bullough</em> | 19 |
| <strong>Tapping and Psychotherapy: Is sauce for the goose also sauce for the gander?</strong>—<em>John Bullough, PhD, MBACP, AAMET Trainer</em> | 23 |
| <strong>The Pursuit of Excellence</strong>—<em>Ann Adams, LCSW, EFTCert-Honors</em> | 41 |
| <strong>An EFT Formula for Specific Trauma</strong>—<em>Maggie Adkins, EFT Master, EFTCert-Honors</em> | 68 |
| <strong>Inner Dialogues with EFT</strong>—<em>Maggie Adkins, EFT Master, EFTCert-Honors</em> | 78 |
| <strong>EFT, Addictive States and the Heart</strong>—<em>Sue Beer, EFT Master, EFTCert-Honors</em> | 85 |
| <strong>Tapping and Business</strong>—<em>Pamela Bruner, Success Coach, EFTCert-I</em> | 97 |
| <strong>Inner Peace—an Inside Job: A guide to being your own therapist</strong>—<em>Judy Byrne, EFT Master, EFTCert-Honors</em> | 111 |
| <strong>The Choices Method: A positive option for setup and reminder phrases</strong>—<em>Patricia Carrington, PhD, EFT Master, EFTCert-Honors</em> | 124 |</p>
<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Using Personal Resource States: A remarkable clinical strategy</td>
<td>Patricia Carrington, PhD, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>Transforming the Energy with EFT</td>
<td>Sophia Cayer, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>From Self Sabotage to Success</td>
<td>Jaqui Crooks, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>Matrix Reimprinting: A transformational technique</td>
<td>Karl Dawson, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>Parents as Partners: Using EFT for children’s issues</td>
<td>Nancy Gnecco, Med, LPC, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>EFT for Turning Points</td>
<td>Peter Graham, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>Healing the Future with EFT</td>
<td>Rue Anne Hass, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>Tapping for the Highly Sensitive Person</td>
<td>Rue Anne Hass, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>The Bundling Baggage Technique: For similar repetitive events,</td>
<td>Lindsay Kenny, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>traumas, or abuses</td>
<td></td>
</tr>
<tr>
<td>Clearing Clutter for Clarity and Confidence: Using an Ultimate Truth</td>
<td>Lindsay Kenny, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>Statement</td>
<td></td>
</tr>
<tr>
<td>Identifying and Neutralizing Reversals</td>
<td>Lindsay Kenny, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>Creating a Bridge to our History</td>
<td>Mair Llewellyn, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>Finding the Root of the Problem</td>
<td>Tam Llewellyn, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>A Conversation with Your Body</td>
<td>Carol Look, LCSW, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>Is It Safe to Change?</td>
<td>Carol Look, LCSW, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>EFT and the Law of Attraction: A perfect match</td>
<td>Carol Look, LCSW, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>The Colour of Pain Technique</td>
<td>Paul Lynch, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>The Imagineering Technique</td>
<td>Gwyneth Moss, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>Surrogate Tapping for Animals</td>
<td>Gwyneth Moss, EFT Master, EFTCert-Honors</td>
</tr>
<tr>
<td>Deep State Re-patterning (DSR)</td>
<td>Tania Prince, EFT Master, EFTCert-Honors</td>
</tr>
</tbody>
</table>
Integrated Energy Techniques—Emma Roberts, EFT Master, EFTCert-Honors

The EFT Movie Maker—Emma Roberts, EFT Master, EFTCert-Honors

The Tsunami Technique—Emma Roberts, EFT Master, EFTCert-Honors

EFT and Being True to Yourself—Ann Ross, EFT Master, EFTCert-Honors

The Inner Committee—Ann Ross, EFT Master, EFTCert-Honors

Who Do You Think You Are?—Ann Ross, EFT Master, EFTCert-Honors

EFT and Continuous Tapping—Barbara Smith, EFT Master, EFTCert-Honors

Addiction and EFT—Loretta Sparks, EFT Master, EFTCert-Honors

How to Get Yourself Out of the Way: An advanced Personal Peace Procedure—Helen Walker, AAMET Trainer

The Trauma Buster Technique—Rehana Webster, EFT Master, EFTCert-Honors

EFT and Magic Buttons Bear—Linda Wood, AAMET Trainer

Glossary
This book is dedicated to
healers, therapists, and practitioners everywhere
for your commitment to making a difference
in the world.
Disclaimer

This EFT-oriented book is provided as a good faith effort to expand the use of EFT and EFT-related techniques in the world. It represents the ideas of the authors and does not necessarily represent those of emofree.com or Gary Craig, the founder of EFT. Complete understanding of EFT and the EFT training videos are available at http://www.emofree.com.

This book is for educational purposes only. While impressive results have been reported with tapping and energy technologies, the field is still considered experimental. Given that, nothing in this book should be construed as a promise of benefits or guarantee of any results.

The individual articles represent the views and the opinions of the respective authors. None of the authors or editors is engaged in rendering medical, psychological, legal, or other professional advice. The reader takes complete responsibility for his or her health and well-being.

The information and instructions in this book are not intended as a substitute for medical or psychological care. If you are under medical or psychological supervision, please consult your health care professional before using the procedures described in this book. The authors, editors and publisher disclaim any liability or loss incurred directly or indirectly as a result of the use or application of any of the contents of this book.
The Coming of Age of Tapping Therapy

PATRICIA CARRINGTON

It probably was fortunate that it was a psychologist colleague of mine whom I respected, Dr. Milton Shumsky, who in 1987 phoned to tell me of a new form of therapy that I ‘must try’. As he described the method to me, it seemed to use light tapping of acupressure points on the body and the repetition of certain prescribed phrases to effect rapid emotional and behavioral changes. It was called The Callahan Techniques.

Because Milton said sternly, “Pat . . . it works—you can’t afford not to look into it”, I bought Dr. Roger Callahan’s book despite considerable initial resistance and put it away on the shelf. I didn’t even look at it until a year later.

The book was called The Five Minute Phobia Cure, and as a clinician I knew that this was an impossible claim and so didn’t want to get involved. I still find that title a bit unfortunate and certainly exaggerated, but I must admit I have known of a few (very few as it happens) instances where tapping therapy did work seemingly instantly for a strong fear, and a simple phobia is frequently handled in only one complete tapping session—however, a complex phobia takes longer to resolve with this method, and sometimes does not yield to the intervention unless treatment is quite prolonged, a severe agoraphobia being one example of such a condition.

When I finally did read Callahan’s book (after several other people had mentioned it to me as well) I was still not fully convinced because it contained
no research data, but I couldn’t resist trying it out on myself, my family, and some friends.

The result was that despite my initial skepticism and reluctance to bother with this new concept, on using it I discovered that I could reduce or eliminate fears and phobias, in a manner I had not seen any other method accomplish anywhere nearly as effectively. No therapeutic technique I had been taught in graduate school or in my postgraduate education could match the results I was getting with this “acu-tapping”.

After testing the method with clients and finding out that it held up surprisingly well over time, I began using it extensively, and was able to achieve impressive results—and these were not just with phobias but with many different kinds of clinical conditions such as we meet with regularly in ordinary practice.

I soon dispensed with Callahan’s muscle testing component (an essential ingredient of his original method) because I found it was not needed—I could get the same results by simply tapping on all the acupoints involved and found no need for diagnoses such as Callahan advocated, nor for any special prescriptions and combinations of tapping points. This “single algorithm” approach had the advantage of being more parsimonious and easy to administer.

I dubbed my amended version of Callahan’s technique Acutap, and used it successfully with clients and “tapping groups” for about eight years, until I was introduced to Emotional Freedom Techniques (EFT for short), another single algorithm method developed by Stanford trained engineer and personal performance coach, Gary Craig, who was a former student of Roger Callahan’s.

Gary’s approach instantly felt comfortable to me. I was immediately receptive to EFT (which had been arrived at independently by Gary who had not known of my work) because, like Acutap, it did not use multiple algorithms or muscle testing procedures, and because one simple tapping technique had already revolutionized my practice as a psychotherapist.

‘The rest was history’, as the expression goes. EFT and other subsequently developed forms of tapping therapy (such as my own Choices Method and those described elsewhere in this book) have become the mainstay of my practice and the main subject of my books and training materials, as well as the target of my research efforts.

Since the mid-1990’s I have had the privilege of being at the center of what seems to be the beginning of a revolution in the field of psychotherapy and behavioral psychology. We are now seeing this therapeutic approach develop at an unprecedented rate as it moves beyond Gary Craig’s Official EFT to become the EFT-related tapping methods described in the present book.
Tapping therapy brings to the field of psychotherapy a serious, balanced, extremely flexible approach to emotional problems that can fruitfully augment mainstream practices. I believe it will usher in new developments in psychotherapy that will combine the well tested traditional approaches with novel therapeutic offerings of demonstrated merit such as tapping therapy, and thereby create an ever more efficient contribution to human progress.

As research accumulates further and the practice is more widely adopted by clinicians, the tapping method will almost surely take its place among the more traditional approaches to psychotherapy. I applaud the way that this development is so fully presented in this book’s authoritative collection of writings.

In my opinion, this book heralds an era of orderly expansion and solidification as the innovative tapping method begins to blend with the traditional approaches.

I view this possibility with excitement.

Patricia Carrington
PAMELA BRUNER WRITES:

It all started with a small idea.

I was chatting with my friend John Bullough, an Integrative Counsellor/Psychotherapist based in England, and commenting on how powerful and creative I found Karl Dawson’s ‘Matrix Reimprinting’ technique, and Gwyneth Moss’ ‘Imagineering’ technique. “I’d like to create a book of these kinds of techniques,” I said to John. “You can look them up on the Internet if you’ve already heard about them, but if you haven’t heard of them, how do you know where to go for the cutting-edge tapping techniques?”

The only problem, I noted, was that the project would take a great deal of research, and I’d have to get someone to help me with that. John immediately volunteered, saying that he quite enjoyed research. Several weeks later he came back to me, saying that he knew several of the EFT Masters in the UK and USA personally, and why couldn’t we ask them to write up their favorite techniques and we’d edit and compile them?

And so this book began.

Although the amount of work was considerably greater than either of us had foreseen, we are thrilled with the result. As pleased as I am to have contributed to assembling these techniques for the benefit of the world, I have to
admit that I’m even more pleased with the transformation of my own abilities since beginning to study these articles. My use of energy work and tapping techniques, both for myself personally and with my clients, has become infinitely more creative, fluid, and effective. It is as though I have gone from having a single fine instrument on which to ‘play the music of healing’ to having an entire orchestra at my command, full of nuance, capable of infinite combinations of powerful possibilities. It is my hope that each person who reads the book enjoys that same expansion of capability within the exciting field of energy work.

JOHN BULLOUGH WRITES:

Coincidentally, when Pamela called me to discuss making a printable collection of groundbreaking techniques such as those developed by Gwyneth Moss and Karl Dawson, I had just been approached by those very same two people to consider taking on a lead role in AAMET, the Association for the Advancement of Meridian Energy Techniques. It seemed to me at the time that there could be great synergy in participating in a collection of cutting-edge techniques from the good and the great of the tapping world, while at the same time working with others to establish professional standards for the training, practice and ongoing development of practitioners. Amongst other things, it seemed likely that the contents of such a collection would make an excellent adjunct to any advanced level training (e.g. Level 3) in tapping and tapping therapy.

So of course I said “Yes!”

I was also at the time engaged in preparing to take Gary Craig’s Official EFTCert-I exam (see Glossary) (ironically, I have been so busy with the above two projects that at the time of writing I still haven’t had a chance to do this!). It seemed to me, going through Gary’s DVDs for the second or third time, that his EFT Manual, Tutorials, DVDs and Study Guides together provide an elegant and exquisite definition of the ground floor of the healing high-rise that he speaks about in his training materials. It is already over 14 years since Gary first started making EFT available to an eagerly waiting world, and in that time it has taken on a life of its own, flourishing and growing in the hands of countless thousands of practitioners worldwide. Strictly speaking their innovations are EFT-related tapping (collectively known as ‘meridian tapping techniques’) rather than EFT per se, since such developments do not necessarily fit comfortably with the principles described in such detail in Gary’s training materials. However, in my view, many of the techniques and ideas being put forward have the potential to take tapping and tapping therapy into new and very exciting
territory, and it is this sort of material that we have attempted to attract and describe with this book. Hence the title: *EFT and Beyond*.

**CONTRIBUTORS TO THIS BOOK:**

Of the 29 EFT Masters originally designated by Gary Craig, 22 have submitted cutting-edge articles (and in some cases more than one) for inclusion in this book, and it is our hope that in future editions we will be able to include material from the other EFT Masters as well. In addition, we are delighted that Ann Adams, EFTCert-Honors, who originally administered the EFT Masters programme, has contributed an article, as have Helen Walker and Linda Wood, certified AAMET Practitioner/Trainers, who were part way through the selection process when the EFT Masters programme was discontinued. Success Coach (and co-editor of this book) Pamela Bruner, EFTCert-I, has contributed an article specifically for practitioners based on her very considerable experience in applying tapping therapy to success issues, particularly in business. Dr Patricia Carrington, EFT Master, has contributed a fascinating and authoritative foreword to the book entitled ‘The Coming of Age of Tapping Therapy’. And finally, certified AAMET Practitioner/Trainer (and co-editor of this book) Dr John Bullough has contributed an overview of the book entitled ‘Tapping and Psychotherapy’.

**GENERAL NOTES:**

While we are both familiar with EFT, this book is not intended in any way to represent EFT or Official EFT as created and taught by Gary Craig [see Disclaimer] and should not in any way be construed as such by the reader.

Along with so many others, we wish to express our deepest gratitude to Gary for his genius and generosity in developing EFT and giving it so freely to the world over the last few years. His work has brought and is continuing to bring healing and relief to countless thousands of people. In Gary’s own words “We are on the ground floor of a healing high-rise”.

It is our intention with this book to make available in one volume an account of some of the most important work that is being carried out around the world to contribute to the building of further floors in that healing high-rise. And it is our hope that this compilation of cutting-edge techniques and ideas will help to push the boundaries of energy healing and psychology, inspiring others to take up the banner and making it possible for us collectively to add undreamed of dimensions to the healing high-rise of the future.
In editing the book, we made several considered choices with regard to language. One was, as much as possible, to leave each article in the distinct ‘voice’ of the author. We did not attempt to re-write the articles to make them sound as though they came from a common source, since one of the objectives of the book was to get as many different viewpoints as possible. Because of that, we have also preserved spelling differences that naturally occur between American, British, and Australian writers, such as ‘color’ or ‘colour’. We also have inserted editor’s notes in the text of a number of articles. These notes serve two functions. One, a note may draw attention to what we feel are particularly important points in the articles, or two, may point out differences between articles in terms of theory, technique or application. Notes in {} refer the reader to similar ideas in other articles. Finally, in a desire for clarity as well as even-handedness, we have alternated the use of ‘he’ and ‘she’ when referring to hypothetical clients and situations, rather than using all masculine pronouns, or the awkward and inaccurate ‘they’.

In order to get the most from this book, one should be familiar with either EFT/ Official EFT or a close cousin of it. There are a myriad of ways to use this text. One way is to read it in its entirety to get an overview, and then concentrate on any articles that seem of particular interest. Serious students and practitioners of tapping may wish to learn one new technique a month, incorporate it into their personal tapping routine, and then use it with clients when they become comfortable with it. Also, the article entitled ‘Tapping and Psychotherapy’, by John Bullough, provides an overview of the material presented in the book, identifying common themes on what seems to work best in tapping and tapping therapy, and relating this to research findings from several decades of psychotherapy.

Many of the authors have additional training materials and classes available for their techniques, and we recommend investigating the wonderful learning opportunities that are available.

As we travel up the floors of the healing high-rise, the vision of what is possible becomes more and more breathtaking. We hope this book will inspire you to come in and join us and enjoy the view!

PAMELA BRUNER, USA

JOHN BULLOUGH, UK