



Emotional Freedom Technique Tapping Points:

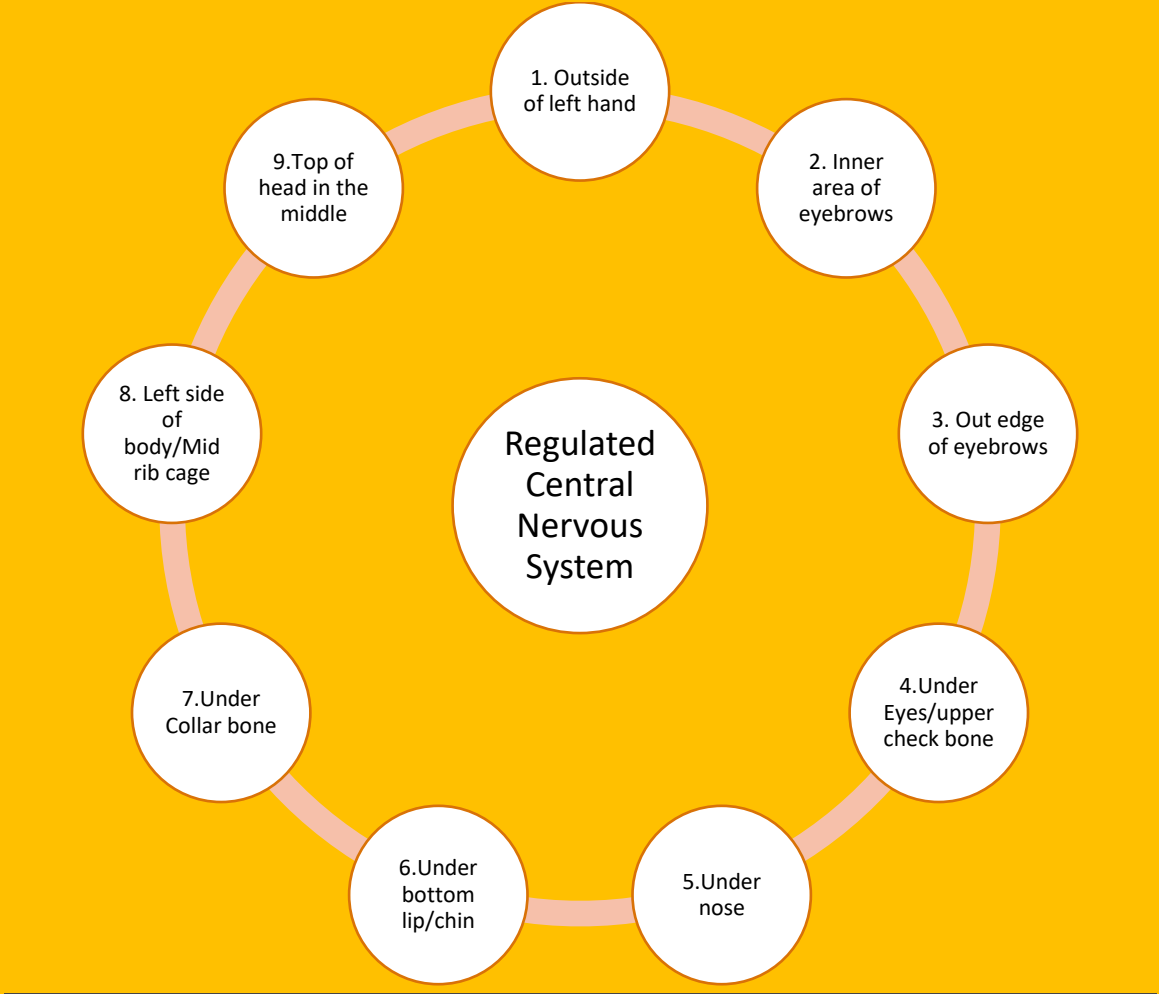
Might Look Weird BUT it is Effective!

“Acupoint tapping” protocols have been shown to be effective with a range of psychological and physical conditions. In additions, changes in reduction of stress chemicals have also been confirmed.

I invite you to keep your eye on this part of the website as I will be providing current information regarding this are of your wellbeing. Below I have provided both the verbal and the visual demonstration regarding where on your body you can tap. I have also listed some reference articles as a resource for you.

Enjoy Exploring how to enhance your self-care!

Remember Self-Care is the Best-Care.





Regulated
Central
Nervous
System



Resources

1. Nelms, J. & Castel, D. (2016). A systematic review and meta-analysis of randomized and non-randomized trials of Emotional Freedom Techniques (EFT) for the treatment of depression. *Explore: The Journal of Science and Healing*, 13(6), 416- 426. doi:10.1016/j.explore.2016.08.001
2. Church, D., & Brooks, A. J. (2014). CAM and energy psychology techniques remediate PTSD symptoms in veterans and spouses. *Explore: The Journal of Science and Healing*, 10(1), 24-33.
3. Reynolds, A. E. (2015). Is acupoint stimulation an active ingredient in Emotional Freedom Techniques (EFT)? A controlled trial of teacher burnout. *Energy Psychology: Theory, Research, and Treatment*, 7(1), 14- 21. doi:10.9769/EPJ.2015.07.01.AR