

## August 2013

### EFT in New Zealand Newsletter

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- **EFT Beginners workshop** August 11 in Auckland
- **EFT Practitioner workshop** October 26-29 in Auckland
- **Connect With Your Wisdom** weekend retreat August 24&25 at Kawai Purapura Auckland
- **Update on NZ Listener article on Tapping**
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- **Some new ways to try tapping at home**

**The next EFT beginners workshop is on August 11** – Join me for this practical and fun workshop and discover the possibilities of helping yourself and others with EFT. I draw on my extensive experience and broad client base to share with you insights into Tapping and how to use it to feel better faster. Tapping helps you connect with your own inner wisdom so you have your own GPS for life. During the workshop you'll learn how to tap on a number of different so you can experience spontaneous physical, emotional & spiritual improvements to your wellbeing. This course introduces all the basic techniques needed to begin enjoying the benefits using EFT tapping for yourself and forms the introductory workshop for the 4 day certified practitioner training (**Level 2 is October 26-29**). Please register online or by contacting me by August 8 for the Level 1 beginners workshop.

*“Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.”* - The Dalai Lama

#### **“Connect With Your Wisdom” Weekend Retreat at Kawai Purapura in Albany, August 24 & 25**

This is a rare opportunity to immerse yourself in EFT tapping for a couple of days to uncover some of those stale beliefs and sticky problems that are holding you back. Over two days as we clear out the trash from the past you'll connect with your own wisdom and gain deep insight into what really matters to you and how to achieve more of that in your life. You don't need to know EFT tapping to join this retreat – newcomers are very welcome to join those with more experience. As a gifted intuitive practitioner and teacher I'll use a variety of approaches to help you overcome your emotional barriers to change in a warm and safe environment. Toasty fireplace, delicious vegetarian lunches and snacks, great company and go home with a spring in your step and more trust in your ability to connect with your own deep wisdom to guide you through life. Tapping puts the power in your hands to make a clean sweep of old stuck patterns and energies and find increasing emotional freedom.

It's useful to know that everyone can learn to do or receive this kind of healing, and it's far easier than you may think. If you'd like to explore your abilities and expand your potential perhaps this retreat comes at just the right time for you. I would love to hear from you so contact me by the 20th if you're interested!

#### **Listener Tapping Article Update**

Last month I mentioned a negative article by a Victoria University psychology lecturer that appeared in the Listener about tapping based on his brief reading of one website and one research article comparing Thought Field Therapy (the technique EFT was founded on) unfavorably with EMDR, though he didn't

seem to find either very impressive. Following a flood of responses from EFT enthusiasts around the country (thanks for that ☺) the author has written a follow up article explaining that (in his opinion) there just isn't enough reliable evidence to support using EFT. He continues to say that doesn't mean Tapping doesn't work, only that

1. We don't have enough competent research yet to prove tapping has statistically better outcomes than other treatments, no treatment or 'sham' treatments.

While it's true EFT research is still in its infancy (most research has occurred in the last 4 years), the indications so far are that EFT is indeed very effective for a number of problems and results gained are consistent and long lasting. Marc doesn't mention that EFT has been researched in more than 10 countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals. These include distinguished top-tier journals such as Journal of Clinical Psychology, the APA journals Psychotherapy: Theory, Research, Practice, Training and Review of General Psychology, and the oldest psychiatric journal in North America, the Journal of Nervous and Mental Disease. EFT research includes investigators affiliated with many different institutions. In the US, these range from Harvard Medical School, to the University of California at Berkeley, to City University of New York, to Walter Reed Military Medical Center, to Texas A&M University, to JFK University. Institutions in other countries whose faculty have contributed to EFT research include Lund University (Sweden), Ankara University (Turkey), Santo Tomas University (Philippines), Lister Hospital (England), Cesar Vallejo University (Peru), and Griffith University (Australia). The wide variety of institutions, peer-reviewed journals, investigators, and settings that have, in independent research, found EFT to be efficacious, are one indication of the breadth of existing research results.

2. We have to yet prove tapping is more effective than just placebo

A placebo is a sham therapy administered to a patient to compare its effects with those of a real treatment. The degree of placebo effect averages around 35% (this is an average and the effect results can vary widely depending on treatment and therapeutic alliance – see below). Given the statistically high success rates with EFT treatments it would have to be a brilliant placebo and one I'd willingly recommend to my clients!

3. Research results are may be due to experimenter bias – researchers seeing what they want to see in the results

This is the purpose of replicating research at different places with different researchers – to ensure results are consistent. A number of such studies have been completed with EFT showing consistent results and more are underway.

4. We haven't yet proved the research results are due to tapping and not due to therapeutic alliance (the relationship between practitioner and client)

A number of positive studies have been done on self applied EFT – ie no practitioner involved and this would indicate that EFT's effectiveness is not only due to therapeutic alliance. One of EFT's great strengths is its ability to help practitioners form strong therapeutic alliances due to the nature of the mirroring with tapping and the use of the clients own words and statements during a session (amongst other things). If all EFT does is build strong alliances that support fast, long term results that would be great, but we know from the self tapping studies there is more to it than that.

Marc goes on to say that he favors CBT (Cognitive Behavior Therapy) which research has shown to be more effective than can be explained by the above factors and there is not yet **enough** evidence to show that tapping is more effective than CBT or other established therapies, and that even when there are apparent benefits (from using EFT) those benefits may not come from the tapping itself. You've heard the saying "You can lead a horse to water but you can't make him drink" ? Academically he's

appropriate to express some professional caution about the results of EFT research so far but remiss I think to not mention the generally positive research findings to date. If you'd like to do your own investigation into the research please investigate these links:

- A scholarly review of the evidence bearing upon the effectiveness of Energy Psychology published in *Review of General Psychology* (a flagship journal of the American Psychological Association):  
[Acupoint Stimulation in Treating Psychological Disorders: Evidence of Efficacy](#)
- A list that focuses specifically on research studies is available from <http://www.eftuniverse.com> (click "Research" in the sidebar). The same website documents several thousand case reports submitted by EFT users & practitioners worldwide

### Mixing it up: Some ideas for different ways of tapping at home

- **Photo tapping** – Use old photos/videos to identify memories and associated feelings & thoughts from that time. You may find that reactions come up that you thought you had dealt with previously.
- **Opposite hand/side tapping** – If you're like me you tend to use the same hand and same side of the body when tapping. Try tapping on your opposite side with opposite hand and see what you notice? What if you use both hands and both sides? Do different kinds of aspects come up?
- **Use your mirror** – Really look in the mirror and make some positive affirmations. As you look be aware of any resistance and negating of the affirmations and tap on these as you continue to look. Mirror tapping will enable you to see the small physiological changes in skin color, muscle tone and energy. tapping as you look into your own eyes and at your own body for any appearance issues can be very powerful also.
- **Internal dispute tapping** – while tapping on yourself, voice both sides the argument at alternating points. Do some rounds on how it makes you feel to have this raging dispute going on inside of you... what would you be doing if you weren't arguing with yourself about this? Finish with a round on "this dispute/dilemma/argument". You can also try tapping on one side of the body for one voice and the other side for the other voice and both sides for how it makes you feel to have all this going on.
- **Sing and tap** – Singing activates the right creative imaginative side of your brain and can activate different aspects. It can also loosen hard fixed attitudes and images. Sing your reminders, sing a song that always makes you cry or sad, tap as you listen to music that gets to you one way or another.

Until next time keep warm and keep tapping

Liz

**EFT Centre**, 4A Raleigh Road, Northcote, Auckland – appointments Tuesday, Wednesday & Friday  
**Global Health Clinic**, 5 Anzac St, Takapuna, Auckland – appointments Monday & Friday afternoons  
**Phone:** (09) 410 5200 **Mobile:** 021 147 0543 **Skype:** Lizihart  
[liz@lizhart.com](mailto:liz@lizhart.com) <http://www.lizhart.com>

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