



Tanja  
Blinkhorn  
EFT PRACTITIONER



# A Guide to EFT Tapping

EMOTIONAL FREEDOM TECHNIQUES

---

Written by

Tanja Blinkhorn

Evidence Based EFT Practitioner | PreKure Health Coach | NLP Practitioner

# Contents



Chapter One:	<b>Introduction to EFT Tapping</b>	page 2
Chapter Two:	<b>Understanding the basics of EFT Tapping</b>	page 3
Chapter Three:	<b>Getting Started with EFT Tapping</b>	page 4
Chapter Four:	<b>Common uses of EFT Tapping</b>	page 6
Chapter Five:	<b>About me</b>	page 7



The advice given on this site is not intended to replace any advice or treatment suggested by your Doctor or specialist. Please consult your Doctor before stopping any current treatment.

# Introduction to EFT Tapping



## What is EFT Tapping?

Emotional Freedom Techniques (EFT), commonly known as tapping, is an evidence-based stress reduction tool. It combines somatic (the body) and talk therapy techniques to address mental, emotional, and physical issues. It involves tapping on specific acupressure points on the body while focusing on uncomfortable emotions or physical sensations.

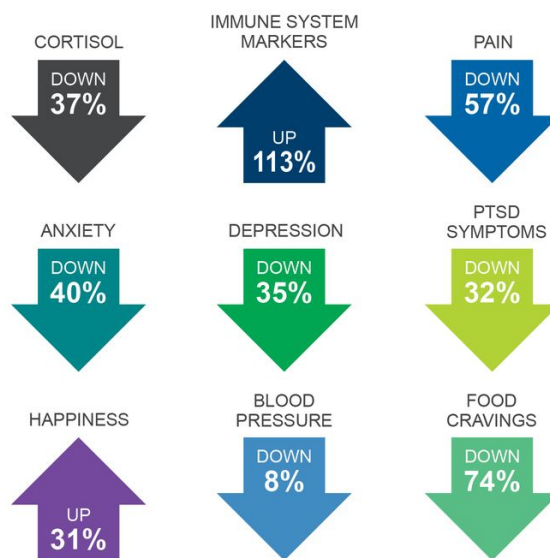
## History and Origins of EFT Tapping

EFT tapping was developed by Gary Craig in the 1990s, based on the earlier work of psychologist Roger Callahan and his Thought Field Therapy (TFT). Gary Craig simplified TFT into a more accessible technique, which he called Emotional Freedom Techniques (EFT), making it easier for people to learn and apply.

## How Does EFT Tapping Work?

EFT tapping works by sending calming signals to the brain along the primo vascular system. By tapping on specific points on the body while focusing on an issue, the fear centre (Amygdala) in the brain is deactivated, stress hormones are reduced, the fight and flight response is deactivated, and emotional or physical distress is alleviated. This process is proven to switch genes on and off leading to lasting results. The reduction of uncomfortable emotions and physical sensations leads to relief and improved wellbeing.

## Clinical EFT Improves Multiple Physiological Markers of Health



© Mind Heart Connect 2018. Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). *Journal of Evidence Based Integrative Medicine*.

[www.evidencebasedeft.com](http://www.evidencebasedeft.com)

The advice given on this site is not intended to replace any advice or treatment suggested by your Doctor or specialist. Please consult your Doctor before stopping any current treatment.



## Chapter 2:

# Understanding the Basics of EFT Tapping

### The Primo Vascular System

This system is a physical duct system running throughout our body. Previously referred to as the meridian system (used by acupuncturists), it operates within the connective tissue of the body.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4562093/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3793287/>

<https://www.hindawi.com/journals/ecam/2013/587827/>

By tapping on acupoints along this system, electrical signals are sent via the principle of mechanosensory transduction to the limbic brain, where the signal is understood to 'deactivate' the amygdala, calming the brain's stress response. Dismantling studies have shown that the tapping on acupoints is a key part of the process.

### How Emotions Impact the Body

Emotions are not just felt, they also have a profound impact on the body. Chronic stress, anxiety, and unresolved emotions can manifest as physical symptoms such as tension, pain and illness. Ongoing stress is known to suppress the immune system. EFT tapping addresses and releases the underlying emotional causes of these symptoms, promoting healing and wellbeing.

### The Science Behind EFT Tapping

Over 300 research studies, review articles and meta-analyses have been published in professional, peer-reviewed journals.

<https://research.bond.edu.au/en/persons/peta-stapleton>

EFT has been found to be an 'evidence based' practice for anxiety, depression, phobias, food cravings, chronic pain and PTSD when measured against the standards of the American Psychological Association's division 12 Task Force on Empirically Validated Treatments.

In clinical research trials EFT has consistently been shown to be faster and longer lasting than the current gold standard, cognitive behavioural therapy.

EFT has been proven to be...

Simple – Effective – Fast – Lasting

## Chapter 3:

# Getting Started with EFT Tapping



### Creating a Safe and Comfortable Space

Before beginning an EFT tapping session, it's essential to create a calm and safe environment free from distractions. Find a quiet space where you can focus on your thoughts, emotions and body without interruption.

### Setting Intentions for Your Practice

Setting clear intentions for your EFT tapping practice can help guide your sessions and focus your energy on specific goals or areas of improvement. Whether it's reducing stress, overcoming a fear, or improving self-esteem, clearly defining your intentions will enhance the effectiveness of your tapping sessions.

### Basic Tapping Technique

1. To begin a tapping sequence, identify the specific issue or emotion you want to address.
2. Give this a 'rating of intensity' on a scale from 0 to 10, 10 being the most intense it could be and 0 you are neutral. This allows you to measure any changes.
3. Create a 'set up statement'

**"Even though ..... (state your problem/issue), I accept I feel this way".**

4. Start tapping while repeating a short 'reminder phrase' about the problem/issue while focusing and tuning into the problem/issue.

For example, starting on the side of the hand:

**"Even though I felt angry at Bob today, I accept I feel this way."**

Repeat 3x

Then tap each point gently (8-12 times) as you repeat the short reminder phrase i.e. "angry at Bob".

You can tap on just one side, either side, or both sides of the body.

5. Re-rate the intensity of your problem/issue. Then repeat tapping through points 2 - 9 stating the short reminder phrase until your rating has dropped to 2 or less.
6. Notice any other thoughts, emotions or memories that may come up as you are tapping. Make a note of them for a separate tapping sequence, each with their own set up statement and reminder phrase.

The advice given on this site is not intended to replace any advice or treatment suggested by your Doctor or specialist. Please consult your Doctor before stopping any current treatment.

## Basic Tapping Points

1. Side of the Hand Point: (previously the karate chop point) Use your fingers to tap gently on the outer edge of the hand, between the wrist and the base of the little finger. This is where you say the set up statement.
2. Top of the Head: Tap gently on the crown of the head.
3. Eyebrow: Tap gently with two fingers at the beginning of the eyebrow, just above the nose.
4. Side of the Eye: Tap gently with two fingers on the outer edge of the eye socket, the bony bit, not the temple.
5. Under the Eye: Tap gently with two fingers on the bone under the eye, in the centre.
6. Under the Nose: Tap gently two fingers in the space between the nose and the upper lip.
7. Chin: Tap gently with two fingers in the crease between the lower lip and the chin.
8. Collarbone: Tap gently with two fingers slightly below and slightly wider than the inner end of the collarbone (the two knobby bits). Either side of where a tie knot would sit, towards the centre of the body.
9. Under the Arm: Tap gently with two fingers on the side of the body, about ten centimetres (4 inches) below the armpit.



## Chapter 4:

# Common uses of EFT Tapping



- Addressing negative thought patterns
- Limiting beliefs
- Stress
- Anxiety
- Panic attacks
- Fear (speaking, height, flying, exams, dental, needles etc)
- Concentration difficulties
- Phobias
- Weight loss/gain
- Pain and chronic pain
- Depression
- Sleep problems
- Releasing emotional blocks and \*trauma
- Boosting self esteem
- Boosting performance

\*Trauma and PTSD should only be addressed with a qualified practitioner.

A qualified EFT practitioner is trained in gentle techniques to support the client in releasing strong discomfort in a safe supportive way.

With EFT tapping you have a tool at the tips of your fingers to bring about immediate and permanent change. I encourage you to use it daily for mental and emotional wellbeing.

## Other EFT Tapping Techniques

### Tap and Breathe

- Sometimes you may feel too overwhelmed to say the words, or you may be in a situation where it might be awkward to speak out loud. In either case you could just tap through the points while you breathe. The tapping is the active ingredient, as shown through dismantling studies. It will calm your nervous system down, although it won't release any specific emotions etc using this technique. Keep tapping until you feel calm/er.

### Tap and Rant

- Again the purpose of this technique is that you 'vent' while calming yourself down with the tapping. You don't need to say a set up statement, but you can include the side of your hand as an initial tapping point. Just tap through the points while you are 'ranting' or talking about a situation or person or feeling etc. Keep talking and tapping until you feel calm/er.

The advice given on this site is not intended to replace any advice or treatment suggested by your Doctor or specialist. Please consult your Doctor before stopping any current treatment.

## Chapter 5:

# About Tanja

As an EFT practitioner I enjoy working with people who feel a calling from deep inside their hearts, to live life more fully, to grow and expand themselves, to find their purpose and live their passion, no matter what their age and current circumstances.

I help my clients release limiting beliefs, subconscious programming, patterns and old trauma, so they are free to follow their hearts' calling and live their possibilities fully.



Evidence Based EFT Practitioner  
PreKure Health Coach  
NLP Practitioner  
Therapeutic Yoga Teacher



PREKURE™



Contact Tanja:  
[tanja@tanjablinkhorn.co.nz](mailto:tanja@tanjablinkhorn.co.nz)

+64 21 150 2612  
[www.tanjablinkhorn.co.nz](http://www.tanjablinkhorn.co.nz)

The advice given on this site is not intended to replace any advice or treatment suggested by your Doctor or specialist. Please consult your Doctor before stopping any current treatment.