

HLTH 2400

12/4/21

Lesson 13-EFT Assignment

I'm the type of individual where everything that I come across, I tend to view with skepticism. But it is within the skepticism that creates a desire within me to test the service, product, or therapy. I want to try everything, and if it works, I will adopt it into my personal health regimen. For example, I found acupuncture really intriguing, I watched a few videos, gained a feel for it and tried it for myself. I was then a believer and shared the amazing results I experienced with everyone I knew. Therefore, when I am asked about my feelings and thoughts regarding the emotional freedom technique, I would like to say that, because it is very similar to acupuncture, and in my experience, acupuncture has worked, I have very little reservation not to believe that it works. Nevertheless, I would also like to add that in order for me to be a true believer, I would need to experience it working for myself.

I understand that any skepticism is regarded as healthy when it comes to EFT. However, it is also interesting that even when there is scientific backing, and hard evidence presented worldwide, people still have a hard time believing the outcome and results, due to lack of understanding and logic support. I like the way the author, Gary Craig so eloquently puts it, "You hold in your hand a major innovation. As you will see, it is based on the soundest of scientific principles. But because it is so dramatically different from "conventional wisdom," it is consistently, and understandably, greeted with skepticism." (Craig, pg. 11) This reveals the true nature of people and their existing beliefs. It is like the illustration with a yellow brick wall and in front of it states, "No trespassing, behind this wall are my existing beliefs."

Visiting the two websites really helped me learn more about how EFT really works. What's amazing about the EFT therapy is how it is boundaryless. EFT can help anyone, regardless of age and regardless of the ailment that is bothering them. I specifically, really enjoyed reading the article written by Deborah Miller, PH.D. Helping a Child Release School Related Anxiety- Visualizing Balloons as You Tap. What was really interesting about this approach was how Miller incorporated visualization of a balloon while tapping in order to help the 11-year-old girl get over her emotional pain. During the session the child was able to open up and relieve herself by crying out all of her emotional baggage she's been carrying. Ultimately, the child went home with a smile on her face. Another scientific study proving that EFT really works was the abstract I read regarding the anxiety, depression and pain of a veteran. The Veteran was diagnosed with PTSD symptoms and received 6 sessions of EFT. The results were significant in that the veteran felt a significant reduction in pain, anxiety and depression. Following 3-6 months later, the individual was evaluating and confirmed the results that EFT produced were long term gains.