

## **Energy Psychology**

by Larry Green

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There is a new field in psychology called Energy Psychology. Energy Psychology works with meridians, chakras and auras to address many of the issues of traditional psychology. The practitioners in Energy Psychology claim to produce very fast and remarkable results for people dealing with phobias, Post Traumatic Stress Syndrome, anxiety, addictions, allergies and other problems.

### **History**

Dr. Roger Callahan, a psychologist, had a patient in 1980 with a phobia about water. He treated her in the traditional manner, but one day tried something different. He had been studying the meridian system and he tapped the end point of her stomach meridian. Her phobia immediately and permanently disappeared.

Dr. Callahan began exploring this connection between meridian tapping and phobia elimination. He created a series of tapping sequences for many problems and called his system Thought Field Therapy (TFT). He eventually began training others in using his discovery. Just like TFH some of his creative students took the technique in new directions. Modified versions of the 'Callahan technique' (as it is sometimes called) sprang up. Alternatives forms that are simpler, address more issues and take the field of 'meridian tapping' in new directions are now spreading.

Some of the better known offshoots of Callahan's Thought Field Therapy (TFT) work are; Emotional Freedom Technique (EFT), Be Set Free Fast (BSFF) and Tapas Acupuncture Technique (TAT). Another system that is used in Energy Psychology is Eye Movement Desensitization and Reprocessing (EMDR). The practitioners of

these techniques often refer to them by their initials.

### **Association for Comprehensive Energy Psychology**

The Association for Comprehensive Energy Psychology - ACEP was founded in 1998. It was started by three psychotherapists who wanted to create a place for emerging systems to be acknowledge, studied and disseminated.

The ACEP website says it's purpose is to *'promotes a comprehensive, integrated understanding of Energy Psychology, in order to establish the field's credibility among health professionals, particularly psychotherapists. ACEP also creates a collegial atmosphere in which innovators, clinicians and researchers of various Energy Psychology approaches might collaborate with and enrich one another in order to produce the highest quality of Energy Psychology treatments for the public. Membership is open to professionals in psychotherapeutic practice, allied health professionals, researchers, organizations, students, and interested lay persons, who wish to develop, support and promote the discipline of Energy Psychology'*

### **Overview**

Energy Psychology recognizes three distinct energy phenomenon that impact us and can be used to enhance our psychological health. These are the meridian system, the chakras and the aura/ energy field(s). Energy psychology is holistic and transpersonal. It acknowledges that our physical, emotional, mental and spiritual needs are all important and deserve integration.

The ACEP website has a 'Brief Summary of the Lineage That Feeds Into Comprehensive Energy Psychology' It lists: *CHINA for developing meridian theory and Fung Shui. INDIA for developing Chakra traditions, yoga and pranic healing THE WEST for developing Kinesiology; Therapeutic Touch and other Complimentary Medicine modalities; Aura traditions; HeartMath®; Empirical Research from North America, Europe, and the former Iron Curtain Countries; Theoretical Physics; Psychology; Dowsing; Radionics; and others. HYBRIDS: George Goodheart's (and his protégés'), innovations in Meridian Interventions, Touch for Health, Total Body Modification and its derivatives (e.g., NAET, TAT), Neuro-Emotional Technique, Educational Kinesiology (and Brain Gym), and Thought Field Therapy and its derivatives.*

As you can see the work that we do and teach in TFH is already at the heart of this new field. Trained psychologists who have been using this for 3 years are consider 'old hands.' We in TFH have a lot to offer them. And they have a lot to offer us!

### **Emotional Freedom Technique**

One of Dr. Callahan's students is an engineer named Gary Craig. Fascinated by the results of Thought Field Therapy (TFT) he studied everything he could with Dr. Callahan. Gary Craig then modified TFT and created his own system called Emotional Freedom Technique (EFT). This system is presented in a very simple way that anyone can follow and use. On his website Gary Craig gives a lot of testimonials, background and 'free stuff'. Included in the 'free stuff' is downloadable manual which explains EFT. Gary Craig also has video tapes of him teaching how to work with his system. He states that anyone using the free manual can do a lot of good for themselves, families and friends. (Sounds a lot like Dr. Thie.) Gary also recommends anyone wanting to use this work professionally to buy his tapes for training and for modeling the 'art of delivery'. The tapes are modestly priced for the large amount of information in them. Gary Craig also teaches

workshops on EFT. His website is listed at the end of this article

A synopsis and explanation of EFT technique is presented here.

The procedure consists of 4 steps which EFT calls 'The Basic Recipe'. 1. The Setup 2. The Sequence 3. The 9 Gamut Procedure 4. The Sequence Steps # 2 & #4 use the same procedure and will be explained.

Before getting into 'The Basic Recipe' you need to set a goal or have an issue each time you use this technique. Gary Craig says "The cause of all negative emotions is a disruption in the body's energy system." To counteract this disruption we need to have a specific issue we are addressing. Unlike TFH goals, it need not be stated as a positive outcome.

Emotional Freedom Technique is a form of balancing, just like TFH. When we do a balance with a goal in TFH we are intervening in an energetic pattern held by the meridians around a specific stress or issue. With TFH we re-configure the energetic pattern. The same with EFT. We are going to repattern the energetic system held around a stress or an issue. The nice thing about EFT is that it is quick and you can do it many times in a day. And you can do it on yourself. You can use it for headaches, anxiety, fears, anger and many other inner disturbance.

As the EFT websites says- *'Tuning in to a problem can be done by simply thinking about it.... Thinking about the problem will bring about the energy disruptions involved which then....and only then....can be balanced by applying the technique. Without tuning in to the problem....thereby creating those energy disruptions....The basic Emotional Freedom Technique does nothing.'*

Once we choose an issue, we need a 'Reminder Phrase' to use throughout the balance to keep our focus on the issue. The Reminder Phrase should be short and sum up the issue. It can even be one word if that conveys the issue for you. In STEP 1 we will learn to use a short affirmation around the goal. You can use that short affirmation as the Reminder Phrase.

Besides setting a goal we also need to rate how we feel about the issue on a scale of 1-10, with 10 being a very difficult event or problem and zero being no problem at all. This pre-balance assessment will be used later to determine when we are complete. The assessment is done in the present, how we feel and relate to it NOW. Each time we check in on this issue we notice how it is NOW.

**STEP # 1.** The Setup is about clearing the energy system to get good, reliable results. In TFH we check for things like switching and hydration. EFT does not check for what is out of balance but just assumes it is useful to address it regardless. EFT explains that this first step is to clear up any psychological reversals. According to the EFT manual

*Psychological Reversal is caused by self defeating, negative thinking which often occurs subconsciously and thus outside of your awareness. On average, it will be present...and thus hinder EFT...about 40% of the time.*

The set-up requires doing two things at the same time 1. You repeat an affirmation 3 times while you... 2. Rub the "Sore Spot" or, alternatively, tap the "Karate Chop" point

1). The correction for Psychological Reversals is to use a neutralizing affirmation. The standard affirmation is:

**Even though I have this \_\_\_\_\_, I deeply and completely accept myself.**

The blank is filled in with a concise statement of the issue you wish to address. Some examples from the EFT manual:

\*Even though I have this fear of public speaking, I deeply and completely accept myself.

\*Even though I have this headache, I deeply and completely accept myself.

\*Even though I have this anger towards my father, I deeply and completely accept myself.

\*Even though I have this war memory, I deeply and completely accept myself.

\*Even though I have this stiffness in my neck, I deeply and completely accept myself.

\*Even though I have these nightmares, I deeply and completely accept myself.

\*Even though I have this craving for alcohol, I deeply and completely accept myself.

\*Even though I have this fear of snakes, I deeply and completely accept myself.

\*Even though I have this depression, I deeply and completely accept myself.

Some points to know about the affirmation. It does not matter if you believe it or not. It is better to say it out loud with feeling. And if you cannot muster enthusiasm, say it anyway.

2). Rubbing the 'sore spot' or tapping the 'karate chop point'. Either one of these spots will do. EFT says the sore spots are slightly more reliable, but both do the job.

*Sore Spots* are described as 3 inches below K-27 ( they don't use the term K-27 but describe it in lay anatomy) and 3 inches out to either side from the sternum. The instructions also say to press vigorously within a 2 inch radius of this spot searching for the 'sore spot'. According to EFT you only need to rub one side, and it does not matter which one.

The *Karate Chop Point* ( KC) is located at the center of the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the baby finger or....stated differently....the part of your hand you would use to deliver a karate chop.

If you use this point it does not matter which hand you do it on. Either side will work. It corresponds to Small Intestine 3.3 - 3.5 on the acupuncture chart. To use this point instead of the 'sore spot' simply have the person karate chop with one hand into the palm of the other hand.

To perform the set-up find the right concise phrase to use with the affirmation and have the person say it 3 times while rubbing the 'sore spot' or karate chopping one hand into the other palm.

**STEP # 2** The Sequence.

The sequence involves tapping specific points on the meridians. It is done by using the index

and middle fingers held together and tapping with these two finger tips. Tap firmly but not too hard. Tap each point about 7 times, but the number of taps is not fixed. You only need to tap on one side of the body. It does not matter which side and it is OK to switch sides as you go along. Either hand is OK to use.

The tapping is done in this sequence: (BP= beginning point of meridian & EP = end point of meridian.) **BP Bladder, BP Gall Bladder, BP Stomach, EP Governing, EP Central, EP Kidney, EP Spleen, EP Lung, BP Large Intestine, EP Circulation Sex, EP Heart, and lastly the karate chop point.**

With each point you tap repeat the Reminder Phrase (preferably out loud.)

### **STEP # 3 The 9 Gamut Procedure**

First locate the Gamut point. This point corresponds to Triple Warmer-3. To locate TW-3 look on the back of the hand, at the base of the fingers and find the space between the big knuckle of the ring finger and of the little finger. Now go 1/2 inch down towards the wrist. this is TW-3. This will be the tapping point for the 9 gamut procedure. You will tap the Gamut point continuously while doing the following 9 actions in this order:

The 9 Gamut actions are:

1. Close your eyes
2. Open your eyes
3. Keeping the head steady, look with the eyes down far to the right
4. Keeping the head steady, look with the eyes down far to the left
5. Roll eyes in a circle clockwise, looking fully in each direction. Move the eyes smoothly without skipping.
6. Same as #5 counter clockwise.
7. Hum a song for two seconds (happy birthday will do).
8. Count rapidly from 1 to 5 (preferably out loud).
9. Hum 2 seconds of a song again.

It does not take long to do all 9 steps. 15- 20 seconds is satisfactory.

### **STEP #4 The sequence repeated**

Sometimes the steps up to this point will have cleared the issue. In many cases there is still more to do. The way we know this is by checking back on the pre-balance assessment and notice where it is now between 1-10. If it is not at zero, then continue.

We continue by going back to the sequence of tapping points and doing them again. But we alter The Set-up affirmation slightly. The EFT manual says:

*Those subsequent rounds need to be adjusted slightly for best results. Here's why: One of the main reasons why the first round doesn't always completely eliminate a problem is because of the re-emergence of Psychological Reversal....that interfering blockage that The Setup is designed to correct.*

*This time, Psychological Reversal shows up in a somewhat different form. Instead of blocking your progress altogether it now blocks any remaining progress. You have already made some headway but become stopped part way toward complete relief because Psychological Reversal enters in a manner that keeps you from getting any better still.*

*Since the subconscious mind tends to be very literal, the subsequent rounds of The Basic Recipe need to address the fact that you are working on the remaining problem. Accordingly, the affirmation contained within The Setup needs to be adjusted as does the Reminder Phrase.*

The adjusted affirmation would look like this:

Even though I still have some of this\_\_\_\_\_, I deeply and completely accept myself.

The difference is the addition of the words 'still' and 'some'.

An example of the new adjusted affirmation would be:

Even though I still have some fear about heights, I deeply and completely accept myself.

The Reminder Phrase also needs an adjustment. the word Remaining is added to it. So when we tap and use the phrase it will be 'the remaining fear of heights" or "the remaining fear'.

We now go back to the sequence and repeat steps #2 and #3 over a number of times until the issue has resolved itself and the pre-balance assessment is down to zero. This might take one repetition, a dozen, or many more. Just stick with it.

### **Tips**

Many issues have multiple aspects. You may clear your fear of heights when thinking about standing on a ladder. But later if you think about a moving ferris wheel, the movement may have an aspect connected with the issue. In this case you would re-do the EFT procedure and include the movement in your goal.

*As a newcomer to EFT, you may lack the experience to be able to identify specific aspects and address them individually with The Basic Recipe. That's okay. You need only go with whatever feeling you are having and address that feeling with The Basic Recipe. Your subconscious mind knows what you are working on. You might address this "feeling" with a Setup affirmation that goes..."Even though I have this feeling, I deeply and completely accept myself" and a Reminder Phrase that says..."this feeling." Please understand that the majority of the problems The Basic Recipe addresses are not laden with numerous aspects.*

If you do have an aspect laden issue EFT recommends doing The Basic Recipe 3 times a day on it for a month. Your subconscious mind has a way of bringing up what is necessary and you should have relief long before the 30 days are up.

Conversely EFT practitioners sometimes find that people who have had many negatively charged experiences around the same event

(like being hit as a child by their parent), find after a few sessions all the events lose their charge.

EFT claims that about 5% of people have 'energy toxins' that impede or slow down the results of this technique. The EFT website talks about the 'energy toxins' and give general suggestions on what to look for (foods, environmental insults, etc.). But it does not teach you how to specifically find or clear them. It recommends training to learn this skill but does not say what kind of training. The TFH skills you already have hold the knowledge to identify and help clear these 'energy toxins.'

Gary Craig writes

#### **EFT in a nutshell**

Memorize The Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Setup affirmation and Reminder Phrase. Where necessary....be persistent until all aspects of the problem have vanished.

Try it on everything!!

### **Appendix**

Note about the meridian points used in EFT.- Looking this over you may notice that every meridian has a point that is tapped except liver meridian. (Small Intestine has the karate chop point and Triple Warmer has the gamut point.) Yang meridians are tapped at the beginning of the meridian and yin meridians are tapped on their end points.

Emotional Freedom Technique grew out of Roger Callahan's Thought Field Therapy Technique (TFT). In TFT you first have to classify the issue as phobia, anxiety, post-traumatic stress, obsession, etc. Then once you have categorized the issue, each category has a specific set of points that are tapped. Sometimes as few as three points are tapped. To simplify things Gary Craig took all the category's in TFT and developed a system that would work for everything. In EFT you are doing all of Callahan's techniques without having to figure out which one to do. You are tapping ALL the points along all of Callahan's specific categories, and by going over them again and again you are covering all of his

sequences. Any extra points that are tapped the body ignores. Knowing this you may want to experiment by adding the liver meridian endpoint. Gary Craig has simplified EFT so that practitioners do not have to learn anything about meridians or anatomy. All the points in the EFT manual are described in basic anatomy that any schoolchild could use.

I went to a regional conference for Energy Psychology in spring of 2001. I took an introductory workshop on EFT lead by 3 licensed psycho- therapists. They had a drawing showing these tapping points on the face and body. Someone asked what the points were about. The three workshop leaders admitted having no idea, other than the points had something to do with acupuncture. There were about 20 people in the workshop and I was the only one who had a clue. I became the resident expert for the class and explained a little about which point went with which meridian. This work is so simple that people with far less background than TFHers are learning it and using it with great success.

### **Web Resources**

Association for Comprehensive Energy Psychology  
[www.energypsych.org](http://www.energypsych.org)

Emotional Freedom Techniques (EFT) - Gary Craig's site.  
[www.emofree.com](http://www.emofree.com)

Callahan Techniques Ltd.  
[www.tftrx.com](http://www.tftrx.com)

Be Set Free Fast - A system that extends some of EFT's work  
[www.besetfreefast.com](http://www.besetfreefast.com)

Eye Movement Desensitization and Reprocessing  
[www.emdr.com](http://www.emdr.com)

Tapas Acupressure Technique (TAT)  
[www.tat-intl.com](http://www.tat-intl.com)