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Emotional Freedom Techniques is a form of counseling intervention that draws on various theories of alternative medicine - including acupuncture, neuro-linguistic programming, energy medicine, and Thought Field Therapy. It is best known through Gary Craig's EFT Handbook, published in the late 1990s, and related books and workshops by a variety of teachers. EFT and similar techniques are often discussed under the umbrella term "energy psychology." Advocates claim that the technique may be ...

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Emotional Freedom Technique - Tap Easy

EFT stands for emotional freedom techniques and is often referred to as 'tapping therapy'. It is believed to be an alternative treatment for physical pain and emotional distress. The technique is used to create a balance in an individual's energy system and to treat pain by tapping the body with fingertips.

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Free EFT Manual - How to Get Started with EFT Tapping

EFT (Emotional Freedom Techniques) or "Tapping" is a body/mind self-help method. It combines a gentle touch together with mindful and vocal attention to thoughts and feelings. EFT involves tapping with our fingertips on acupuncture points on the hands, face and body while focusing (temporarily) upon an issue we wish to resolve.

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Emotional Freedom Techniques (EFT) incorporates a number of different alternative healing approaches, including neuro-linguistic programming, acupuncture meridians, and energy medicine. It's not generally accepted within mainstream psychology, and has been described as a pseudoscience, which is something I always love to rant about.

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