



# EFT Level 1 Comprehensive Training Resource

*Karin Davidson, Ann Adams*

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Emotional Freedom Techniques (EFT) is a collection of acupressure and mental-emotional focus techniques that address the mind-body connection. By tapping lightly or touching specific points on the body's energy pathways (called meridians) while focusing on an event or emotion, it is possible to clear reactions to past traumatic events, balance our perception of our past, relieve stress, and release negative emotions.?

There is increasing evidence that emotional trauma contributes greatly to disease and growing evidence that EFT is a highly effective form of treating this trauma. Professional counselors and therapists are increasingly using these techniques with clients to treat anxiety related to public speaking, performance, concentration, sports, and test phobias, trauma, PTSD, and emotional effects from physical abuse, depression, anger, and other negative emotions, addictions, sleep disorders and insomnia.



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