

# **GEORGIA SCHOOL COUNSELOR'S ASSOCIATION**

**EFT TAPPING FOR EMOTIONAL SELF-REGULATION**

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## **MELISSA LESTER OLSON, LCSW**

ADVANCED EFT PRACTITIONER

MEDITATION & MINDFULNESS

HYPNOTHERAPY

PROGRESSIVE COUNTING

**621 NORTH AVE, NE, BLDG. E**

**ATLANTA, GA 30308**



# WHY THIS SESSION IS SO IMPORTANT

- Trauma impacts all aspects of a person's life – family, social, academic, physiological, career
- Tapping and Touch & Breathe are concrete tools that:
  - A) Downward regulate our nervous system – deep relaxation
  - B) Process and Resolve trauma
  - C) Lower cortisol levels and stress
  - D) Increase serotonin

Thank you, Elizabeth Butler, Gwinnett Middle School counselor, and the GSCA!!!!

# CONTAINMENT INTERVENTIONS

- 1) EFT Tapping to move emotions thru
  - 2) Touch and Breathe to slow Nervous System
  - 3) Box for Safe Keeping.
  - 4) Constricted Breathing Exercise
  - 5) Grounding Techniques - Focus on Your Center, Naming Game, Body Scan
- Keep focus on the present, immediate goal, validate, normalize, validate, normalize
  - Don't probe the past (could lead to surfacing trauma vs containment)
  - Focus on physical/somatic when possible – creates intentional distance from emotion



# DISTRESS & TRAUMA

- Trauma – perceived first and stored in the body = nervous system hyperarousal
- Processed unconsciously, stored unconsciously, triggered unconsciously (outside of awareness)
- Negative event with feeling of helplessness, rx is fight, flight or freeze
- PTSD is the re-triggering of false alarms (small t, medium t, large T)
- Body does not know the difference btwn a memory of the threat and the original threat
- Each time old traumas are triggered and not fully processed, they are reinforced (retraumatizing)
- All distress is related to a fight, flight, freeze response – if fully processed - eliminated

# WHAT IS EFT TAPPING?

- Self-administered, non-invasive, non-toxic 😊
- Acupressure points and meridians – TCM and current research
- The science / research – 1) vets, 2) cortisol, 3) serotonin – SEE [AAMETINTERNATIONAL.Org](http://AAMETINTERNATIONAL.Org)
- Downward regulating the amygdala (fight, flight, freeze)
- 7 mechanisms/processes taking place – next slide optional
- Bottom lines – 1) emotional self-regulation techniques, 2) modeling safe ways to experience ALL emotions, 3) SLOWS ANS, 4) lowers cortisol, 5) increases serotonin, 6) **resolves** trauma

# 7 MORE MECHANISMS (OPTIONAL)

- 1) imaginal exposure
- 2) acupressure
- 3) somatic activation
- 4) amygdala/prefrontal cortex rewiring & deactivation – downward regulation
- 5) information processing & reprocessing
- 6) cognitive restructuring
- 7) memory reconsolidation
- 8) eye movement and reprocessing

# BEST THINGS ABOUT EFT TAPPING

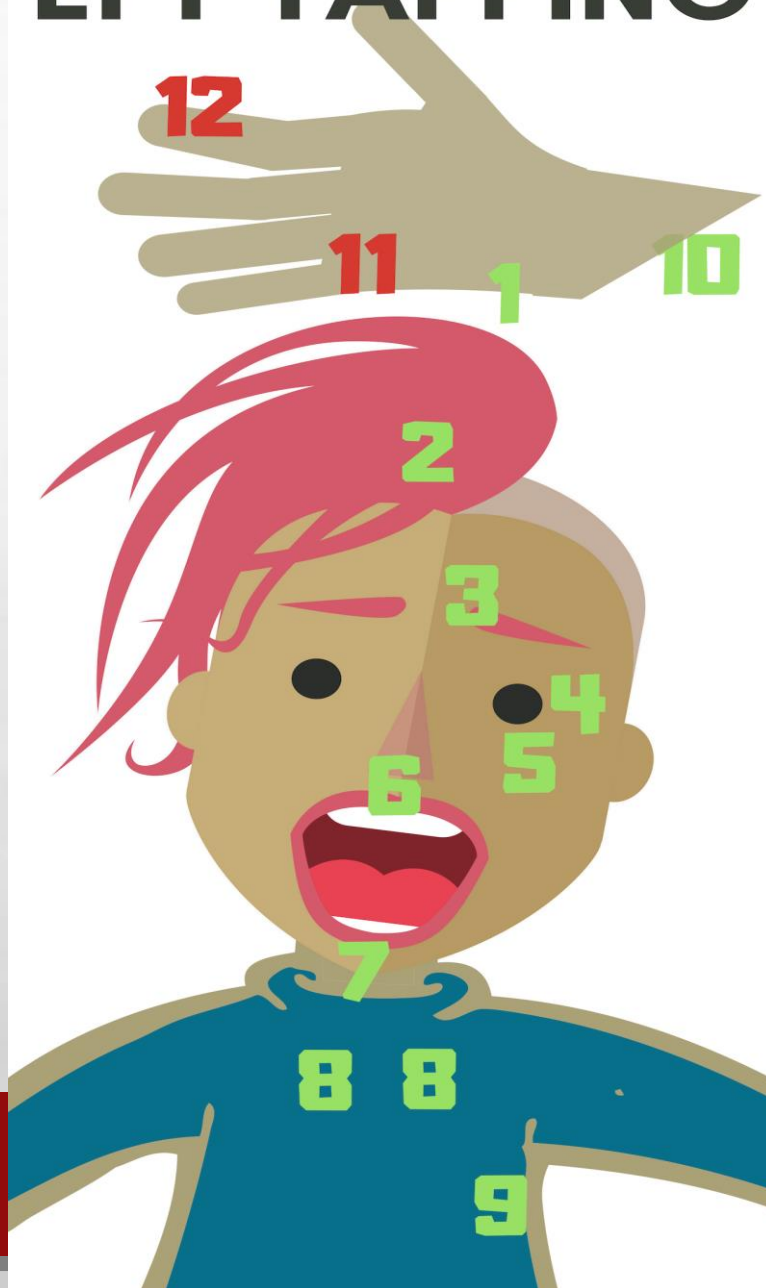
- It works. (80/20 rule)
- It's simple.
- Self applied
- Don't need to understand COGNITIVELY to resolve trauma neurologically/energetically
- Can be done discretely
- Free!!!!



**LET'S MEET  
"TRUTHY"**



# EFT TAPPING



## TAPPING POINTS

- 1) Side of Hand
- 2) Top of Head
- 3) Inner Eyebrow
- 4) Outer Corner of Eye
- 5) Under Eye
- 6) Under Nose
- 7) Middle of Chin
- 8) Under Collarbone
- 9) Under Armpit
- 10) Inside Wrists  
(Shortcut)
- 11) Back of Hand
- 12) Top Sides of Nails

Melissa Lester Olson, LCSW  
Advanced EFT Practitioner  
[melissalesterolson.com](http://melissalesterolson.com)  
770.313.7768

# HOW DO YOU DO IT? DEMO

- 1) Identify distressing issue, feeling, thought, somatic sensation
- 2) On a scale of 1-10, rate the intensity, write it down

## 3) THE SET UP STATEMENT (SIDE OF HAND) 1-3X

**EVEN THO**....I'm nervous about this test, I'm afraid to come to school, I'm angry those kids pick on me, I'm afraid I'm not good enough, I'm scared of, I don't know how I feel...&

**VALIDATION**...I'm doing the best I can right now, I'm still a good kid/teenager, this is how I feel and I'm supposed to feel how I feel, this is just where I'm at, it is what it is, I'm ok, I accept myself anyway

# CONTINUED

- 4) At remainder of points, just focus on the problem issue
- 5) After 1-2 rounds of tapping, re-rate the suds level
- 6) Continue until SUDS is 0

## NOTES

- Notice shifting that happens, ask the student what they are noticing, “What are you noticing?”
- If intensity going up, switch to Touch & Breathe
- If intensity going down, continue
- If needed, can tap on putting the issue in a Box for Safe-Keeping while Tapping or T&B



# CONSTRICTED BREATHING EXERCISE

- Take a deep breath
- On a scale of 0-10, rate your breath with 10 being the deepest possible breath

## SET-UP STATEMENT (SIDE OF HAND) 1-3x

- Even tho...I have this (issue)...even tho I feel...even tho I'm so...
- Validate...I accept myself anyway, this is where I'm at, this is how I feel, that's how deep my breath is, I'm a good kid, I'm a good person, I'm safe right here and right now, I'm doing the best I can, my job is to feel my feelings



# CONTINUED

- Take another deep breath, rate it
- What did you notice?

## NEW SET-UP STATEMENT

- Even tho...I have this (issue)...even tho I feel...even tho I'm so...
- Validate...I accept myself anyway, this is where I'm at, this is how I feel, that's how deep my breath is, I'm a good kid, I'm a good person, I'm safe right here and right now, I'm doing the best I can, my job is to feel my feelings
- Goal is always 0, we do the best we can

# TAPPING FOR COUNSELOR SELF-CARE

- Identify an issue, Give it a SUDS level, 0-10
- A feeling, a thought, a memory, a physical sensation – can work with any of these
- SET UP STATEMENT 1-3X ON SIDE OF HAND (Even though...I accept myself anyway)
- Tap each spot 7x while focusing on the source of your distress
- Can repeat the same thing each time, or follow the trail, notice what bubbles up, track whatever is most intense, tap until intensity is zero, no charge left
- Repeat until “charge” or distress level is 0 or as close as possible to 0

# VOLUNTEER DEMO - COUNSELOR

- Informed consent
- Scope of practice
- Ethics, boundaries

# TOUCH AND BREATHE

- Created by John Diepold, PhD
- Regulates/slows Nervous System
- Relaxes, deactivates, slows . . .
- Superimposes a deep relaxation response over a hyperarousal response – rewiring the brain
- Moving a lot of energy through the body very quickly
- Downward regulating the Nervous System very quickly

# TOUCH AND BREATHE DEMO

- With Elizabeth Butler, Gwinnett County School Counselor
- Identify common student issue, rate it
- What are you noticing in your body? I notice that... Do you notice that... How is your breathing right now? What else are you noticing in your body?
- Touch and Breathe around all 11 or 12 points.
- How was that? What are you noticing?
- Rate it, Repeat if necessary



# AGE CONSIDERATIONS

## KIDDOS

- ✓ Tappy Bear
- ✓ “Squirrel tapping”
- ✓ Wizard’s Wish - Yates
- ✓ Gorilla Thumps & Bear Hugs - Ortner
- ✓ Parents tap on kids at bedtime
- ✓ Rate SUDS with hands, metaphors
- ✓ “I’m a good kid.”

## TWEENS

- ✓ Stuffed animal
- ✓ “Would it be nice to feel calmer?”
- ✓ “Would it be nice to worry less?”
- ✓ “This is really weird.”
- ✓ “I don’t know about this.”
- ✓ “This really funny tapping thing.”
- ✓ I’m ok right now.

## TEENS

- ✓ Stress release/relaxation technique.
- ✓ Worry less?
- ✓ Improved academics/sports/tests.
- ✓ “Even tho I don’t think this will work”
- ✓ “This is how I feel.”
- ✓ “It’s ok not to have all the answers.”
- ✓ “It’s ok not to be perfect.”

# CALM, CONTAIN, DE-ESCALATE

- Return student to the present room over and over
- Be careful about asking open ended questions
- Validate, validate, validate, normalize, normalize, normalize – It's ok to feel my feelings
- Focus on somatic and try to process somatic only – intentional dissociation
- Encourage student to trust what they become aware of – validate, validate, validate
- I have clarity about this, this is my truth, this is what I feel, even if I don't understand it, even if they don't understand it, this is where I'm at, this is how I feel and my job is to feel how I feel

# COMMON EXPERIENCES

- AHA moments
- Cognitive shifts
- Tracking and resolution of physical distress
- Emotional release
- Emergence of new issues (pez dispenser)
- Tired, yawning, coughing, burping, belching, tingling, dehydrated, lightheaded - common
- Discounting the effects of tapping 😊 alternate theories, distracted me, etc.

# SIDE EFFECTS

- Warmth
- Tingling
- Waves of energy moving in various directions
- Yawning, burping, belching – do it big!
- Light-headedness
- Dehydrated/thirsty
- Very TIRED
- Emotional catharsis
- Continuation of body/nervous system processing after session

# RESOURCES

- Tap Into Community . com – local non-profit resource for all things tapping – coming soon!
- Assn for the Advancement of Meridian Energy Technologies – AAMET International
- Assn for Comprehensive Energy Psychology – ACEP
- Picture Tapping – Philip Davis, UK – Skype Trainings
- Dr. Peta Stapleton, Australia – EFT for Food Cravings
- EFT Effective for Sleep, Alcohol & Drug Cravings, Phobia – much more 😊



“

**DO NOT GO WHERE THE PATH MAY LEAD.  
GO, INSTEAD, WHERE THERE IS NO PATH,  
AND LEAVE A TRAIL.**

”

**RALPH WALDO EMERSON**