GEORGIA SCHOOL COUNSELOR'S ASSOCIATION

EFT TAPPING FOR EMOTIONAL SELF-REGULATION

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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
• 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

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

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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
CONSTRUCTED BREATHING EXERCISE

• Take a deep breath

• One 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
• 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