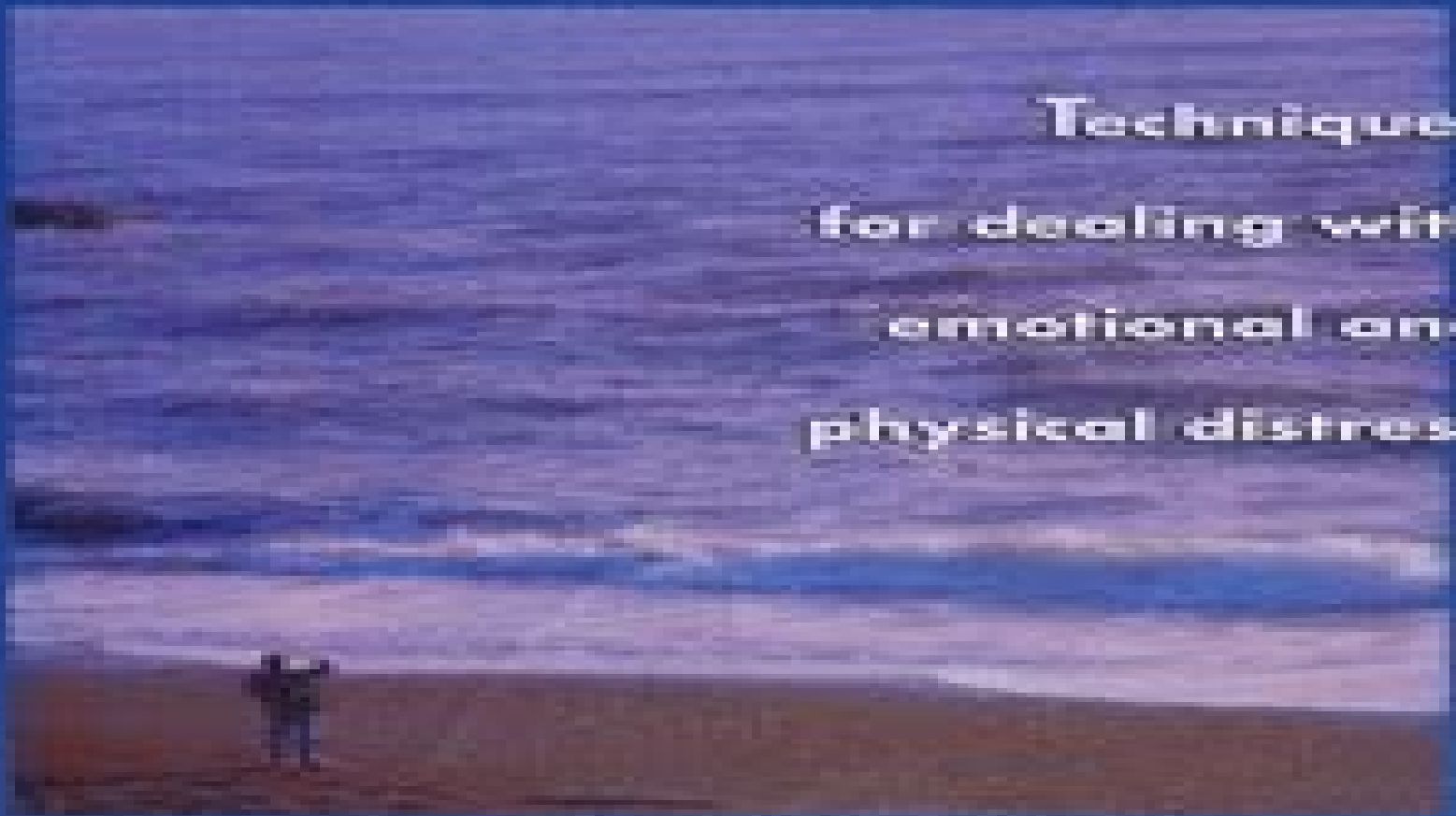


Emotional Freedom



Techniques
for dealing with
emotional and
physical distress

Garry A. Flint, Ph.D.

Based on Emotional Freedom Techniques
Developed by Gary Craig & Adrienne Fodor

Emotional Freedom Techniques For Dealing With Emotional And Physical Distress Revised Edition

Kathleen Frazier



Emotional Freedom Techniques For Dealing With Emotional And Physical Distress Revised Edition:

Emotional Freedom Garry A. Flint, 2010-12-23 EFT Spoon fed Emotional Freedom is a short book that teaches EFT It is described as a method with a short chapter teaching each part of the method with clarity and clear illustrations Notable are chapters that give an orderly approach to treating barriers an explanation of the use of shortcuts and a chapter that teaches your subconscious to treat issues on demand Also an appendix includes lists of issues and aspects to help the reader identify and treat additional issues that would otherwise be overlooked There is also a Flow Diagram of the entire treatment method For those more spiritually inclined there is a chapter that will teach the subconscious of some readers the EFT method These readers will then simply ask their subconscious to treat the emotion or issue that arises They will then experience the emotions gradually subside This book has been printed in Japanese Over 10 000 copies sold in English worldwide Over 8 000 copies sold in Japan

Emotional Freedom Garry A. Flint, 2001 Emotional Freedom spells out a method using acupressure points to heal most physical or mental issues up to 80 percent of the time Included is a detailed index pointing to answers for any question about using the treatment

Heal Yourself with Emotional Freedom Technique John Freedom, 2013-05-31 Emotional Freedom Technique is a new and innovative alternative therapy that is rapidly becoming a phenomenon It is a safe and non invasive healing method based on tapping acupuncture points while you focus on a particular issue It has been shown to be effective in treating fears and phobias performance anxiety guilt shame self sabotage and other emotional conditions It is also being used to enhance and improve academic and athletic performance psychic and intuitive abilities confidence and self esteem and overall health and well being

Trauma Treatment Techniques Jacqueline Garrick, Mary Beth Williams, 2014-05-22 Examine alternative techniques for dealing with post traumatic stress disorder Trauma Treatment Techniques Innovative Trends examines alternative approaches to talk therapies that help relieve stress in trauma survivors Experts in a range of practice areas present mental health providers with methods that augment or go beyond traditional techniques including art therapy virtual reality humor residential programs emotional freedom techniques EFT traumatic incident reduction TIR and thought field therapy TFT This unique book serves as a primer on new and creative means of working with combat veterans survivors of child abuse victims of rape and other violent crimes refugees victims of terrorism and disaster survivors Since the late 19th century mental and medical health professionals social workers clinicians and counselors have attempted to help patients mitigate symptoms and reduce distress by employing a variety of treatment techniques methods strategies and procedures Trauma Treatment Techniques Innovative Trends represents a significant addition to the available literature on post traumatic stress disorder PTSD and acute distress providing therapists with much needed options in their efforts to help trauma sufferers recover find new meaning and reach for new hopes and happiness Trauma Treatment Techniques Innovative Trends examines debriefing interventions in school settings instructions and safeguards for using emotional freedom techniques EFT when debriefing in disaster situations the use of creative art

therapies to reach out to war refugees the use of virtual reality based exposure therapy VRE to desensitize Vietnam veterans with PTSD from traumatic memories humor as a healing tool repressed memory physiology and meridian treatment points in the body a six step methodology for diagnosing PTSD a 90 day residential program for treatment of PTSD PTSD motivation enhancement ME groups autism as a potential traumatic stressor and much more Trauma Treatment Techniques Innovative Trends is an invaluable resource of inventive techniques that offer hope for recovery to anyone who has suffered life's worst injuries

Healing Personal Psychology Jasenn Zaejian, 2012-07-10 The mental health professions are responsible for creating and maintaining a folie a deux or shared public delusion that their intention is to heal On close inspection we see that the primary function of mental health professionals is to serve as moral arbiters of human behavior The legislature has granted clinical psychology and psychiatry the legal rights to define certain behaviors as mental illness Behaviors are defined as mental illness by morally tinged personal clinical opinion Cleverly hidden from the public is the fact that the concept of mental illness has never been established by rigorous science to qualify as an illness or disease The concept of mental illness continues to be created or invented by selected moral judgments and committee discussions not science Healing Personal Psychology presents an historical line of development of psychology and psychiatry from its roots in 19th Century German authoritarianism and oppression to the present state of the field where little has changed The clinical gaze is the bedrock of the professions Therein lies the failure of the mental health professions to effectively heal Mainstream clinical psychology and psychiatry by their very natures engage in some of the most repressive practices in modern society Supporting the thesis of this failure with factual references we are taken on an experiential journey through the system to see the devastation mental health treatment has caused by the creation of disease including central nervous system motor neuron and organ diseases found in different studies to range between 10% 75% of all those treated Not to mention the personal ruin caused for millions of people every year by effectively eliminating their freedom of choice to engage in a pleasurable life existence Strategic change exercises effective in healing a range of serious difficulties are presented as a solution to this devastation Valuable resources for healing from surprising sources are illustrated with references for daily practice The author brings more than 30 years of experience to bear in pointing towards a healthy way out This book can be utilized by professionals and the public both as an instructive textbook on alternative healing approaches for psychosis depression anxiety fears phobias obsessive or compulsive behaviors trauma or post traumatic related difficulties and as a resource that documents the system of oppression and inconsistent level of competence in the clinical psychology and psychiatry professions

Consciousness, Bioenergy and Healing Daniel J. Benor, 2004-10 People have the potential to heal themselves and each other Dr Daniel Benor a wholistic psychiatrist explains how mind body and body mind interactions promote health or cause illness Clear and concise explanations of a large body of research clinical examples and a variety of theory explain healing through complementary alternative medicine Dr Benor reviews research supporting claims that complementary alternative

therapies and bioenergy therapies are potent and effective treatments *Introducing Emotional Freedom Techniques* Christine Moran, 2017-07-05 Emotional Freedom Techniques EFT is an energy therapy that is rapidly gaining recognition as a simple yet very effective way to aid emotional and physical wellbeing This title provides an exploration of how EFT can be successfully applied to a wide range of social emotional behavioural and health issues **AMT Conference Manual 2003** Alex Kent, Susan Courtney, 2003-06 Contains papers from workshops presented at the Third European Energy Therapies Conference held in August 2003 The AMT is at the forefront of education and information about the new Energy Psychology and Meridian and Energy Therapies approaches In August 2003 an extraordinary group of people met to learn and share their knowledge expertise and energies at the Third European Energy Therapies Conference The manual contains papers from workshops presented at the conference giving readers the opportunity to learn the latest in this exciting field and share the flavour of this gathering **Energy Psychology** Fred P. Gallo, 2004-12-28 Energy Psychology Explorations at the Interface of Energy Cognition Behavior and Health Second Edition introduces the exciting new paradigm of energy psychology and presents the latest research on the subject This second edition begins by tracing the roots of energy psychology and contrasting them with contemporary approaches and the **Beyond the Trauma Vortex** Gina Ross, 2003 In *Beyond the Trauma Vortex* Gina Ross proposes a collaboration between the media trauma researchers and helping officials in order to break the vicious cycle of trauma and violence The media Ross suggests can use their tremendous influence to promote peace rather than violence and to heal wounded psyches communities and nations Delving first into the destructive nature of the trauma vortex through a variety of individual and historical examples Ross then offers her insight into an alternate restorative healing vortex By focusing on the interrelatedness of personal and collective healing the author makes a compelling case for why and how media professionals can play an influential role in effecting widespread healing for their viewers and for themselves *Eft Level 1 Comprehensive Training Resource* Ann Adams, Karin Davidson, 2011-08 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 of emotion it is possible to clear reactions to past traumatic events balance our perception of the past relieve stress and release negative emotions Page 4 of cover **Clinical EFT Handbook Volume 2** Dawson Church, Stephanie Marohn, 2013-06-30 EFT Emotional Freedom Techniques is used by an estimated 10 million people worldwide Yet a lack of standardization has led to a field in which dozens of forms of EFT with varying degrees of fidelity to the original can be found This led to the establishment of Clinical EFT the form of EFT taught in the original EFT Manual and associated materials and validated in over 20 clinical trials In this volume the most noted scholars researchers and clinicians in the field compile a definitive outline of the EFT protocol as it is applied in medicine psychiatry psychotherapy and life coaching This volume covers Integrative Medical Settings Special Populations such as Children Veterans Addicts Sports and Business Performance

Innovations in EFT These handbooks are essential reading for anyone wishing to understand EFT as validated in research science and best clinical practice

Harmony in Connection Azhar ul Haque Sario, 2024-12-22

Harmony in Connection Unveiling the Ties That Bind Us In a world that often feels paradoxically disconnected despite constant digital interaction Harmony in Connection offers a profound exploration of the true essence of human connection This book delves into the intricate tapestry of science and spirituality unraveling the mysteries of how our brains hearts and intentions shape our relationships Embark on a journey through the fascinating world of neuroscience where you ll discover the neural pathways that underpin compassion and empathy Explore the concept of the social brain and how evolution has wired us for connection cooperation and love Venture into the realm of collective consciousness and synchronicity where shared stories and cultural resonance reveal the deep seated links that unite societies Uncover the secrets of mirror neurons which allow us to step into the shoes of others and experience the world through their eyes Delve into the more mystical aspects of connection exploring the science of auras spiritual fields and the power of rituals to strengthen our bonds Discover how technology dreams and even sacred geometry influence our relationships in ways we may never have imagined Harmony in Connection is more than just an exploration of human relationships it s a celebration of the invisible threads that make us who we are It highlights the importance of rituals and ceremonies in fostering human bonding and emphasizes our connection to nature as an essential part of our overall well being Here s why this book will resonate with readers A unique blend of science and spirituality It offers a holistic understanding of human connection bridging the gap between the physical and metaphysical Fascinating insights It explores cutting edge research in neuroscience psychology and quantum physics shedding light on the mysteries of human interaction Practical guidance It provides tools and techniques for enhancing empathy deepening connections and cultivating more meaningful relationships A celebration of unity It reminds us that we are all interconnected and part of a larger web of existence Harmony in Connection is a must read for anyone seeking to understand the deeper aspects of human relationships and create more fulfilling connections in their lives

Healing Your Mind and Soul: Therapeutic Interventions in Quantum Reality Garry Flint, 2012-08 In his groundbreaking book Healing Your Mind and Soul Flint approaches healing from the point of view of quantum reality He creates a model of quantum reality which explains ancestral influences distant treatment and the cause of our experience of reality The model shows that we are all connected and created in a logical and orderly relationship with one another to give us more happiness and less pain which suggests a loving creation process At the spiritual level Flint uses the model to define the soul and to discuss prayer and afterlife He defines Wisdom as a rich resource in the hidden reality It can be used to cause deep healing of many issues Examples of the communication between the therapist and patient teaches the reader a way to treat intruding souls ancestral fields and to use Wisdom to treat common issues Other experimental interventions are given Healing Your Mind and Soul is an invaluable self help guide that breaks important new therapeutic ground for both the health professional and the layperson Dr Garry A

Flint is a psychologist with over 40 years of clinical experience He has treated issues in the quantum fields for the last 15 years He is the author of three previous books Emotional Freedom A Theory and Treatment of Your Personality and A Healing Legend co authored with Jo C Willems a a brave and provocative book Lee Pulos Ph D A B P P **Sleepwalker** Kathleen Frazier,2015-09-08 I came to in the middle of it like waking inside a horror movie silent scream and all Eyes wide open I was standing at an open window staring at the dizzying curve of Riverside Drive five floors below I d stopped somehow poised about to jump Growing up the good girl in an Irish American family full of drinkers and terrible sleepers Kathleen Frazier was twelve when her seemingly innocent sleepwalking turned dangerous Over the next few years she was a popular A student by day the star of her high school musical At night she both longed for and dreaded sleep Frazier moved to Manhattan in the 1980s hoping for a life in the theater but getting a run of sleepwalking performances instead Efforts to abate her malady with drinking failed miserably She became promiscuous looking for nighttime companionship Could a bed partner save her from flinging herself down a flight of stairs or out an open window Exhaustion stalked her and rest and love were seemingly out of reach This is the journey Frazier illuminates in her intimate memoir While highlighting her quest to beat her sleep terrors and insomnia this is ultimately a story of health hope and redemption **Wild Love** Gill Edwards,2012-03-29 Whenever we try to be good or expect others to be good we disconnect from the freedom joy and unconditional love that is our natural birthright It is only when we aim to be happy and reach for our dreams that we reconnect with Source energy and release our loving creative and unique potential Leading spiritual writer Gill Edwards explains that a deep magical and joyous reality lies just beyond our reach if only we can find the key to unlock the door In WILD LOVE she helps us find that elusive key by giving up our old patterns of relating and aligning ourselves with Source energy WILD LOVE is a beautifully written and inspiring book which will help you to become wild and free and to become a passionate and visionary co creator of your own heaven and earth **Treating Emotional Trauma with Chinese Medicine** CT Holman,2017-11-21 Emotional trauma can upset the harmony of the body and reduce the body s ability to heal and regulate itself Once the traumas are identified and treated the body will function at an optimum level and will respond to treatments for other conditions present This book integrates the multi diagnostic and treatment methods existing in Chinese medicine and contains diagnostics such as facial pulse tongue and channel palpation diagnosis Treatments include acupuncture Chinese herbal formulas qigong shamanic drumming and lifestyle and nutritional recommendations Many types of emotional traumas and their manifestations are presented including fear anxiety panic attacks PTSD depression mood swings insomnia and sensory organ impairment How to prevent future emotional trauma will be discussed and case studies are included to show the application of theory in practice **Ultimate Energy: Using Your Natural Energies to Balance Body, Mind, and Spirit** Tori Hartman,Eliza Swann,Kris Ferraro,2021-02-02 The ultimate guide to harnessing the body s energy for health and wellness Our bodies are surrounded by and filled with powerful streams of energy that can be used to

improve our mental physical and spiritual wellbeing Ultimate Energy Using Your Natural Energies to Balance Body Mind and Spirit is a collection of three books Chakras Auras and Energy Healing by Tori Hartman Eliza Swann and Kris Ferraro that will give readers the tools to tap into their own unique energy using a variety of modalities and practices Chakras explains the associations and strengths of each of the seven chakras along with how to harness their power in your own life Auras explores the many layered energy field that is the human aura and will teach you to sense and work with your own aura and those of others Energy Healing offers an exploration of a range of energy healing techniques from Reiki to EFT and will help you find a practice that suits your needs and interests Written by experts in the field each book is designed with beginners in mind and includes exercises to kick start your practice along with a comprehensive resources section to help you continue your exploration of the power of energy Ultimate Energy is the definitive beginner's guide to using energy as part of your health and wellness practice

Energy Healing Kris Ferraro, 2019-04-30 A Beginner's guide to healing body and mind with energy Energy Healing is a practical guide to the unique and powerful art of restoring energy through the body to promote physical health healing and wellness Designed for absolute beginners the book provides an overview of the history and benefits of Energy Healing and various methods including muscle testing EFT Emotional Freedom Techniques and Shielding Readers will learn how to tune into their own bodies and begin their own energy healing practice An experienced practitioner with a thriving practice Kris Ferraro provides the perfect introduction to energy healing including quick and easy techniques that anyone can incorporate into their lives along with common pitfalls and how to resolve them A rich resources section will help readers further explore the world of energy healing and develop their practice Anyone looking to understand and practice energy healing in their own life should Start Here Other books in the Start Here Guide Series Forest Bathing Discovering Health and Happiness Through the Japanese Practice of Shinrin Yoku Meditation The Simple and Practical Way to Begin Meditating Chakras An Introduction to Using the Chakras for Emotional Physical and Spiritual Well Being

The Spiritual Dentist Dr. Mitu Singhal, 2025-02-01 The Spiritual Dentist takes readers on a lifechanging journey where spiritual healing understanding meets dental art After years of honing the science of oral care Dr Mitu Singhal a loving and talented dentist discovers the profound link between spiritual wellbeing and oral health as she begins to incorporate her newly discovered spiritual practices into her job Dr Singhal explains the fundamental linkages between spirituality and dentistry as she helps patients address not only their teeth problems but also their psychological conflicts The Spiritual Dentist investigates selfawareness mindfulness and the possibility for internal healing via the lens of dentistry Each patient she treats is an opportunity for personal growth both for the patient and for Dr Singhal The book provides a complete approach to healing that goes beyond appearances combining spiritual ideas with practical dentistry knowledge

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