



Tapping, Trauma and the Brain...

...and how we can
best help with EFT

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Who Am I?

- Cambridge Physics Degree and Cranfield MBA
- Lots of Hypnotherapy and NLP Training
- Human Givens Therapy Level 3
- Eight years of EFT
- Passed the rigorous international EFT Master's exam
- Five years experience in training EFT Practitioners

What We Will Cover This Morning

- Short Presentation:
“Tapping, Trauma and the Brain”
- Three case studies and personal accounts
- Group Experience
- Demonstration
- Discussion
- Further Resources and Training Options

EFT?

- Emotional Freedom Techniques
- Is a meridian tapping technique
- Developed by Gary Craig who simplified and added some NLP to...
- Thought Field Therapy developed by clinical psychologist Roger Callaghan
- From Kinesiology and Acupuncture

Emotional Freedom Techniques?

It Does What It Says on the Tin!

- A somatic enhancement to Cognitive and Behavioural Therapies
- Similarly effective to EMDR and sufficiently gentle to be self applied
- A bridge between the talk therapies and the touch therapies

EFT?

- I can't teach you:
- **How It Works**
- (something neurophysiological like EMDR and with something of the systems of acupuncture too plus something really weird)
- I can teach you:
- **How to Do It**

Life Throws it at You

“Life throws it at you
some of it flies past
some if it slides off
and some of it sticks.”

A. Client

And When It Sticks You're Stuck

It Sticks in Your Head

And It Sticks in Your Body

- You feel it, think it, obsess it
- You sweat it, breath it, its visceral
- Any little thing sets it off, day or night
- You flashback, you startle, you panic,
- You can't relax, you have nightmares

Traumatised People

Are Fixated on the Past

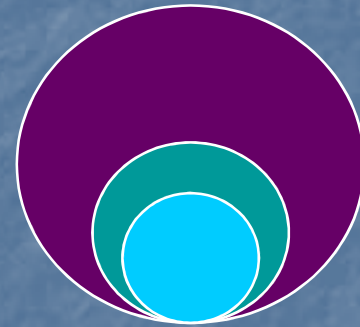
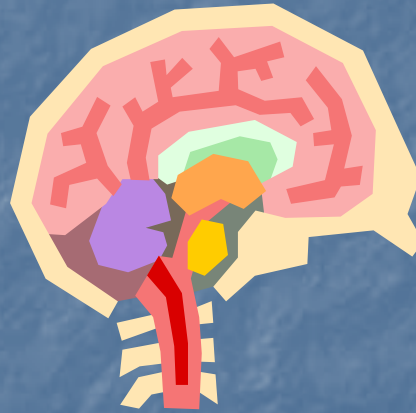
- Unable to distinguish Now from Then
- Unable to give meaning to emotions, behaviours and body sensations
- Obsessed with avoiding triggers
- Constantly vigilant
- Inarticulate and non verbal, "there's no words for this"

Re-living not Re-telling

Little Things and I'm Right Back There

- Harmless triggers set off the body's emergency responses to the original threat even in conditions of safety
- Energy is absorbed by keeping a lid on emotions rather than paying attention to the reality of here and now

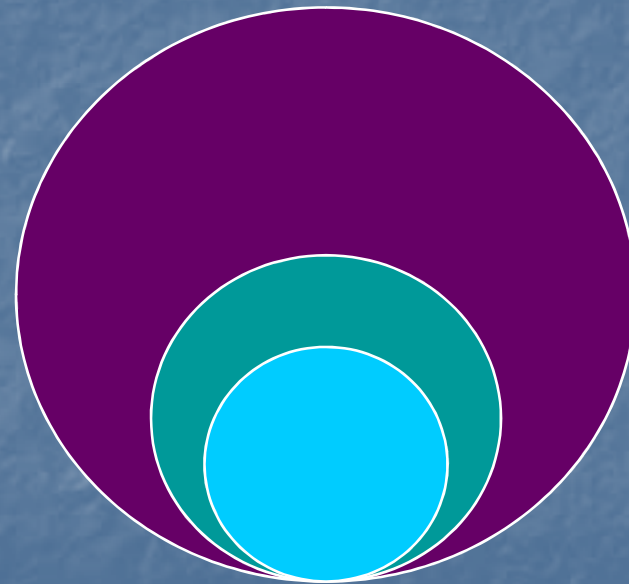
The Triune Brain



Neuroscience for Dummies

Three Brains in One

- Human Brain
- Dog Brain
- Croc Brain



The Croc Brain

Survival and Territory

- Maintains body temperature
- Regulates sleep
- Regulates appetite
- Defends territory
- Automatic sexual arousal

Croc Brain Maintains Harmony with the
Physical Environment

The Dog Brain

Protection and Pleasure

- Social emotions and behaviours
- Play and Reward
- Nurturing and attention to others
- Learning through conditioning

Dog Brain Maintains Harmony with the
Social Environment

How we Talk to Dogs and What They Hear

Now I've told you before
Sweetie to keep away
from that bitch down the
street, that could mean
the vet again, she's such
a low bred mongrel you
could catch something so
be a good dog



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good dog

The Human Brain

Intention and Imagination

- Sense of time, Past – Present – Future
- Language, meaning and abstract reasoning
- Calculation,
- Setting intention
- Self awareness

Human Brain Maintains Harmony with an
Abstract Environment

Communication

Pathways Between Our Three Brains

- Dog and Croc brains very well integrated: emotion leads to motion
- Human brain interprets and gives meaning to emotions and behaviours
- Dog/Croc responds to abstraction created by Human brain
- Human brain has no pathway to Dog brain (except in trance states)
- Beyond a threshold level of emotion Human brain cannot inhibit involuntary response

Response to Threat

Shit Happens...

- Animals respond to threat with action: fight, flight and finally freeze
- Once the threat recedes and the animal reaches safety freezing is discharged
- Successful discharge increases future resilience
- If freeze cannot be discharged, resilience is lowered

A Rip in the Fabric of Consciousness

Traumatising Events are:

- A Violation of Expectations
- A Dramatic Threat to Physical Survival or Identity
- Isolating “I’m on my own”
- Powerlessness “There’s nothing I can do”

The Trauma Capsule

The Sensory and Motor Nervous System State of the Freeze is Isolated as a Trauma Capsule

- What is seen, colours, shapes, patterns
- What is heard, sounds, tones, pitch, words
- Tactile sensations, pressure, heat,
- Smells and tastes
- The Emotional state or states
- The Motor state, position, movement, physiology

Inside the Capsule

Traumatic Memory is Frozen Time

- With no coherent language
- As current events with no sense of time
- With all the sensory experience of the there and then
- With all the emotional and body response of the event

The Capsule is Transparent

See, Hear, Touch, Taste, Smell
something (or imagine that you do)

- That matches a capsule's contents
- The capsule opens or leaks
- Dog Brain fires off emotion
- Croc Brain sets off fight or flight response
- Human Brain goes "What the **** ??!?!?"

The Capsule is Sealed

Why is this Happening Now?

Everything is Alright Now?

- The Capsule is sealed so that the animal can reach safety
- Then it opens to discharge the contents
- Antelope simply shake when this happens
- Humans reach for the bottle...

And After EFT?

Its like I'm watching a movie...

- I'm seeing it from the outside...
- Its not in here anymore its out there...
- Its as if it happened to someone else...
- Its more distant now, I'm detached...
- Oh, that? That doesn't bother me...

So What is EFT?

Tapping and Talking

- Words tune in thoughts
- Thoughts open the capsule
- Body goes into unbalanced energy state
- Tapping on Meridian points rebalances
- “Clearing out the Trauma Capsule”

Acupuncture and the Brain

What about the Meridian System?

- When people are put in a brain scanner and acupuncture points are needed the Dog brain areas light up
- The meridian system is in someway connected to the Dog brain
- EFT is accessing the human brain with words
- And the Dog brain with meridian tapping

Guidelines for EFT

EFT needs both Words and Emotion

- Intensity in the middle of the scale
- Emotion tuned in but not swamped
- Need to keep the language and observing parts of the Human Brain online
- Fit your technique to their likely response
- Use your intuition

The Big Learning

Specific, Specific, Specific

Use the **Facts** not the Meaning

The **Sensory** and **Motor** Facts

- What they **saw** then
- What they **heard** then
- What they **physically felt** then
- What they **smelled or tasted** then
- Their **body position**, movement and physiology

Resources

I have learned and am still learning from:

- Peter Levine "Waking the Tiger"
- Robert Scaer "The Trauma Spectrum"
- Bessel Van der Kolk "The Body Keeps the Score"
- Francine Shapiro "EMDR"
- Jonathan Haidt "The Happiness Hypothesis"
- Steven Johnson "Mind Wide Open"

Thank You

- For a copy of this presentation please email Hello@Emotional-Health.co.uk
- For EFT Training courses in Yorkshire see www.emotional-health.co.uk
- The international EFT website www.emofree.com