

# Clinical EFT Handbook: A Step-by-Step Guide to Using EFT for Anxiety, Depression, Pain, and More



## Clinical EFT Handbook Volume 1 by Katherine Wright

★★★★☆ 4.3 out of 5

Language : English

File size : 4615 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 681 pages

Screen Reader : Supported



Are you looking for a natural and effective way to improve your mental health? If so, then you need to check out the Clinical EFT Handbook.

EFT (Emotional Freedom Techniques) is a powerful energy psychology technique that has been shown to be effective for a variety of mental health issues, including anxiety, depression, pain, and trauma.

The Clinical EFT Handbook is a comprehensive guide to using EFT for a variety of mental health issues. Written by Katherine Wright, a leading EFT expert, the book provides step-by-step instructions on how to use EFT to treat anxiety, depression, pain, and other conditions. The book also includes case studies and research findings that support the effectiveness of EFT.

If you are struggling with mental health issues, then the Clinical EFT Handbook is a must-have resource. This book will provide you with the tools you need to improve your mental health and live a happier, more fulfilling life.

## **What is EFT?**

EFT is a powerful energy psychology technique that has been shown to be effective for a variety of mental health issues, including anxiety, depression, pain, and trauma.

EFT works by tapping on specific acupuncture points on the body while focusing on a negative emotion or thought. This process helps to clear the energy blockages that are causing the negative emotion or thought, and it can lead to significant improvements in mental health.

EFT is a safe and effective technique that can be used by anyone. It is a simple and easy-to-learn technique that can be used to address a wide range of mental health issues.

## **Benefits of EFT**

There are many benefits to using EFT, including:

- EFT is effective for a variety of mental health issues, including anxiety, depression, pain, and trauma.
- EFT is a safe and effective technique that can be used by anyone.
- EFT is a simple and easy-to-learn technique that can be used to address a wide range of mental health issues.
- EFT can help to improve mental health and well-being.

## How to use EFT

EFT is a simple and easy-to-learn technique that can be used to address a wide range of mental health issues.

To use EFT, follow these steps:

1. Identify the negative emotion or thought that you want to address.
2. Rate the intensity of the emotion or thought on a scale of 0 to 10, with 0 being no intensity and 10 being the most intense.
3. Tap on the karate chop point (the fleshy part of the hand, just below the little finger) with your fingertips while saying the setup statement: "Even though I have this [negative emotion or thought], I deeply and completely accept myself."
4. Tap on the top of your head (the crown point) while saying the reminder phrase: "[Negative emotion or thought]."
5. Tap on the beginning of your eyebrow (the eyebrow point) while saying the reminder phrase: "[Negative emotion or thought]."
6. Tap on the side of your eye (the side of eye point) while saying the reminder phrase: "[Negative emotion or thought]."
7. Tap under your eye (the under eye point



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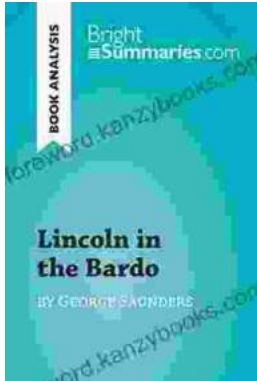
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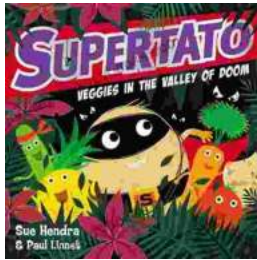
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