

# Outline

## Origin and Research

The origin of EFT  
The different nomenclature of EFT:

- o Energy Psychology
- o Thought Field Therapy
- o Tapping Solution
- o Meridian Therapies

Highlight significant cortisol reduction in peer-reviewed, published research  
The EFT steps of activating acupoints in conjunction with descriptions of upsets  
The profound relaxation response from EFT  
EFT includes cognitive interventions  
Going beyond talk therapy: Relaxation of activating meridian

## EFT to Eliminate Phobias

Two categories of phobias: Instinct driven or driven from a past negative event  
Demonstration of finding and treating with EFT the “first or the worst” time  
Live example from the audience, case studies  
The “borrowing benefits” for all to participate

## EFT for Pain Reduction

Self-applied acupoints: A sister to acupuncture  
Adding metaphors and emotions  
A mobile tool

## Using EFT for Stress, Generalized Anxiety and Panic

Personal peace procedure  
Checking work and the value of persistence

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# Objectives

- 1) Explain the origin and efficacy of the Emotional Freedom Techniques (EFT) including peer reviewed, published research.
- 2) Implement self-applied, light touch or tapping on acupoints to calm and rebalance the body system while thinking about disturbing upsets to create a desensitized state as measured by continuous dropping of the SUDS level.
- 3) Distinguish that EFT is a mind-body treatment that desensitizes unwanted thoughts, emotions and physical discomfort.
- 4) List exploratory questions to elicit the *first or worst* defining event and how to treat it in all manifestations in the past, present and future.
- 5) Demonstrate EFT techniques for stress, phobias, generalized anxiety disorder, panic and traumatic events.
- 6) Describe how EFT can greatly diminish frustrating OCD compulsions and unwanted habits.
- 7) Utilize a two-prong approach to treating social anxiety: EFT and social skill building.
- 8) Describe why EFT works in conjunction with and beyond talk therapy and how it often cuts quickly through resistant problems.
- 9) Explore working with pain reduction using acupoints and psychological constructs of metaphors and emotions.
- 10) State the ethical concerns of not working outside knowledge base and obtaining ongoing “permission” to use these methods.

Considerations for treating issues thoroughly in the past, present and future  
Quieting the physiological arousal of panic

**EFT treatment for Compulsions and Unwanted Habits**  
Finding a baseline  
Treat the “urge” or “desire” to perform the unwanted behavior  
Greatly diminish hand washing, checking, biting nails or thumb sucking  
Check your work via the SUDS intensity measure  
Future performance enhancement protocol to reinforce gains for the future

## EFT with Social Anxiety and Building a Social Skill Set

Social Anxiety: Fear of being scrutinized by others  
EFT on social situations: Past, present and future  
Establish layers of communication including ice breaker/small talk

## EFT with Acute and Long-Standing Trauma

EFT movie on Veterans 4 Vignettes of War  
Mind-body sweep: Gentle EFT approach via the associated physical discomfort

### Live Webcast Schedule (Times listed in Mountain)

**8:00** Program begins  
**11:50-1:00** Lunch Break  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.



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# Emotional Freedom Techniques (EFT) and Tapping

Evidence-Based, Mind-Body Treatment Approach to the Anxiety Spectrum Disorders and Pain

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# Emotional Freedom Techniques (EFT) and Tapping

Evidence-Based, Mind-Body Treatment Approach to the Anxiety Spectrum Disorders and Pain

- Apply EFT (aka Tapping) to help improve treatment outcomes in phobias, generalized anxiety, social anxiety, panic, OCD, acute stress reaction and traumatic events
- Go beyond talk therapy capacity to quickly resolve treatment-resistant issues
- Drop emotional burdens quickly
- Walk away ready to use calming EFT to gently address recent and long-standing clinical issues

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What do you do with anxiety and trauma clients who do not improve?

The anxiety spectrum exemplifies the disorders where emotions override thought. Fragmented memories get stored in the body. The Emotional Freedom Techniques (EFT) collapse this uncomfortable emotional and physical reactivity, therefore freeing a path for spontaneous insights and clearer thinking.

Emotional Freedom Technique (EFT) is a comprehensive mind-body treatment that desensitizes three areas: unwanted thoughts, emotions and physical reactions. EFT combines physical interventions derived from restorative (self-applied) acupressure theory with cognitive interventions.

EFT is an evidence-based practice with over 100 published studies. One published study demonstrated a 24% decrease in cortisol (stress hormone) level in the EFT group (Energypsych.org). EFT is an effective brief therapy and belongs in every therapist’s tool box.

Transform your clinical excellence; bring EFT into your practice and treat resistant problems that other methods failed.

This seminar focuses on cutting-edge techniques of EFT to treat the anxiety spectrum disorders including:

- Phobias
- Generalized Anxiety
- Social Anxiety Disorder
- Panic
- OCD
- Acute Traumatic Stress Reactions

These mind-body methods are emerging into mainstream mental health, trauma treatment, coaching, employee assistance programs and sport psychology arenas as rapid, effective, non-invasive, calming, desensitizing tools. Do not miss this opportunity to learn evidence-based techniques you can use immediately with your clients and improve treatment outcomes.

Clinical Expert

Robin Bilazarian, LCSW, DCSW, DCEP (Diplomate in Energy Psychology), and International Certified Master EFT Trainer, is a brief therapy expert, author and speaker who uses passion and humor to share a wealth of knowledge and her twenty years of experience integrating EFT into mainstream mental health treatment. She is the author of the Amazon best-seller *Tapping the Mighty Mind: Simple Solutions for Stress, Conflict, and Pain*. Her passion is to bring these rapid, thorough and gentle meridian and cognitive-based techniques into mainstream clinical mental health treatment.

EFT is a well-researched, comprehensive, mind-body treatment that rapidly desensitizes unwanted thoughts, emotions and connected physical reactions. EFT goes beyond supportive counseling and is actual treatment. It’s surprising how quickly turmoil dissipates; clients are usually better in one session - even if the issue is long standing.

Robin obtained her MSW degree from the University of Pennsylvania and the University of North Carolina/Chapel Hill and interned at Duke Medical Outpatient Psychiatry. Her more than thirty years of clinical practice includes employment in all levels of mental health treatment, including private practice and using EFT in a community mental health center and with medical staff. She was recruited and worked for fourteen years as an internal Employee Assistance Program counselor, bringing these highly effective, short-term techniques to medical staff and students in a regional trauma hospital. Her trainees also included police, fire fighters, first responders, educators, city workers and others. She ran numerous internal and external EFT workshops, including psychiatric rounds and community conferences. She speaks nationally and internationally on this topic and presents frequently for NASW and Rutgers University. She is a sought-after expert in working with anxiety spectrum disorders.

Speaker Disclosures:

Financial: Robin Bilazarian is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Robin Bilazarian has no relevant non-financial relationships to disclose.



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