

The background of the entire cover is a photograph of a person standing on a sandy beach, looking out at the ocean. The person is in the lower-left corner, wearing a dark jacket and light-colored pants, with their hand raised to their forehead as if shielding their eyes from the sun. The ocean is filled with waves, and the sky is a pale blue. The title 'Emotional Freedom' is overlaid on the top half of the image.

# Emotional Freedom

Techniques for dealing with  
psychological, emotional  
and physical distress

Garry A. Flint, Ph.D.

Based on  
Emotional Freedom Techniques  
Developed By  
Gary Craig & Roseanne Towler

# Emotional Freedom Techniques For Dealing With Psychological Emotional And Physical Distress

**John Freedom**



## **Emotional Freedom Techniques For Dealing With Psychological Emotional And Physical Distress:**

**Emotional Freedom** Garry A. Flint,1999 Based on techniques developed by Gacy Grain and Andrienne Fowlie using affirmations and acupressure **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% to 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.

**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

**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.

**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

**Somatic Therapy Workbook** Tina C. McGehee, 2023-03-07 Are you looking for a way to connect your mind and body that is easy and works The Somatic Therapy Workbook A Step by Step Guide to Feeling a Stronger Connection Between Your Mind and Body is the only book you need This complete guide shows you step by step how to understand and use somatic therapies which can help you get back in touch with yourself and move past physical emotional and mental blocks This workbook is full of tips to help you become more self aware grounded and in touch with your body You ll learn more about how your body reacts to emotions and outside stimuli and how to use somatic therapies to reduce stress and feel better about yourself The workbook is easy to understand and shows how to use somatic therapies in everyday life in a clear simple way You ll learn how to create a safe and supportive space for yourself and how to tap into your own inner resources The book has a lot of activities that you can do at home With the help of breathwork mindfulness and movement you can get to know your body and emotions better and learn more about them The Somatic Therapy Workbook is the perfect companion if you want to bring more balance and harmony into your life or just feel more connected to your body This step by step guide is sure to give you the tools and advice you need to take your practice to the next level So don t wait any longer get the Somatic Therapy Workbook A Step by Step Guide to Experiencing a Greater Mind Body Connection to unlock the power of somatic therapy With this complete guide you ll be able to explore your body and emotions in a safe and helpful way and learn more about how the mind and body are connected Somatic therapies can help you feel less stressed improve your sense of well being and bring more balance and harmony into your life So don t wait any longer order your copy now and start feeling a better connection between your mind and body right away Emotional Freedom Technique For Dummies Helena Fone, 2010-12-29 A member of the Energy Therapies family which includes acupuncture acupressure and shiatsu Emotional Freedom Technique is a simple and increasingly popular self development therapy used to treat a wide range of physical and emotional issues Popularised by figures including Paul McKenna EFT is based on the theory that negative emotions are caused by disturbances in the body s energy Often referred to as acupuncture without needles EFT involves locating and tapping on meridian points in the body while thinking of a negative emotion and using positive suggestion and thoughts to

alter the body's energy flow restore balance and reprogram thought processes This no nonsense guide introduces readers to the theories and methods behind the technique and shows them how to use it to reduce the physical and emotional impact of a wide range of issues including depression fears phobias anger addictions sleeplessness and pain It's simple safe anyone can practice it at home and with EFT For Dummies readers can banish bad habits for good Includes information on The path to emotional freedom explaining EFT Understanding your emotions Basic EFT tapping routines Improving emotional health with EFT Practising EFT on yourself and others Helena Fone is a registered EFT practitioner and trainer and an advanced hypnotherapist She has a diploma in advanced holistic hypnotherapy and practices CBT and NLP Find out more about Helena at [www.EFTRegister.com](http://www.EFTRegister.com)

**Parents, Children, Teens, and Psychological Viewpoints on Parenting Practices in Kuwait and Greece** Juliet Dinkha, 2023-05-08 Stories make up our lives from birth till the end they help us make sense of ourselves others and experiences in the world Throughout this book the authors explore one of the most vital of stories childhood and child rearing with individuals from Greece and the Middle East Each story presented shares a unique and subjective insight into the realm of parenting What is parenting and how does it differ The authors examine the unique cultural norms generational disparities childhood experiences and trauma that play a role in parenting They offer a depth of insight into childhood needs and include tales from families sharing their perspectives The authors invite readers to join them on an explorative journey to the East where narratives meet scientific literature providing a close view into different homes and worlds

Emotional Freedom Garry A. Flint, 2001 Emotional Freedom spells out a method using acupuncture 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

Principles of EFT (Emotional Freedom Technique) Paul Millward, Lawrence Pagett, 2014-07-21 This is a clear and concise introduction to Emotional Freedom Technique EFT Traditional and modern approaches of EFT are explained with step by step instructions for practical usages of EFT for stress reduction Case studies demonstrate how EFT can relieve a wide range of conditions including anxiety depression insomnia and migraines

*Introducing Emotional Freedom Techniques* Christine Moran, 2017-07-05 This title offers simple and effective techniques for emotional health and wellbeing 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 The techniques empower individuals to make their own changes in their thinking and feeling by combining focus on an issue whilst tapping on the body's energy system EFT provides highly flexible easy to use and practical solutions for a huge range of emotional issues across all age groups This book is a comprehensive information resource and how to guide for health professionals and adults to introduce EFT into their day to day lives It provides an extensive exploration of how EFT can be successfully applied to a wide range of social emotional behavioural and health issues It includes case examples of phobias fears issues around behaviour confidence health issues speech problems depression stress anger addictions abuse performance issues and managing pain It offers an

overview of some of the latest perspectives within neuroscience and physiology which reflect the changes that occur naturally when using EFT

**Energy Psychology Journal, 3:2** Dawson Church, 2011-11-30 Energy Psychology Theory Research and Treatment is a peer reviewed professional journal dedicated to reporting developments in the field of energy psychology EP that are of interest to healthcare professionals and researchers It contains original empirical research into the efficacy of EP methods theoretical experimental and basic science papers illuminating the mechanisms of action of EP clinical insights on the application of EP to various populations and interfaces with other interventions book reviews and abstracts published in other journals that are of relevance to the EP field Its goal is to further the development of EP as an evidence based method in the healing sciences

**Intuitive Animal Communication** Michael R. Burke, 2024-07-16 A guide to intuitive animal communication with a human first approach detailing how to do personal work in order to improve your communication with animals and diving into specific tools for communication and how to co create and manifest with your animal Have you ever wondered what your animal is thinking and feeling Or wanted to know what you can do to help them live their best life Here celebrated animal communicator and animal behaviorist Michael R Burke teaches you how He brings together all of his signature processes tools and techniques to help you strengthen your intuitive abilities so that you may do just that help you and your animals no matter if you have a dog a cat or another creature feel calmer more balanced and fulfilled as you co create a joyful life together But first you have to put on your own oxygen mask It s important to cultivate clear calm confident energy before interacting with animals and Michael offers exercises to help you build this foundation You will learn about journaling and mindfulness as methods for balancing your own energy and improving your animal communication and practice recognizing and interpreting energy in all forms These tools are essential and will set you up for success when it comes to animal communication Then you can move into the specific communication techniques including creating an internal database of signs and symbols to help you interpret and understand your communication with animals specific techniques for intuitive energetic and telepathic communication both in person and remote communicating with animals in the afterlife calling upon spirit animals and power animals the differences in communicating with wild animals compared to domesticated animals connecting and communicating with lost animals co creating your best life with your animal

**Alternative Treatments for Fibromyalgia & Chronic Fatigue Syndrome** Mari Skelly, Andrea Helm, 1999 Describes the effectiveness of tai chi yoga acupuncture massage and chiropractic

**The Complete Guide to Overcoming Traumatic Stress (ebook bundle)** Ann Wetmore, Claudia Herbert, John Marzillier, 2013-01-17 Terrible events are very hard to deal with Those who go through a catastrophic life experience such as a car accident assault long term abuse an illness or bereavement often feel permanently changed by the impact of what has happened They become numb and shut off from those around them or grief or guilt may constantly weigh them down Memories of horrifying scenes may intrude unexpectedly during waking hours while sleep may be disturbed by vivid unpleasant dreams These two practical guides on

trauma and how to cope with its aftermath are written by internationally recognised trauma experts

**Overcoming Traumatic Stress** Claudia Herbert Ann Wetmore Based on cognitive behavioural therapy CBT this self help guide offers a step by step programme to help you to understand your traumatic experience and how it is affecting you and to start to rebuild your life

**Traumatic stress responses** including Post Traumatic Stress Disorder PTSD result from a person's coping mechanisms having been completely overwhelmed by a terrible experience

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**Alternative Treatments for Fibromyalgia and Chronic Fatigue Syndrome** Mari Skelly, Helen Walker, 2006-08-31

Mainstream medicine however useful in other areas of healing has failed to effectively treat the complexities of fibromyalgia and chronic fatigue syndrome

This useful book focuses on alternative therapies for these prevalent diseases

Patients from around the world describe their experiences and coping strategies while dozens of experts in fields ranging from naturopathy ayurveda and reflexology to guided imagery hypnosis and guaifenesin therapy share their knowledge

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These basic techniques can provide new ways to pursue true and lasting success

**Handbook of Complementary, Alternative, and Integrative Medicine** Yaser Mohammed Al-Worafi, 2024-10-10

Six volumes combine to make up the Handbook of Complementary Alternative and Integrative Medicine

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volumes review integrative medicine around the world to share the best practices and experiences in terms of education practice and research and identify the challenges and suggest recommendations to overcome them The 20 chapters of Volume 2 focus on complementary alternative and integrative medicine practice related issues It begins with a history of complementary alternative and integrative medicine practice and continues with coverage of terminologies and types of complementary and alternative medicine and addresses regulations and laws around the world It introduces integrative medicine related issues and discusses herbal medicines and the herbal industry including safety Key Features Explains the quality of complementary and alternative medicine practice and services Describes the continuous professional development CPD for CAM practitioners facilitators and barriers of online CPD Covers the technology related issues in complementary and alternative medicine practice and services Describes the challenges of complementary alternative and integrative medicine practice and suggests recommendations to overcome them

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