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What is EFT?

Emotional Freedom Techniques (EFT) is a new way for you to change your emotional responses, how you feel about certain situations or experiences in your life. It's popularity is growing due to it's ease of use and effectiveness. Often it has worked when nothing else has in the past.

How does it work?

It works by changing the energy flow in your body and mind. Much has been discussed about the connection with acupuncture and this system and much of that relationship is true, at a **basic level**.

How effective is it?

For most people it is very effective in reducing the problem or issue that they are experiencing in life. But I would say that.

The convincer for most people come when they have a consultation, during which I will show them how to turn off or dramatically reduce some problem they have been having in their lives.

If you down load the free manual then you can begin to play and experience some of the dramatic results every **advanced practitioner** has experienced.

What kinds of things is it successful for?

As Garry Craig has originally said "try it on every thing" and if you go to the **eft web site** you can search for what ever issue you have and discover it's effectiveness, for your self.

Since then it's effectiveness and the data base on what it has been successful in treating has dramatically grown.

As it is emotional freedom therapy it is often used for emotional issues, fears , anxiety's, worry, grief and guilt, all the usual things. That most therapists get asked to help with. It is very useful in dealing with emotional issues: in relationships, at home, work, or business.

Does it really help with serious physical problems?

Yes, any problem emotional or physical that is seriously messing up your life or the lives of those, that you love can be positively effected with EFT.

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We do not give medical advice so if that is the angle you were coming in from, then once again I would like to ask you to visit the main EFT site and research your question and make up your own mind.

Many physical problems do originate from your mind, just look at the medical evidence out there as to the effects stress has on our body's and immune system.

How often should I do it?

If you have downloaded the manual then instructions are given in the book. If you are a private client then use it when ever you need to. You are aware of the daily drills that I advise you to do and you will have been given detailed instructions specific to you glitch.

Who invented emotional freedom therapy?

Garry Craig is generally recognised as the inventor of this amazing energy psychology system. It developed from his work and study with many people along with a keen mind on his part. He has been teaching his method since the early 1990's and with great success.

Can I use it on my children.

Yes, it is very effective when used on children, either through direct tapping drills or when used as "[surrogate](#)" EFT. This is a system that a parent can use to work on the child indirectly and is incredibly effective. Our kids usually respond very well to using this system as it can effectively be used as a game, so they enjoy playing.

Can I use it on my self.

That is the main purpose you can use it any time day or night with out a therapist being present. The basic drill will help you to turn down or remove your emotional level of distress. One of the great joys of this system is that it encourages and maybe demand's [personal responsibility](#) for your life.

How accurate do I need to be with the points?

When starting out great accuracy is not required, this is for a variety of reasons I will not go in to here, as it comes under the subject of advanced emotional freedom techniques.

You will get good results from tapping on the general areas as described on many web sites. If you are a client of mine then you will learn how to do emotional freedom therapy at the **next level**.

What happens when it does not work?

Good question. This is where we get in to the other side of EFT. The basic method is just that, basic. Human beings are very complex creatures. There is a big difference between using emotional freedom therapy at it's basic level, which is still very effective, and the knowledge and experience, that an experienced practitioner has.

We have many other E.F.T techniques at our disposal, there are other patters and

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drill's used other than the basic drill, and other diagnostic techniques that we use. Real effective therapy in this area uses a mixture of other techniques, many coming from hypnosis and NLP, along with some of the more advanced energy psychology field techniques, and years of experience helping people to overcome their problems.

However there will be a page on what happens when Emotional Freedom Techniques **does not work**.
