

wellbeing Therapy of the month



Phobias and addictions are just two of the problems that a new energy medicine called Emotional Freedom Technique claims to cure, says Chloe Nevett

What is EFT? It's a remarkably simple healing technique, which claims to remove stressful mental or emotional issues and the emotional components of physical illness. Emotional Freedom Technique combines components of the Chinese Meridian Energy System, Kinesiology and NLP with other mind-based therapies.

It actively engages the client in the healing process. Many health practitioners who find it a useful adjunct to their primary practice. What can it treat? EFT therapist Cathy Dixon claims success with phobias, self-esteem issues, traumatic memories and emotional issues. Healthcare practitioners, worldwide (see website below) claim this "acupuncture without needles" has also worked on migraine, behaviour problems, addictions and even sports injuries. EFT is seen to bridge the gap between the body and mind therapies. As a Shiatsu practitioner and Chi Kung teacher Cathy is well acquainted with Oriental medicine yet doubts its, or any of the western body therapies, ability to completely heal in cases where dis-empowering emotions lie at the heart of a problem neither,

in her view, do the talk-based practices of psychotherapy and hypnotherapy necessarily change the trauma locked away in the emotional part of the brain - she regards EFT is ~the missing piece to the healing Jigsaw.

What does a session involve? Our tester presented Cathy with the issue of "procrastination" over an important issue and spent a fascinating 90 minutes unravelling its hold. Past and present components of the issue were discussed and mind-mapped on paper. Between them client and therapist then formulated a statement of self-acceptance, tuning what was seen as a problem into a positive thought. Then, whilst our tester focused on the statement, Cathy finger-tapped 14 acupuncture points. Following this procedure the affirmation seemed to have been absorbed, for when asked how our tester now rated her problem on a scale of 0-10, her initial high score had, within minutes, dropped considerably. What were the after-effects? A fairly typical feeling after EFT is to feel light and unburdened, which was our tester's experience. Being more relaxed after a session might naturally incline one to "diss" past woes, temporarily at least, and yet according to client testimonials the effects of one Of more sessions really can be life changing and permanent. If healing really can be this simple, think of the saving on therapy bills!

Introduction to EFT - Level One, Ealing Friends Meeting House, 17 Woodville Road. Ealing W5, with Cathy Dixon, 020 8896 3978 info@energyroots.co.uk