

A woman with her hair in a bun, wearing a light blue tank top, is shown from the back and side. She has her hand resting on her neck. The background is a soft, out-of-focus grey. A semi-transparent white banner is overlaid across the middle of the image, containing the text 'HOW TO USE EFT TO COMBAT TRAUMA'.

**HOW TO USE EFT
TO COMBAT
TRAUMA**

TRAUMA

How Tapping Can Help Release Traumatic Energy

Tapping, also known as EFT (Emotional Freedom Technique), is a powerful stress relief technique. Tapping is based on the combined principles of ancient Chinese acupressure and modern psychology. By tapping on specific points while focusing the mind on a given topic, we can calm our nervous systems, reduce stress, and rewire the associations in our brains.

Tapping is a powerful technique to use for trauma, because it can help us to disassociate the negative emotions and body sensations that go along with a traumatic memory. When we can feel neutral about a past trauma, we are freed up to live our lives from a more centered and empowered place.

How it Works:

When it comes to the brain, a core principle to keep in mind is:

“Neurons that fire together, wire together.”

This means every time we have an experience, the memory of that experience is wired together with the emotions and stress levels we experienced.

This happens with all of our experiences. It's how our brains help us navigate through the world by discriminating between what is safe and what isn't, and what we should move towards versus what we should move away from.

If we've had a traumatic experience, anytime the memory comes up, or something that reminds us of the memory happens (a trigger), our bodies actually relive the experience both physically and emotionally.

This can be very unsettling, especially when we have a strong emotional and physical reaction to something that only vaguely or subconsciously reminds

us of the traumatic memory. When this happens, we can feel like we're upset for no reason, or we feel afraid to move forward with something but don't know why.

When we tap, we are sending a calming signal to the amygdala (the part of the brain that controls our stress response) and interrupting the stress response.

If we tap while recalling traumatic memories, we are able to essentially neutralize the associated emotions of distress, very much like pulling apart interwoven threads.

Tapping doesn't change the memory, but it does disassociate the negative emotions from the memory. In this way we are able to rewire the brain and create more inner peace and empowerment.

A Research-Backed Approach:

Tapping has been studied extensively, and as of 2019, most research on tapping has been conducted on PTSD (Post Traumatic Stress Disorder).

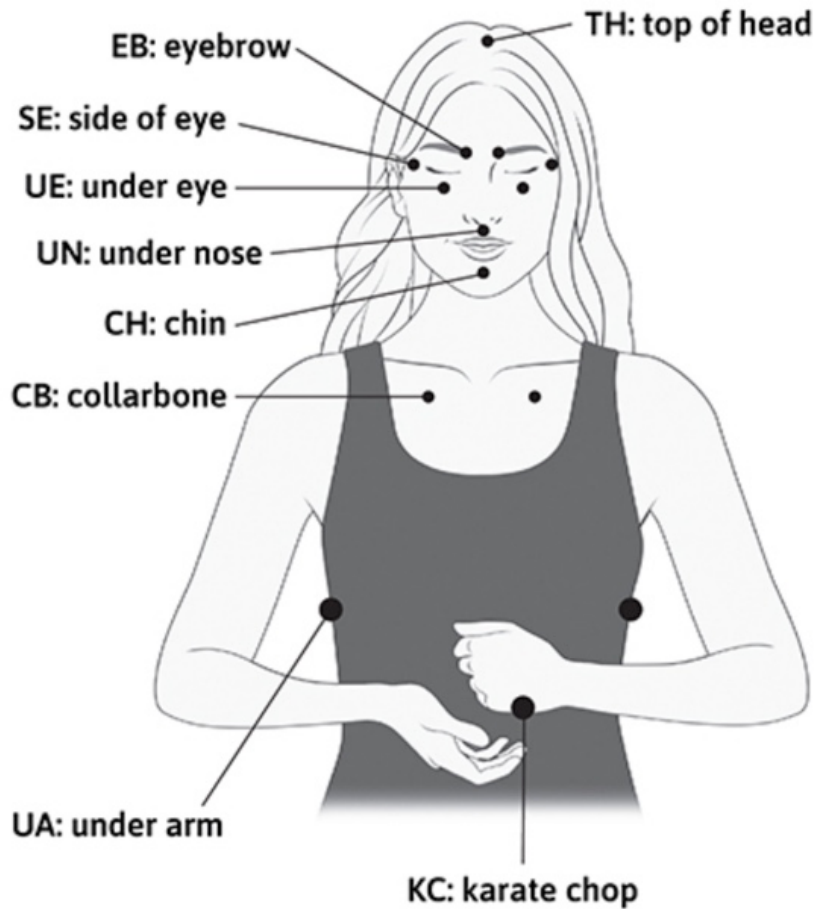
We now know that PTSD symptoms can be transformed through tapping, and these changes last over time. Numerous published reports show that tapping is not only effective in treating PTSD and comorbid (associated) symptoms, but the treatment is often more efficient than standard care and the effects are longer lasting.

When you follow these links, you'll find seven unique and distinct tapping exercises to practice, depending on what emotions and experiences you need to target.

And for your reference, please use the below image to identify what each

tapping location is. Remember, you can tap however feels comfortable to you: with your pointer and middle fingers, with just one of those fingers, with the pads of your pointer, middle, and index fingers, or any other combination!

Tapping Points



To access the seven tapping meditations, please visit the resources section under “Trauma” in the whole.tv platform!