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**What is EFT tapping?**

**E**motional **F**reedom **T**echnique is an alternative treatment for physical pain and emotional distress. It’s also referred to as tapping or psychological acupressure. People who use this technique believe tapping the body can create a balance in your energy system and treat pain.

If you’re like many people, you feel trapped, caught in this cycle. You’re tired of feeling sad, depressed, anxious, discontent, and unwell. You’re sick of the expensive and ineffective treatments. You’re fed up with relinquishing the power over your health and happiness to psychologists and doctors. You’d like to grow, flourish, and thrive, putting the past in the past. You want to be your best, living a life that is filled with peacefulness, joy, and fulfilment, from day to day and moment to moment.

With Tapping, you can do that. You can discover the vital secret for emotional wholeness and physical relief. You can take your physical and emotional well-being into your own hands.

Tapping provides relief from chronic pain, emotional problems, disorders, addictions, phobias, post-traumatic stress disorder, physical diseases, & help along your spiritual journey.

While tapping is newly set to revolutionize the field of health and wellness, the healing concepts that it’s based upon have been in practice in Eastern medicine for over 5,000 years. Like acupuncture and acupressure, Tapping is a set of techniques which utilize the body’s energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips – literally tapping into your body’s own energy and healing power.

Your body is more powerful than you can imagine… filled with life, energy, and a compelling ability for self-healing. With Tapping, you can take control of that power.

 **So How Does It All Work?**

All negative emotions are felt through a disruption of the body’s energy. And physical pain and disease are intricately connected to negative emotions. Health problems create feedback – physical symptoms cause emotional distress, and unresolved emotional problems manifest themselves through physical symptoms. So, the body’s health must be approached as a whole. You cannot treat the symptoms without addressing the cause, and vice-versa.

The body, like everything in the universe, is composed of energy. Restore balance to the body’s energy, and you will mend the negative emotions and physical symptoms that stem from the energy disruption. Tapping restores the body’s energy balance, and negative emotions are conquered.

The basic technique requires you to focus on the negative emotion at hand: a fear or anxiety, a bad memory, an unresolved problem, or anything that’s bothering you. While maintaining your mental focus on this issue, use your fingertips to tap 5-7 times each on 12 of the body’s meridian points. Tapping on these meridian points – while concentrating on accepting and resolving the negative emotion – will access your body’s energy, restoring it to a balanced state.

You may be wondering about these meridians. Put simply, energy circulates through your body along a specific network of channels. You can tap into this energy at any point along the system.

This concept comes from the doctrines of traditional Chinese medicine, which referred to the body’s energy as “ch’i.” In ancient times, the Chinese discovered 100 meridian points. They also discovered that by stimulating these meridian points, they could heal. Call it energy, call it the Source, call it life force, call it ch’i… Whatever you want to call it, it works.

In some ways, Tapping is similar to acupuncture. Like Tapping, acupuncture achieves healing through stimulating the body’s meridians and energy flow. However, unlike Tapping, acupuncture involves needles! “No needles” is definitely one of the advantages of Tapping.

Tapping is simple and painless. It can be learned by anyone. And you can apply it to yourself, whenever you want, wherever you are. It’s less expensive and less time consuming. It can be used with specific emotional intent towards your own unique life challenges and experiences. Most importantly, it gives you the power to heal yourself, putting control over your destiny back into your own hands.

**EFT Tapping Intake Form**

Date: \_\_\_/\_\_\_\_/\_\_\_\_\_ Date of Birth (Day/Month/Year): \_\_\_\_/\_\_\_\_\_/ \_\_\_\_\_\_\_

Full Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship Status:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Add to email newsletter? Yes/No

Your Profession:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Location/Time Zone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How did you hear about me?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Children? Ages? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What are your principal concern(s) or challenge(s) right now that you would like to work with me?

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What would you most like to achieve out of our work together?

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What have you done to help this/these concerns/challenges that have worked?

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What have you done to help this/these concerns/challenges that have NOT worked?

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Are you being treated by any other professionals (health care or otherwise?) Is there anything else you would like me to know before our session?

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| --- |

EFT is not counselling or psychological therapy, and I am not a licensed healthcare professional. I do not diagnose or treat any medical or mental health conditions. If I am not qualified to help you with an issue you bring up, I may recommend you seek alternate treatment.

**What to expect from our session**

During the sessions I will ask questions and have you talk about aspects of events, but EFT is not a talk therapy. My focus is to get you tapping so you can achieve your goal. For this reason, I may interrupt you or have you pause during a story or an explanation. It’s not personal and it’s not meant to be rude - I want to use our time together to your best benefit and tapping will accomplish that faster than talking. Part of my job is to keep us focused and on-track with your goals. **Each session lasts approximately 60 minutes, starting from your appointment time.**

1. Our first session will consist of an introduction to EFT (if required) in addition to tapping.
2. I will also teach you how to tap on your own, because EFT is even more effective when you’re using it regularly. If there is something you don’t want to talk about out loud, there are techniques we can use.
3. Please let me know if you are uncomfortable at any point.

**To prepare for our session:**

1. Please ensure you have privacy and will not be interrupted during your session.
2. Also I recommend that you have water available to stay hydrated (EFT works better this way,) and take care of other body issues like hunger or bathroom breaks before we start so that your body isn’t distracted.
3. Unless we meet in person, we will be meeting on messenger video or whatsapp video, please let us know which one you prefer.

**Privacy**

Our sessions are confidential.

**Fees**

Payment is due before each session. I require a minimum of 24-hours notice for any cancellations or changes or I will still charge for the appointment.

**What to expect after a session**

Tap on the easier issues on your own, as well as when a situation arises that is stressful. You can save the tougher, more complex, stubborn issues for your sessions with me.

A round of EFT generally consists of tapping on the side of the hand, followed by tapping on a series of points on your head and upper torso while talking about specific events and emotions. Generally, it takes several sessions (at least 3) to heal a long-term or complex issue, because it usually involves more than one aspect. Some issues can be resolved in one session.

**Contact**

Please contact me by email at thehealingmessage@yahoo.com or by facebook messenger

By typing your name here, you are signing this agreement electronically.

| I have read this document and I am in agreement with its contents. Name: Date:  |
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**GDPR Compliance Notification:**

My payment system through Paypal is GDPR compliant which secures your data.