

PTSD, anxiety, depression & almost all physical, emotional, & mental problems?

Description

My experience:

EFT- First use it helped to practice the taps first then focus on the problem, use the words “I accept the anxiety/pain/injury completely” while tapping (download tapping point pic to phone) & follow where the feeling goes as the anxiety/pain/emotional intensity around the injury dissipates.

Eye movement desensitization- EMD

EMD involves moving the eye back & forth while reviewing a traumatic memory. It appears most effective when walking in nature while scanning the beauty around.

Tetris EMD

Playing tetris after a trauma appears to prevent PTSD.

Playing tetris while recalling a trauma that caused PTSD appears to re-encode the memory as no longer traumatic.

Word games like crosswords may also be useful (self test).

https://pubmed.ncbi.nlm.nih.gov/32293830/?utm_source=pocket_mylist

https://www.scientificamerican.com/article/tetris-shown-to-lessen-ptsd-and-flashbacks/?utm_source=pocket_mylist

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5678449/?utm_source=pocket_mylist

Emotional freedom technique-EFT

EFT has up to a 98% success rate in over 100 studies against emotional, mental & physical problems. It involves tapping a few places on the head, neck & chest while accepting & reviewing problems and not only works against anxiety & PTSD but has relieved most physical, mental & emotional problems.

EFT is as much a psychological technique as physical, working like self psychotherapy. People state they have a problem and accept it then listen to their feelings about the problem while tapping and go where the emotion takes them. Problems not resolved alone often work out with a therapist who uses EFT

The Emotional Freedom Technique: Finally, a Unifying Theory for the Practice of Holistic Nursing, or Too Good to Be True?

https://journals.sagepub.com/doi/10.1177/0898010116648456?url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Acrossref.org&rfr_dat=cr_pub++0pubmed&

[Does EFT Tapping Really Work? Is It Evidence-Based?](#)

98%? What to do if EFT doesn't work for a problem?

[EFT is Just Not Working for Me](#)

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Category

1. Uncategorized

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biggs

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