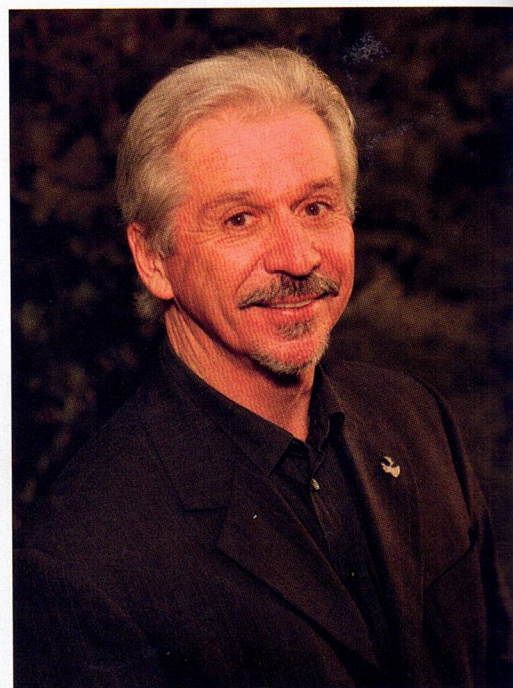
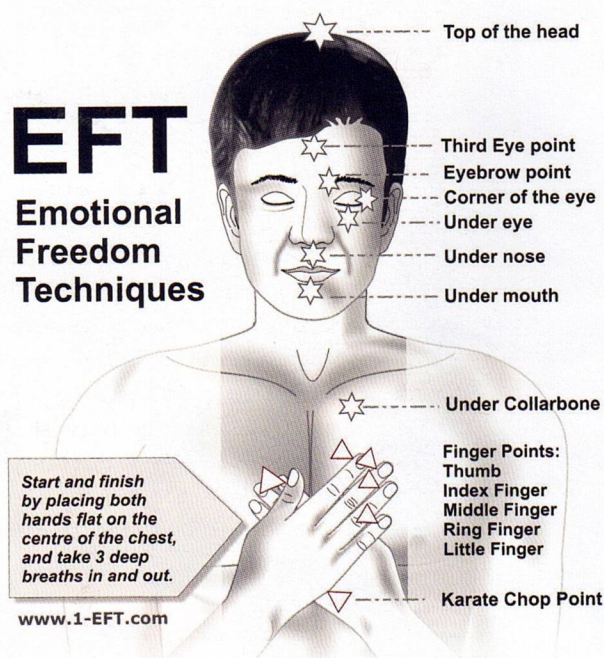




EFT Emotional Freedom Techniques



Above: Kieron Goodwin, Nelson-based energy therapist

What is Emotional Freedom Technique?

EFT is often the modality people turn to when all else has failed, says Kieron Goodwin, a Nelson-based energy therapist and co-director of Turning Point Clinic and Coaching. Sometimes referred to as 'emotional acupuncture' but without the needles, Emotional Freedom Technique (EFT) involves tapping with your fingertips on certain energy points on the body to release emotional trauma. While tapping, you state the truth about how you are feeling and hold that thought. As the intensity lessens, you gradually release old negative thoughts and replace them with positive new ones.

Kieron uses the analogy of water flowing through a pipeline to explain how EFT works. "When things are working well, the water is flowing properly and it's of good quality. But if you get debris in the pipes causing blockages, the flow and quality of the water are disrupted. When you tap with EFT, it's like putting a high pressure hose into the pipe and blowing out the energetic debris."

While the practice has its origins in Chinese medicine - where the subtle energies and meridians that travel the body were first identified, it was in the early 1990s that EFT in its current form was developed. It's a very simple, safe and accessible technique that is done fully clothed and without any touching

(as you do the tapping yourself). It is easily learned and can be useful in treating issues such as addictions, anxiety, depression, emotional trauma, abuse, fears, phobias, mild depression, insomnia, pain management, obesity and physical symptoms stemming from emotional sources.

“When you tap with EFT, it's like putting a high pressure hose into the pipe and blowing out the energetic debris.”

- Kieron Goodwin, energy therapist and co-director of Turning Point Clinic and Coaching

"A stressful event or situation triggers a biochemical response in the body," explains Kieron. "If we keep re-living it, we can get addicted to an emotional cocktail the same way a drug addict gets addicted to a drug. It becomes a habituated response and you can become trapped. EFT offers a way to break the chain of emotional response and puts you back in the driver's seat of your life."

Kieron says he doesn't see EFT as the "be-all, end-all" or a replacement for conventional medical treatment. "If anyone is on medication or has a chronic physical illness, I will always ensure they are working with a trained medical practitioner. I believe Western and Eastern medicine are complementary and you should use what's best from both systems." However he has experienced first-hand the benefits of EFT - which is why he has chosen to become a practitioner and share it with others. "I tried many things over the years, but it was EFT that released me from my own struggle with Post Traumatic Stress Disorder - and that was after being told I'd need to be on medication for the rest of my life. It brought me back to a place of wellness within 2-3 months - that was 12 years ago. It gave me back my life."

While issues can sometimes be resolved in a single session, more often it might take a few. There are no universal qualifications to become an EFT practitioner, and it is accessible to anyone. Kieron suggests that people look for someone who connects with them and who they trust.

"The beauty of EFT is its simplicity. You don't have to understand how it works - just be open to it," he says.