

by: Mair Llewellyn **Introduction**

In this article I, briefly, introduce myself as a therapist. Then, I describe how I became involved with a Meridian Therapy called Emotional Freedom Technique (EFT). Later, I discuss my exploration of Meridian Therapies, including my visit to a conference in Las Vegas where I met the developers of other meridian based therapies. Finally, I share how these experiences have grown within my work and then to end this article, take a look at the future possibilities.

## **Hypnotherapy Practice**

I became passionate about hypnosis in 1975 having used self-hypnosis for the birth of Debbie my youngest daughter with profound results. In 1980 I begun my hypnotherapy practice sharing the effectiveness of hypnosis to help many of my clients to develop or overcome

problems. Since then, I have continued my work and continued to train as part of my professional and personal development.

My professional development involved obtaining an honours degree in psychology and postgraduate training in psychotherapy.

Although many years have passed, I am still really passionate about hypnosis as a therapeutic tool to assist development, healing and emotional well-being.

Part of my continuing learning took me into meridian based therapies in 1999.

In July 1999 I began combining energy therapy and hypnotherapy. This

combination has naturally enhanced my already very successful full-time private practise.

## **Introduction to EFT**

I was naturally resistant to a new (to me) therapy that made me question much of what I had already learned as a psychotherapist. Initially this sense of incompatibility threatened my generally open minded approach to this healing modality. The reason behind this was the fact that Emotional Freedom Techniques (EFT) [one of many

energy therapies] seemed to be focusing on the negative part of what was happening within my own life and the lives of my clients.

Now, I am truly grateful that something within me was open and willing to listen.

Emotional Freedom Techniques (EFT) is based on Dr Callahan's technique Thought Field Therapy (TFT). Its roots are in applied kinesiology and acupuncture.

Gary Craig, the developer of EFT studied TFT with Dr Callahan and being an engineer strove to find ways to make this very effective therapy more accessible to the world as a healing tool.

This development involved showing people how to tap, press or rub acupoints on their body in easily accessible places. These easily accessible places mainly on the face and hands make this therapy easy to use at anytime or in any place.

The simplicity of the technique allows anyone to learn the basic procedure within minutes, and to use it on practically anything for the rest of their life.

This may seem a sweeping statement - yet I have discovered this assertion to be true, in my experience, in the last two years.

I have personally used it for traumas, low self-esteem, pain, fear of public speaking and more recently to avoid jetlag.

# Outline of EFT

EFT is one of the simplest Meridian Therapies to learn yet it is extremely effective. The EFT formula is made up of four sections,

‘The Set Up’,

‘The Sequence’, ‘The 9 Gamut Procedure’ and ‘The Sequence’ again.

‘The Set Up’ is one of the most critical parts of EFT it is in this part, where the client and therapist agree on a phrase that is called the ‘Set up



Statement'. This statement encompasses the problem to be worked on.

'The Sequence' part is where the therapist teaches the client to tap on the acupoints in rotation.

‘The 9 Gamut Procedure’ is intended to fine-tune the brain stimulating both left and right hemispheres.

Following ‘The 9 Gamut Procedure’, the Sequence is repeated once again.

Once the therapist has learnt the basic EFT formula, there are a many important details that need to be incorporated. In practice, the formula can be completed in 60 to 90 seconds, and the client can easily learn to do it themselves within half an hour. How

ever, to become competent and skilful as a therapists adequate training, practice and a positive intent to heal are essential.

## **Uses of EFT**

During the early days of learning to work

with EFT using it on some of my own problems, (I was surprised to find so many!) I used it mainly for psychological needs and those of my clients. However, even though I was

utilizing it mainly on psychological problems such as fears, stress, phobias, something strange became evident.

Whilst working on apparently emotionally based

problems my clients were reporting physical relief as well as emotional freedom.

In many cases they reported the alleviation of a pain, stiffness or discomfort, which they

had not even  
discussed with me  
before.

This problem may  
have been with them  
for weeks months and  
sometimes years.

The reports varied



from, “It does not bother me anymore”, to, “It has just disappeared”.

Frequently they had been, and still were seeking help from other sources without much relief for this

physical problem.

On one occasion we saw the funny side of this phenomena happening before our eyes.

During an introductory afternoon on EFT one

of the participants  
asked for help with an  
ongoing pain.

The participant  
reported considerable  
relief from the pain,  
however, due to a  
previously arranged  
appointment for pain

relief the client left this clinic to go directly for pain relief therapy, which she had been receiving for two years.

Through her embarrassed laugh she said, “I have not

felt as much relief in my shoulder for the past five years.

I should be paying you for this relief, not going elsewhere!”

(The introductory afternoon was a free two-hour talk session

arranged for a local self help group).

In view of this, I began to use it on anything which presented itself, in combination with other therapeutic tools. Love pain,

jealousy, infertility,  
eating disorders,  
fears, performance  
anxiety, epilepsy,  
tinnitus and so on.

Since the beginning of  
my using EFT and,  
later, other Meridian  
based therapies, I

have experienced  
success with more  
than a thousand  
clients.

The level of relief  
varies from one client  
to another.

The positive results



from this treatment  
continue to surprise  
and amaze me.

# **EFT**

# **Contraindications**

It is unwise to start  
to use EFT on any

client who you may wish to use psychotherapy on! The reason for this warning is due to the effectiveness of EFT.

As I am using it

more and more, I frequently end up with less opportunity to use psychotherapy with my clients.

From their very first encounter with

EFT, my clients  
leave my consulting  
rooms with some  
level of relief.

This relief can be  
enhanced between  
sessions enabling  
clients to become

independent of me  
more rapidly than  
ever before. Client  
independence and  
release is  
something I have  
always passionately  
desired for clients  
who come to me for

help.

EFT gives that very necessary support throughout therapy and at the same time, clients can use this tool themselves with

consistently positive  
results.

Many of the  
Meridian based  
therapies can also  
be used  
successfully in  
telephone

consultations when distance and time dictates.

Commercially it is ideal for stress management one to one and in groups.



The same success applies in sports enhancement, with individual help and when working with a team to improve performance.

# Las Vegas

As my interest in  
energy  
psychology, and  
my client success  
rates have

continued to rise I  
decided to go to  
Las Vegas to the  
Second Energy  
Psychology  
conference in  
May 2000. I  
wanted so much

to meet Gary  
Craig and many  
other therapists  
who had been  
using Meridian  
Therapies for  
many years.

At this conference, which was attended by between 400-600 therapists and laypeople, I was able to learn in more depth.

This learning was very reassuring. I discovered that other therapists and clients were consistently reporting lasting

changes.

These  
improvements in  
peoples' quality of  
life were right  
across the board  
of human

experience.

The confirmation  
of effectiveness of  
this treatment for  
conditions from  
major PTSD to  
simple anxiety



was  
heart-warming.

In Australia and  
Canada,  
psychologists and  
therapists are  
currently carrying

out research into  
the effectiveness  
of these methods.  
At the time of the  
conference a  
large amount of  
money was  
donated for

research in the  
USA.

**Other  
Meridian  
Therapies**

In the autumn  
of 1999 I spent  
sometime  
studying Tapas  
Acupressure  
Technique  
(TAT) and Be

Set Free Fast  
(BSFF) along  
with others. I  
was particular  
interested in  
Tapas  
Fleming's

approach, and  
her warmth of  
spirit, and in Dr  
Larry Nims'  
genuine desire  
to free people  
of their

traumas.

Tapas Fleming  
was using  
acupuncture  
very  
successfully

for many  
years. In her  
search to  
improve this  
she developed  
TAT.



This discovery  
of  
energy-based  
therapy has  
enabled her to  
help her clients  
even more.

Larry Nims is a  
very  
successful  
clinical  
psychologist  
with thirty  
years of

experience  
working with  
clients.

During the last  
10 years he  
has been

finding that  
energy  
psychology is  
bringing more  
lasting relief to  
his clients.

In Las Vegas  
(where the  
conference  
was held) I  
was able to  
obtain  
additional

training from  
both these  
people along  
with other  
specialists in  
the field of  
energy

psychology.

Learning  
advanced  
techniques in  
EFT and  
studying with

the developers  
of TAT, and  
BSFF have  
understandabl  
y broadened  
my knowledge  
and enjoyment



in the use of  
other meridian  
therapies as  
and when  
appropriate.

**Training**

# others

Last year, I  
and other  
therapists

became some  
of the first  
trainers of  
Meridian  
Therapies in  
this country.

Since that  
training, I  
have been  
involved in  
training caring  
professionals

in the art,  
practice and  
delivery of  
Meridian  
Therapies.  
There have

been courses  
in many parts  
of the UK  
including,  
London,  
Eastbourne,

Manchester,  
West  
Yorkshire,  
South  
Yorkshire,  
Hull and

Dublin. Later  
this year we  
are holding  
additional  
courses in  
South



Yorkshire,  
Hull and  
Leicestershire  
. We have  
just returned  
from a visit to

Malaysia  
where we  
thoroughly  
enjoyed  
sharing  
Meridian

Therapies  
with  
therapists  
there. We are  
also looking  
forward to

hosting one  
or two  
experienced  
energy  
therapists in  
this country

from the USA.  
In October we  
are planning  
to be in  
California  
updating our

knowledge  
within this  
field.

**Conclusion**

I feel  
honoured to  
have been  
able to be a  
very small  
part of this

incredibly  
rapid  
expansion in  
healing,  
which is  
happening



Worldwide.  
Gary Craig's  
spirit of  
giving these  
techniques  
virtually free

to the World  
has led this  
field in an  
outpouring of  
love such as  
I have never

witnessed  
before.

Recommen

# ended

# Further

# Reading

# Callahan, R (1985): “Five Minute Phobia

# Cure”

# Pub

# Enterprise

Eden, D

(1998):

“Energy

Medicine”



# Pub Tarcher/P utman

Flemming,  
T (1999):  
“You Can  
Heal Now”  
(2<sup>nd</sup>)

# Pub TAT Internatio nal

# Gallo, F (2000): “Energy Diagnostic &

# Treatment Methods”

# Pub Norton Professio nal Books

# Hartmann

# -Kent, S

# (Ed)

# (2000);

# “EFT in

# Practice

(Vol 1)”



# Pub Dragon Rising Com

# Hartmann -Kent, S (2000): “Adventur es in EFT

(2<sup>nd</sup> Ed)

Pub

Dragon

Rising

Com

Llewellyn-  
Edwards,  
T (2000):  
“Heal

# Yoursel and Others with

# Meridian Therapies

”

# Pub Ty Goch, Tickhill



Nims, LP

(2000):

“Be Set

Free

# Fast”

Pub by  
author