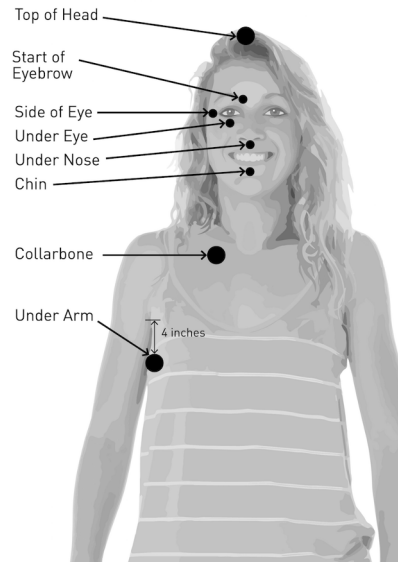


# Emotional Freedom Techniques (aka Tapping) for Eating Disorders and Stress

Dr. Peta Stapleton  
Clinical & Health Psychologist  
Associate Professor  
Bond University, Australia



1

## About Myself

- 25 years clinical and health psychologist – eating disorders expert
- Led to EFT
- Associate Prof – conduct clinical trials in EFT

2

# EFT = Emotional Freedom Techniques

Often called 'Tapping' or  
Psychological Acupuncture  
(no needles)

3

## Relevance of EFT Tapping to Eating Disorders

- The research to date strongly suggests Tapping is an effective stress reduction (and trauma) technique
- Thus, it is beneficial for parents and carers to use during times of stress related to an eating disorder sufferer
  
- The clinical trial research to date has mostly been in the addiction area of eating issues (BED, obesity, emotional eating) although practitioners have documented individual cases for Anorexia – links will be provided after talk
- My aim in this session .....
- Current research with Gold Coast Health – in patient unit AN

4

### The EFT Process

- You state a negative cognition associated with a specific emotional event or thought, and then pair this with a self-acceptance statement

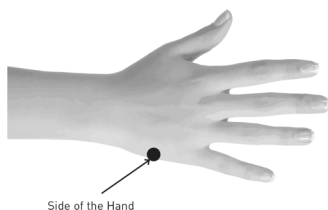
*“Even though I am scared of heights, I accept this about myself”*

- You rate the discomfort on a scale from 0 to 10 (0 = no distress, 10 = complete distress)
- The somatic component of EFT involves tapping specific parts of the body while verbalizing the cognitive pairing
- The process is repeated until the discomfort score is 0

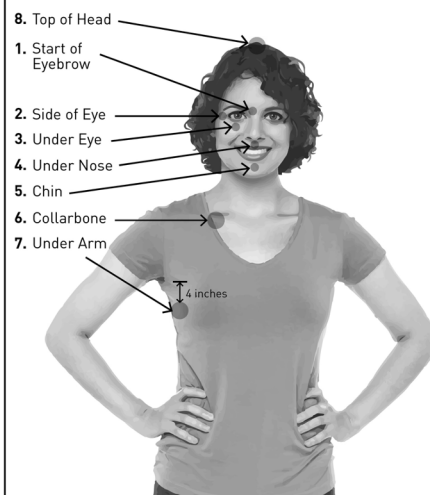
5

### EFT AcuPoints

- Tapping on each point 7 times (approx), while stating the cognitive statement



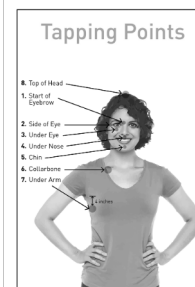
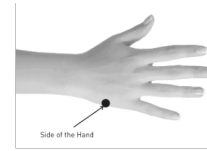
### Tapping Points



6

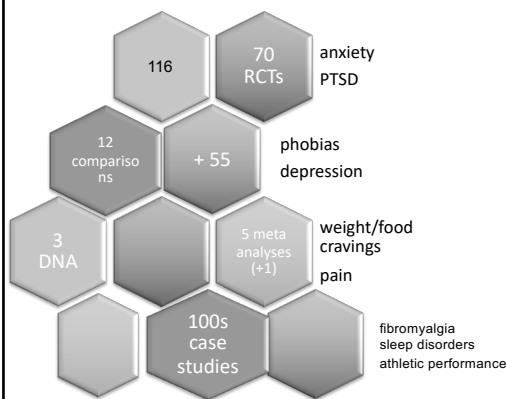
**Basic Recipe**

- **Identify** the Problem (the feeling)
- **Rate** the feeling from 0 to 10 for intensity (if 10 were the biggest you can imagine)
- **Setup** – while tapping on the side of hand point say the *setup statement* 3 times
- **Tap** on the 8 points of the face and body while saying the reminder phrase
- Take a deep **breath**
- **Re-rate** the intensity
- **Repeat** the tapping round until intensity rating is a 1 or 0

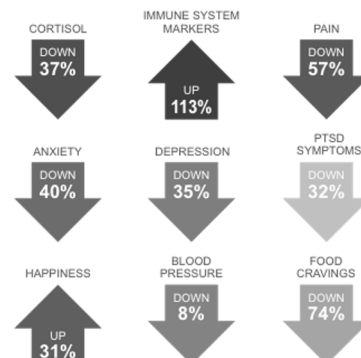


7

**Quick Research Facts**

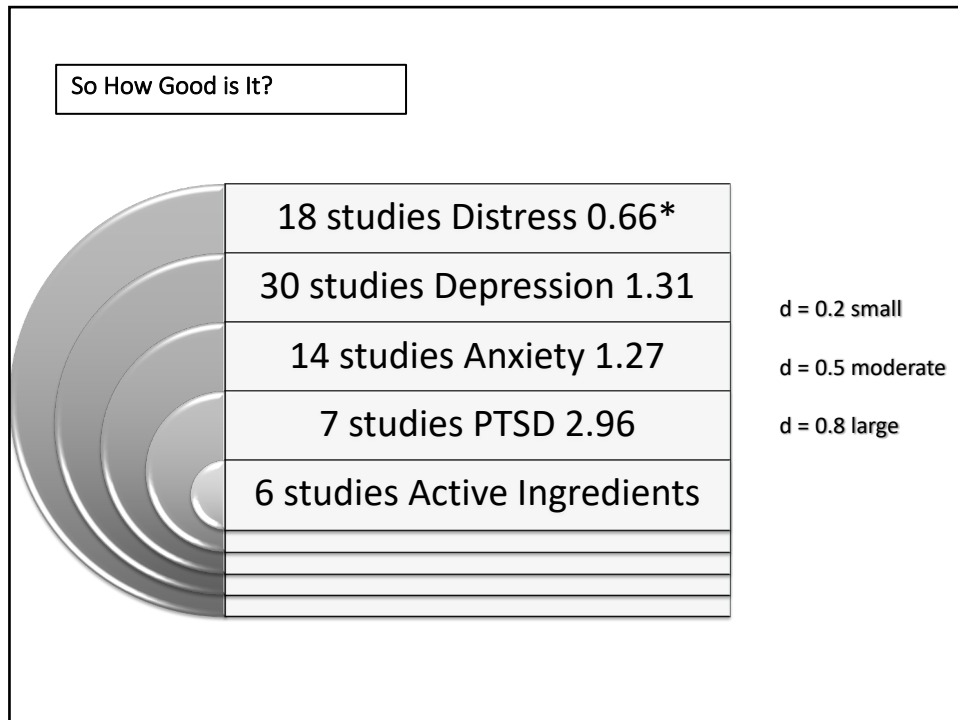


**Clinical EFT Improves Multiple Physiological Markers of Health**

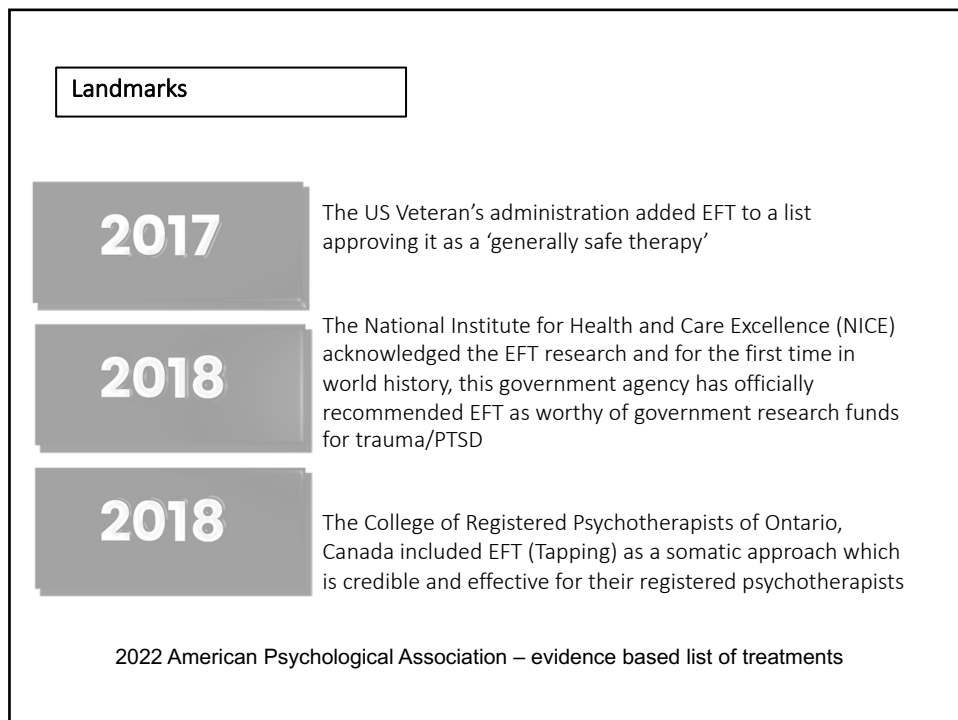


© Mind Heart Connect 2018. Bach, D., Grossbeck, G., Stapleton, P., Barton, S., Blickheuser, K., & Church, D. (2018). *Journal of Evidence Based Integrative Medicine*.

8



9



10

Adverse Effects?

1000

A review of clinical trials of acupoint tapping protocols ... found that no “adverse events” had been reported

A survey of therapists using energy psychology in treating survivors of childhood sexual abuse reported that the respondents preferred the approach because it is able to ....

*“relieve the trauma in a non-invasive manner [that] lessens the possibility of retraumatization”*

11

Speed – Single Sessions

EFFECT OF EFT ON GENE EXPRESSION (AFTER 1 SESSION OF TAPPING)

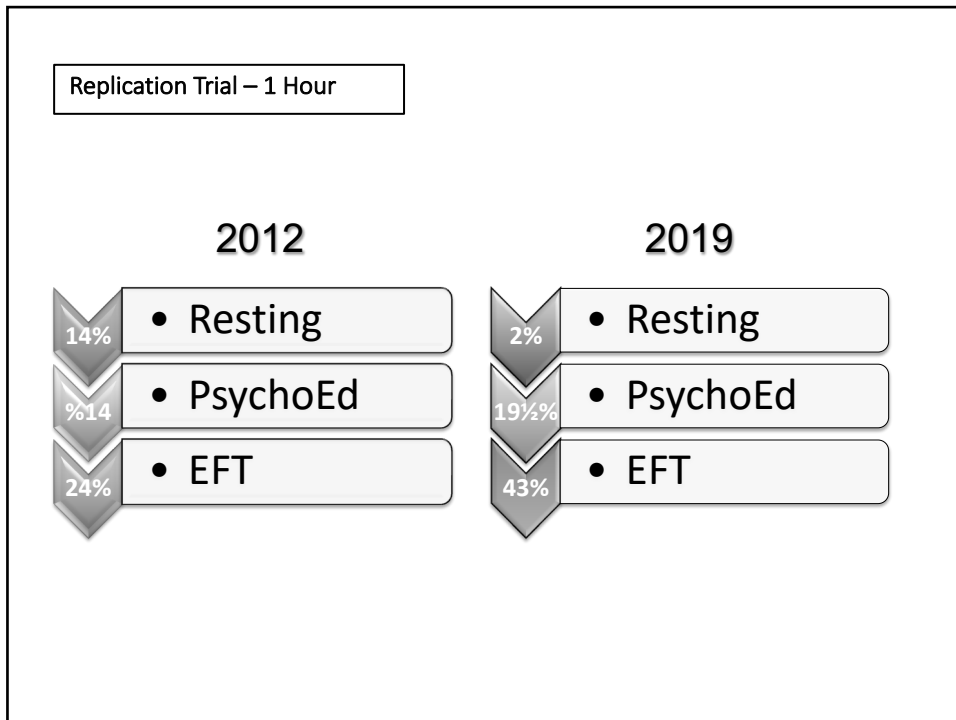
IMMEDIATELY AFTER 1 SESSION OF EFT

72 GENES were found to be differentially expressed

- Brain wave patterns
- Cortisol
- Gene expression
- Frozen shoulder
- Small animal phobia
- Agoraphobia
- PTSD

\*Mahars, M. E. (2016). Differential gene expression after Emotional Freedom Techniques (EFT) treatment: A novel pilot protocol for salivary mRNA assessment. Energy Psychology: Theory, Research, and Treatment, 8(1), 17–32. doi:10.9768/EPU.2016.8.1.MM

12



13

Eating Issues

- Food cravings, weight loss in overweight/obese adults (including fMRI study, comparison to CBT, and online delivery, and 2-year followup)
- Unhealthy eating behaviours in adolescents
- Binge Eating Disorder

14

### Recovery Stages and EFT

- Many case studies exist from the field of how EFT was used in the recovery process – see
- [https://www.eftuniverse.com/component/com\\_search/Itemid,3161/searchphrase,all/searchword,Anorexia/](https://www.eftuniverse.com/component/com_search/Itemid,3161/searchphrase,all/searchword,Anorexia/)
- [https://www.eftuniverse.com/component/com\\_search/Itemid,3161/searchphrase,all/searchword,Bulimia/](https://www.eftuniverse.com/component/com_search/Itemid,3161/searchphrase,all/searchword,Bulimia/)
- <https://artofhealthyliving.com/how-tapping-helped-let-go-anorexia/>

15

Questions so far?

16



17

**EFT AcuPoints**

- Tapping on each point 7 times (approx), while stating the cognitive statement

Side of the Hand

### Tapping Points

1. Start of Eyebrow
2. Side of Eye
3. Under Eye
4. Under Nose
5. Chin
6. Collarbone
7. Under Arm
8. Top of Head

4 inches

18

# Questions?

19

## Sample of Papers – contact Peta for copies

- Stapleton, P., Buchan, C., Mitchell, I., McGrath, J., Gorton, P., & Carter, B. (2017). Neural Changes in Overweight Adults with Food Cravings after Emotional Freedom Techniques Treatment: A Feasibility Study. *Behavioural Brain Research*, under review
- Stapleton, P., Roos, T., Mackintosh, G., Sparenburg, E., & Carter, B. (2017). Online Group Delivery of Emotional Freedom Techniques for Food Cravings and Weight Management. *Journal of Psychosomatic Research*, under review
- Stapleton, P.B., Mackay, E., Chatwin, H., Murphy, D., Porter, B., Thibault, S., Sheldon, T. & Pidgeon, A.M. (2017). Effectiveness of a School-Based Emotional Freedom Techniques Intervention for Promoting Student Wellbeing. *Adolescent Psychiatry*, accepted 6th June 2017
- Stapleton, P., Bannatyne, A., Chatwin, H., Urzi, K.C., Porter, B., & Sheldon, T. (2016). Secondary Psychological Outcomes in a Controlled Trial of Emotional Freedom Techniques and Cognitive Behaviour Therapy in the Treatment of Food Cravings. *Complementary Therapies in Clinical Practice*, 28, 136-145, <https://doi.org/10.1016/j.ctcp.2017.06.004>
- Stapleton, P., Chatwin, H., Shepperd, L., & McSwan, I. (2016). The Lived Experience of Chronic Pain and the Impact of Brief Emotional Freedom Techniques (EFT) Group Therapy on Coping. *Energy Psychology: Theory, Research, and Treatment*, 8(2), 18-28.
- Stapleton, P., Bannatyne, A., Porter, B., Urzi, K.C., & Sheldon, T. (2016). Food for Thought: A Randomised Controlled Trial of Emotional Freedom Techniques and Cognitive Behavioural Therapy in the Treatment of Food Cravings. *Applied Psychology: Health and Well-Being*, 8(2), 232-57, doi: 10.1111/aphw.12070
- Stapleton, P.B., Chatwin, H., William, M., Hutton, A., Pain, A., Porter, B., & Sheldon, T. (2016). A Randomised Clinical Pilot Trial: Do Emotional Freedom Techniques Impact Eating Habits in 14 to 15 Year Olds, as well as Self-Esteem, Self-Compassion, and Psychological Distress? *EXPLORE, The Journal of Science and Healing*, 12(2), 113-122.
- Chatwin, H., Stapleton, P.B., Porter, B., Devine, S., & Sheldon, T. (2016). The Effectiveness of Cognitive-Behavioural Therapy and Emotional Freedom Techniques in Reducing Depression and Anxiety among Adults: A pilot study. *Integrative Medicine*, 15(2), 27-34.
- Stapleton, P.B., Porter, B., Devine, S., & Sheldon, T. (2014). A feasibility study: Emotional Freedom Techniques for depression in adults. *Current Research in Psychology*, 5(1), 19-33.
- Sheldon, T. (2014). Psychological intervention including Emotional Freedom Techniques for an adult with motor vehicle accident related posttraumatic stress disorder: A case study. *Current Research in Psychology*, 5, 40-63.
- Stapleton, P.B., Church, D., Sheldon, T., & Porter, B. (2013). Depression Symptoms Improve after Successful Weight Loss with Emotional Freedom Techniques. *ISRN Psychiatry*, 1, 1-7.
- Stapleton, P.B., Porter, B. & Sheldon, T. (2013). Quitting Smoking: How to Use Emotional Freedom Techniques. *International Journal of Healing and Caring*, 13(1), 1-16.
- Stapleton, P.B. (2013). Long-term weight loss. In D. Church & S. Marohn (Eds.), *The clinical EFT handbook: A definitive resource for practitioners, scholars, clinicians, and researchers (pp. to be advised)*. USA: Energy Psychology Press (Hay House). *In press*.
- Stapleton, P.B., Sheldon, T., & Porter, B. (2012). Practical Application of Emotional Freedom Techniques for Food Cravings. *International Journal of Healing and Caring*, 12(3), 1-9.
- Stapleton, P.B., Sheldon, T., & Porter, B. (2012). Clinical Benefits of Emotional Freedom Techniques on Food Cravings at 12-months follow-up: A randomised controlled trial. *Energy Psychology: Theory, Research, and Treatment*, 4(1), 1-12.
- Stapleton, P.B., Sheldon, T., Porter, B., & Whitty, J. (2011). A Randomised Clinical Trial of a Meridian-Based Intervention for Food Cravings with Six Month Follow-up. *Behaviour Change*, 28 (1), 1-16.

20

Follow our Research

- Dr Peta Stapleton, Bond University, Australia

E: [pstaplet@bond.edu.au](mailto:pstaplet@bond.edu.au)

W: [www.petastapleton.com](http://www.petastapleton.com)

W: [www.evidencebasedeft.com](http://www.evidencebasedeft.com)

W: [www.tappingintheclassroom.com](http://www.tappingintheclassroom.com)

- Facebook, LinkedIn, Twitter, Instagram
- Research Page - <https://research.bond.edu.au/en/persons/peta-stapleton>