

EFT IN HERBAL MEDICINE TAPPING FOR CHANGE

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LUCY BLUNDEN
BOTANICALS 

Pholiage

MY HERBAL BACKGROUND

- Herbal medicine degree at Middlesex University
- Private Practice in Hertfordshire
- Dispenser in clinic and Masters lecturing at Middlesex University
- Became a mum
- Herbal Medicine Lecturer at University of Westminster



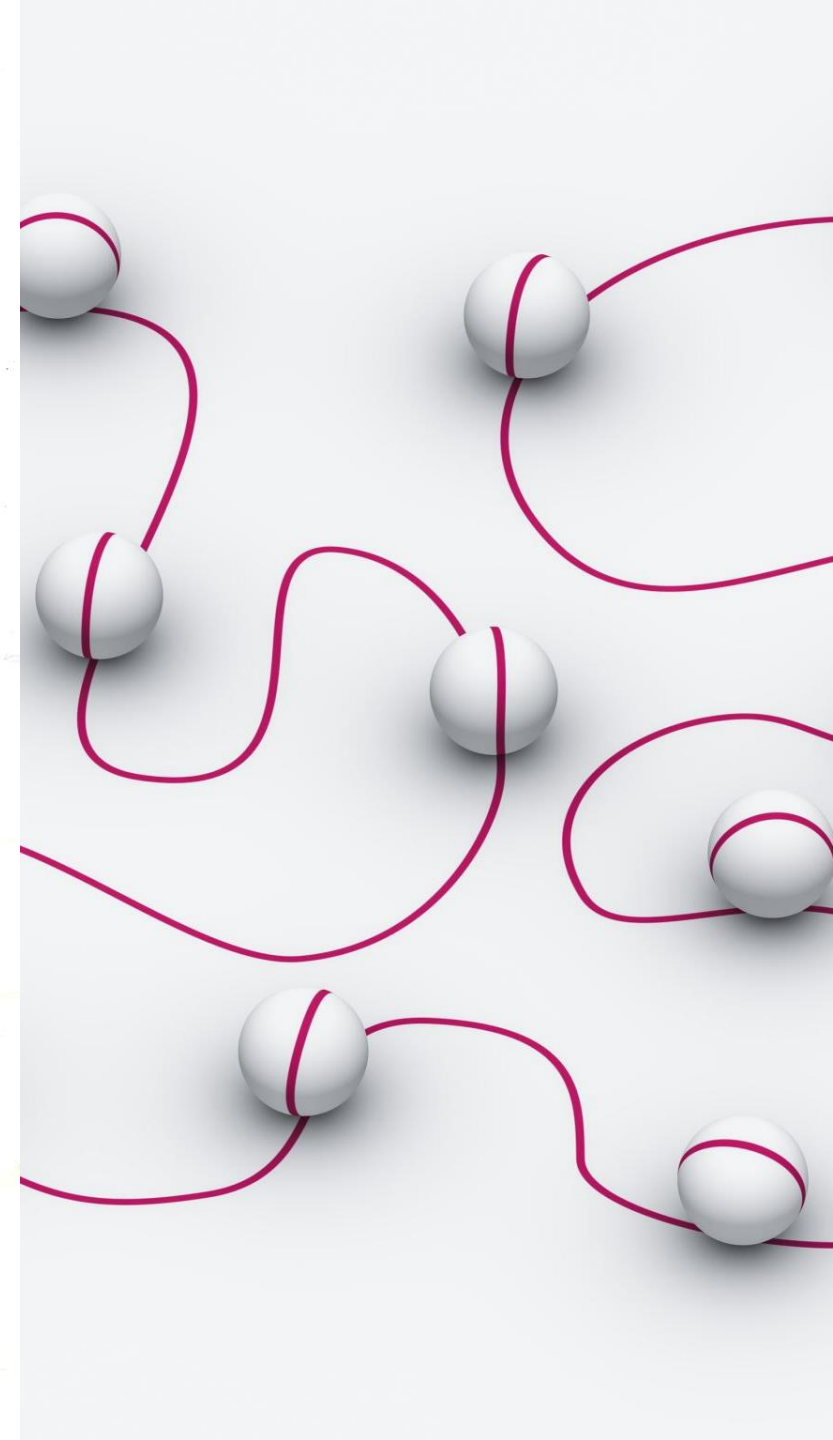
MY TAPPING BACKGROUND

- Advised to use it by a herbalist in 2005
- Stumbled across it again in 2016
- Did a Udemy course
- Began EFTi recognised training in 2020
- Practising with it since 2018-9



WHAT IS EFT-TAPPING?

- Collection of techniques
- Emotional Freedom Techniques
- Uses specific points on the meridians, mostly in conjunction with words
- Enables feelings, sensations and T/trauma to be released



IS THERE ANY EVIDENCE?

- Growing body of evidence of high levels of efficacy



YOU & TAPPING

- Self-care tool
- You can use it for anything – give it a go
- Just need to be open and willing
- Some things best left to working with a pro (eg significant Trauma)
- Start simply and build up

ME & TAPPING

- I use it all the time.
- When driving (see finger points later)
- With my daughter
- Changed my life – radically!

CHANGE

Change is inevitable. Change can be challenging.

We can be averse to it or embrace it.

Circumstantial changes some chosen, others not (Economics, Global events, Disasters new job/relationship, financial decisions etc)

Seeking change but also resistant to it



LET'S TAP! |

Image from: <https://www.drDiane.com/therapies/what-is-tapping-therapy/>

TOP OF HEAD
START OF EYEBROWS
OUTSIDE EYE (bony socket)
UNDER EYE (bony socket)
UNDER NOSE
UNDER MOUTH
COLLAR BONE
UNDER ARM

Two hands. One hand.
Tapping. Holding. Thinking.
Fast. Slow. 5-7 taps per point
As long as the words you have.





SIDE OF HAND

KARATE CHOP point – psychological reversal AKA sabotage –
really important point – not always mentioned

Set-up statement

“even though I...”

Tell your truth. Really state what you want to change.
(This is the time to use your Tapping Tree coming later)

STORIES

We all have stories.

Our story is comfortable, even if we don't like it. It's the one we tell ourselves and others. It's like a mobile phone cover.

Stories mask 'real' truth underneath.

Some stories are bursting to be told.

Others are hidden away

EFT allows the fascia to be let go. It doesn't take it away for when we need it but allows us to drop into what we really want/need

E-MOTION

As we begin to shift the energy of the things we are experiencing, we may:-

- YAWN or BURP
- SIGH or CRY

BORROWING BENEFITS – comes from tapping in a group. Shared experience. Human experience.

SUD/VOC SCORES

SUBJECTIVE UNIT OF DISTRESS

0 = nothing there, no feeling anywhere, anymore

10 = the worst, most intense I can imagine the feeling

VALIDITY OF COGNITION

0 = no truth in it at all

10 = the truest it could possibly be

HEALTH CHANGES

We all intend to do something different for our health.

When we 'should' and 'ought', it brings resistance.

The more we 'should', the less likely we will.

THIS is what EFT is sooooo good at.

That point on the side of the hand?

That point for self-sabotage, for psychological reversal?

This is your friend when the 'shoulds' comes in.

GETTING STARTED

Think of a health change you'd like to make.

Keep it simple! EFT doesn't need a lot of words, just the words which really capture the essence of your feelings or the issue.

- Write it down
- Give it a score 0 – 10

Examples of changes:

- eat less sugar/fried food
- go to the gym
- sleep more
- Get out in nature
- drink less coffee/tea/alcohol
- do more self-care
- Meditate.....

NOTICING

Close your eyes. Tune into your body.

Think about the change you would like.

WHAT DO YOU NOTICE IN YOUR BODY?

Write down what you notice.

Give it a score between 0 - 10

What happened when you noticed those feelings?

Stayed the same? Intensified? 'Noticing' hopped away?

LET'S TAP

NOT CHANGING

Now think about **not** making that change.

Now what do you feel?

Tune into those feelings.

Write them down. Score them 0 – 10

HOW DO YOU FEEL NOW?

Close your eyes. Tune into your body.

Think about making that change. Notice what's there and your feelings.

Give it a score. Write it down.

Close your eyes again and tune back into your body.

Now think about NOT making that change. Notice what's there.

Give it a score and write it down.

FEEDBACK

NOW, let's hear some stories about your experiences.

What was it before, what is it now?

Better? Worse?

Shifted places?

What are you feeling...

Calm? Lighter? Curious?

LET'S TAP

TAPPING AND PATIENTS

- Using tapping with patients
- You can introduce them to it and show them online resources
- One of the biggest benefits of tapping is how it shifts resistance
- Key point about today
- We all have resistance to making changes in our health
- Herbal medicine is essentially all about changes to health
- We want it, yet we resist it.

TAPPING TREE



- Draw a tree trunk.
- Call it the thing which is bothering you.
- Draw a few branches on the left.
- Write reasons for feeling bothered by this thing on the left.
- Look at the branch words.
- Draw a leaf and name each leaf with the feeling which comes up when you think about each branch statement.

TAPPING TREE



- Draw branches on the right.
- On these branches, write things you might prefer to feel.
- Add leaves with qualities for each branch.
- Include body sensations as well as emotions or instead of emotions.

TAPPING TREE



We can use this ourselves to create the words we need for a round of EFT-Tapping about something we want to change in our health

Example: I want to go to the gym.

I don't go because... (be as honest as you can with yourself)
e.g. I feel foolish using the machines // I get too sweaty //
I am not strong enough //
I'll have to start all over again

TAPPING TREE



REMEMBER:-
THIS IS NOT ABOUT LOGIC...

If it were about logic, our brains
would have solved the issue long
ago.

This is about something deeper
within us but which is taking
control.

Maybe there was an incident
Maybe there wasn't
Maybe you just don't like it!

TAPPING TREE



- Get curious.
 - If I didn't judge myself, how might this be instead?
 - If I were open to a new option, what might happen?
 - I don't have to go to the gym.
 - No one dies if I don't go to the gym... but I feel bad in myself...
- OK, so, let's think about that. This might bring a whole new set of branches and leaves
- When I don't go to the gym, I feel... guilty, lazy, slovenly, I put on weight, I have to start again, it's too hard

Humiliated

I fell over and people
laughed

Confidence

Who's looking at me,
anyway?

It's too hard

YAY!

I'll have to start
again

I have more energy

Embarrassed

I look such
an idiot

I feel good when I'm
strong

I feel strong again

I don't go
to the gym



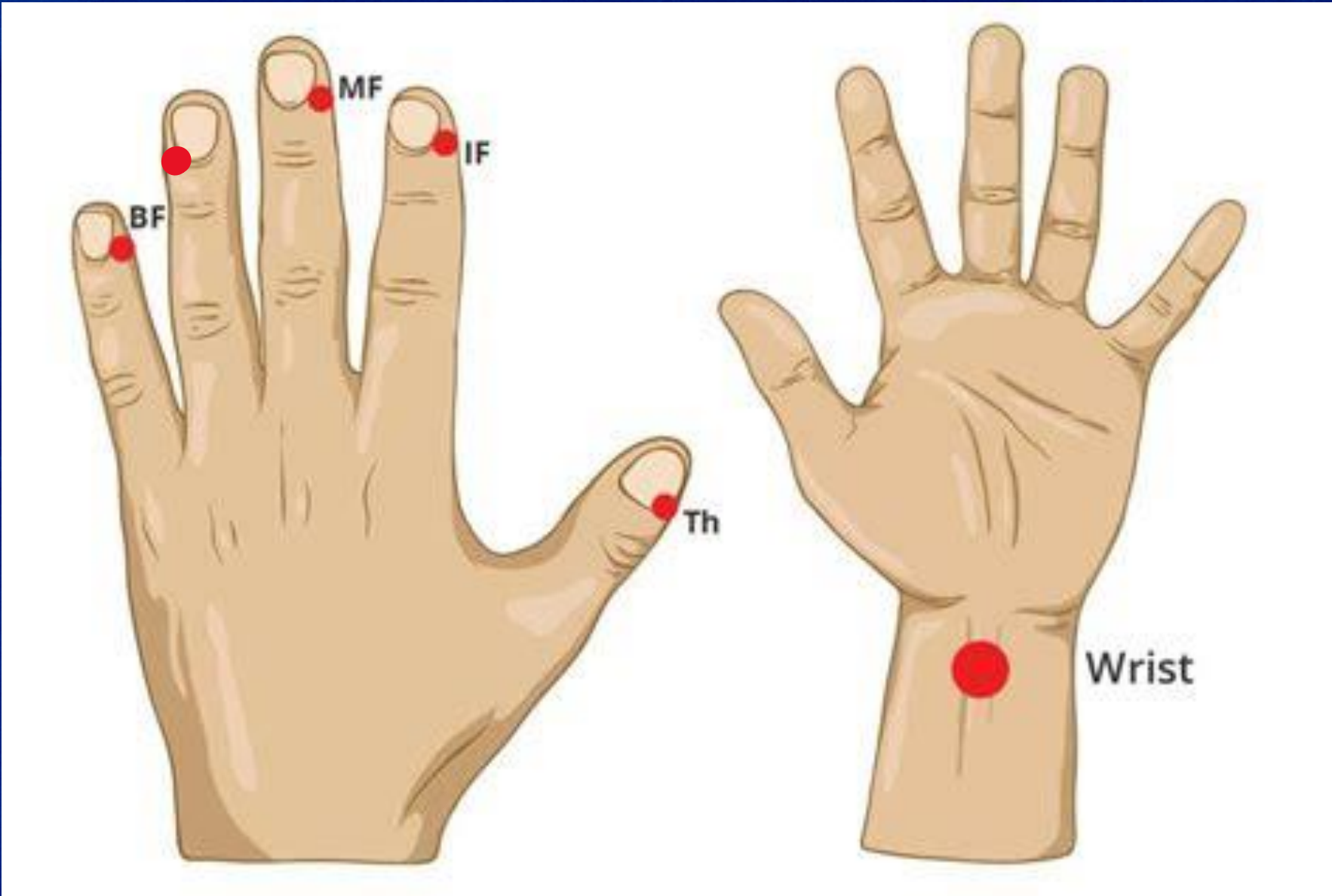
SECONDARY GAINS

- As herbalists we come across this all the time.
- We have clients who want to get better, who are hell-bent on getting better but then, once they are better, realise that they've lost something important to them along the way.
- There has been a side benefit, an actual gain from being ill, in pain
- It might be attention, love, care, support, rest and so on
- Maybe you have felt that yourself? I know I have...

OTHER TAPPING TECHNIQUES

- Imagineering
- Tearless Trauma
- Movie Title Technique
- Tell the story
- Core beliefs
- Borrowing Benefits
- Container technique
- Table-top & legs
- Aspects
- Limiting beliefs
- Cognitive shifts
- Re-framing
- Chasing the pain
- Apex technique

Finger tapping points



RESEARCH - LOTS AND LOTS GOING ON

People to look for:

- Dr Peta Stapleton - <https://www.petastapleton.com/>
- Dr Dawson Church - <https://dawsonchurch.com/eft-tapping/>
- Dr David Feinstein - <https://edenenergymedicine.com/about-us/david-feinstein/>
- Professional Body for EFT practitioners EFT International's website lists research: <https://eftinternational.org/discover-eft-tapping/eft-science-research/>
- NICE Guidelines for PTSD: <https://eftinternational.org/nice-recommendations-for-eft/>

ONLINE RESOURCES

- The Tapping Solution - the Ortner Family - Nick, Jessica, Alex, Karen - Free HUGE annual event - Tapping World Summit and an app with a pay wall.

Seek out their guest experts from the Summit - Abiola Abrams, Iyanla Vansant, Carol Look, Damon Silas, Dawson Church, Peta Stapleton, David Feinstein, Arielle Schwartz, Kris Carr, Marie Forleo etc

- Gene Monterastelli - Tapping Q and A - free app
- Brad Yates - YouTube
- Brittany Watkins - her emails start to feel spammy but she's the weight loss big name
- Linda Anderson - Tap Into Your Success

If you have a significant Trauma, it would be advisable to work with a practitioner. Find a suitably qualified practitioner via the EFTi website: <https://eftinternational.org/>

WORKING WITH ME

- I love combining EFT with Herbal medicine as I find that the clearing of the subconscious desires to remain 'as is' really turbo charges the herbal work
- I'm building a waiting list for an EFT health course which aims to help practitioners' clients overcome their blocks to making changes. It tackles resistance to food, movement, sleep, rest changes and more. Get in touch if you would like to refer your clients and become an affiliate for this course - lucy.blunden.botanicals@gmail.com
- My website is: www.lucyblundenbotanicals.com
- Find me on Socials FB/IG [@lucyblundenbotanicals](https://www.instagram.com/lucyblundenbotanicals) or YT [@lbbpholiage](https://www.youtube.com/channel/UCBbpholiage)

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Pholiage