

EFT - Emotional Freedom Technique

The many ways into ME/CFS

The cause or trigger for the condition varies from case to case. Some of the recognized ones include - viral-type illnesses, bacterial infections, vaccinations, toxins and pesticides and adaptive responses to excessive physical or mental stress. Whatever triggers the onset of the illness, there is a common factor involved - the system appears to be overwhelmed. ME/CFS then evolves into a complex physiological condition affecting most bodily systems including the immune, neurological, lymphatic, endocrine and musculoskeletal systems.

Diagnosis and treatment

Many sufferers spend a lot of time and effort just to get to the point of a diagnosis. Medical professionals and governments are increasingly recognising the condition as a genuinely debilitating physical illness. However, once diagnosed there is no agreed treatment protocol. This time consuming process of diagnosis and subsequent lack of effective treatment obviously adds to the sufferer's stress levels, further taxing an already depleted immune system.

Treating mind and body as one

For thousands of years Eastern medicine and philosophy have recognised the connection between mind and body. Their approach to health and healing has centred around the basis of subtle energy and its flow throughout our systems. These principles have been largely ignored until recently by western healing approaches. The western medical view has looked at the body as more of a faulty machine and attempts to fix it by treating the symptoms rather than looking to the underlying cause. There is also the outdated view of an illness being either of the mind or body, rather than the two being intricately connected and affecting one another.

What do the experts say?

Leading experts in the field of mind/body medicine are proving the connections between and the implications of stress and unresolved emotions on health and disease. Dr Bruce Lipton Phd, in his pioneering work as a cell biologist, describes the inseparable link of mind and body. His work proves the necessity for emotional health to bring about physical health and healing.

What is EFT?

EFT is based on the Traditional Chinese Medicine meridian system - the same system that has been mapped out and used in acupuncture for thousands of years. The main difference being, that with EFT no needles are used. Instead, a series of points on the body are stimulated by tapping with

“EFT is a simple, powerful process that can profoundly influence gene activity, health and behaviour.”

Dr Bruce Lipton
Phd - Cell Biologist

the fingertips. Whilst the points are being tapped, the recipient focuses on and verbalises, in a very specific manner, a health condition or emotional issue that they are experiencing. This combination of stimulating the points whilst focusing on the issue causes changes within the body's energy system. The process triggers the release of stored emotions or patterns of illness from the body.

How can EFT help with ME/CFS?

The accumulation of unresolved emotional issues, over time, depletes our energy and compromises our immune system. We all have these unresolved emotions, it's part of being human. For some people the onset of ME/CFS either coincided with or came shortly after a period of extreme stress or trauma. The experience of having ME/CFS also creates its own emotional drain on the system. The draining effect that these issues have is amplified when the immune and other bodily systems are already challenged as a result of the condition. Through applying EFT, it has the effect of neutralising these disturbances, allowing the system the opportunity to access a state of self-regulation, which encourages healing. The resolution of these emotional aspects is typically experienced as a direct improvement in health and well-being.

Along with the benefits of using the process to resolve the contributing emotional factors, EFT is also an effective tool for resolving the bodily symptoms of ME/CFS, including the physical pain that often accompanies the condition. Many people have already successfully used EFT to manage their symptoms during recovery.

“The medicine of the future will include the whole picture: body, mind, and spirit, with a special emphasis on alleviating stress, which is often the result of emotional overload.”

Dr Candace Pert PhD Dpt. of Physiology & Biophysics, Georgetown University, Washington DC

People benefit in many ways

Through specialising in ME/CFS, I have witnessed the results of applying this versatile therapy to the many aspects of this condition. Every one of my clients has benefited from the process in a number of different ways. For some of my clients this has been the only approach needed to overcome ME/CFS. For others I have combined EFT with the Lightning Process and found this combination to be the key to their recovery. Some of my EFT clients have kindly written about their experiences of the therapy, these can be found at EFT recovery stories.

Karen writes about her experience of EFT and her recovery from CFS

“At the age of 46, I have addressed these problems through conventional medicine and a variety of complementary therapies, but always with limited success; just enough to keep my head above water, but never really feeling alive and positive in the way I would have liked.”

“EFT is a remarkable treatment. I cannot recommend it highly enough. This has been like a weight taken off my shoulders. I have been able to ditch some emotional baggage I thought I would carry forever. These changes have had an effect on my outlook, improved my energy levels and the insomnia and the bad dreams which disrupted my sleep have disappeared. This in turn has improved my physical health and I feel more in control of my life and my ability to stay healthy in the future.”

“Russell is sympathetic and re-assuring, finding his way to the heart of the problem and releasing past hurt and worries as only someone with a special gift can.”

Karen Jane Proctor - Personal Assistant to Board of Directors/ Human Resources Officer, Colorgroup Ltd.

Visit the EFT Recovery Stories section at www.fatigueguide.com to read Karen's full story along with others.

Is EFT available over the telephone as well as face-to-face?

EFT works really well over the phone. An experienced practitioner is able to home in on core issues and unresolved emotions as easily in this way as in person. The map of tapping points is used by the client to learn the tapping positions and technique prior to the call. The tapping process itself is easy to learn, it can then also be used between sessions for a simplified form of self-treatment. During the call the therapist gives instructions of where to tap and what to say. This makes the process very effective and convenient. Details can be found at the Telephone EFT page. Some clients have written about their experience of telephone work. These can be found at the EFT recovery stories.

Is EFT a therapy or a self-help tool?

EFT is both an effective therapy and self-help tool. Through working with an experienced and creative practitioner it is possible to uncover and resolve issues that can be blocking the way to healing. We are often so familiar with our own issues that they become almost invisible to us; this is where the impartial perspective and insight of another party is invaluable. As part of the therapy process I also teach EFT to my clients and encourage them to use it themselves regularly to resolve day-to-day stresses. By consistently resolving the daily issues that we all face, it is possible to keep stress levels to a minimum allowing us to remain in a healthy balanced state.

Are doctors using EFT?

EFT is becoming more commonly used in organisations such as the NHS (National Health Service - UK) and in therapeutic clinics worldwide. Although often combined with other practices, it is highly effective as a stand-alone therapy. Its rising popularity is due to the fact that it has swift and lasting results, often working where nothing else will. Many leading health professionals in the field of mind-body medicine are suggesting that EFT is likely to be the most important new therapy in modern medicine.

“Some day the medical profession will wake up and realise that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools... as it is for me.”

Dr Eric Robins, Board Certified Urologist, Los Angeles, CA

Telephone EFT

Is it as effective as a face-to-face session?

One of the advantages of EFT is that complex work can take place by phone as well as face-to-face. The client is guided through the session by the therapist over the phone. Many people actually prefer the telephone sessions for their convenience. The outcome of treatment is just as effective as a face-to-face session. The key with EFT is in uncovering and resolving the relevant issues. An experienced and competent practitioner can perform this detective work just as effectively over the phone as they can in person.

How do I know where and how to tap?

The client is provided with a simple map of the tapping points along with instructions. This is available from the web site or by post. The map is used by the client to familiarise themselves with the position of the tapping points and the technique prior to the telephone consultation. This saves time during the session, the therapist then talks the client through each stage of the process. The tapping process itself is easy to learn, it can then also be used between sessions for a simplified form of self-treatment.

Is the tapping process difficult to learn?

There is nothing complex to learn or remember and the process is easy to follow, taking the same form as a face-to-face session. It is possible to book a session of telephone EFT online, the price includes the cost of the call*

What are the advantages?

Some people find the telephone sessions more comfortable whilst discussing personal issues. Others may find it difficult or impractical to travel to a therapist. Some clients prefer working in the comfort of their own home environment. Some of my clients have written about their personal experience of telephone work, these can be found at the EFT Recovery Stories section at www.fatigueguide.com.

For more information about telephone EFT, please feel free to contact me for an informal chat.

*UK national phone numbers only. An extra charge will be made for mobile or international numbers.

“Russell was able to tune into exactly what was causing my daughter’s illness. Before my eyes her strength grew, both in body and mind. It was amazing to witness her transformation in such a short space of time.”

L.K. aged 12 - written by her mother

EFT Tapping Points

Location of the tapping points and instructions on how to tap

The information on this page is intended for clients to familiarise themselves with the tapping points prior to a session of telephone EFT.

Tapping Style

Tap with the same type of pressure that you would use if you were tapping on a table to make a good drumming sound. Tap approx 7- 10 times on each point, firmly enough to feel the vibration in the surrounding skin, but not hard enough to hurt or bruise.

Which side to tap?

Apart from the points along the centre line of the body, the other points - side of the hand, eyebrow, side of the eye, under the eye, collar bone and under the arm, all exist on both sides of the body. You can tap just one side, or both sides, or alternate.

Side of the hand

The Side of the hand point is the area between the base of the little finger and the start of the wrist, on the fleshy part of the side of the hand. Tap with four fingers of one hand on the side of the other hand.

Top of the head

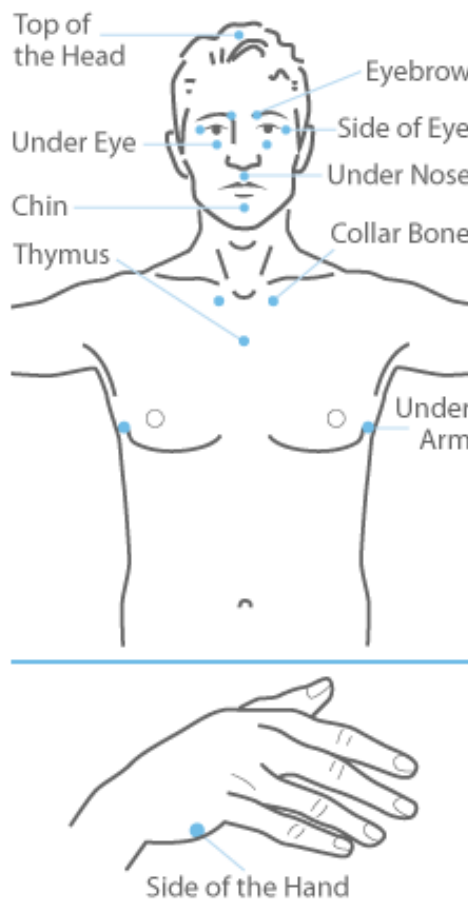
The top of the head point is on the point where a line drawn from ear to ear would cross with a line drawn down the centre of your head. Lightly bunch the 4 fingers and thumb of one hand and tap the top of the head.

Eyebrow

The eyebrow points are located at the start of each eyebrow nearest the nose. Use 2 fingers to tap.

Side of eye

The side of the eye points are located on the bones on the outside of the eyes in line with the eye, in front of the temple. Use two fingers to tap.



Under eye

The under the eye points are located on the bones under the eyes, in line with the centre of each eye. Use two fingers to tap.

Under nose

The under the nose point is mid-way between the base of the nose and the start of the top lip. Use two fingers to tap.

Chin

The chin point is mid-way between the bottom of the lower lip and the chin, in the indentation area. Use two fingers to tap.

Collar bone

The collar bone points are located just below the inner ends of the collar bones, where they meet the top of the chest. Find the central "U" shaped indentation where you would knot a tie and move down 1 inch and out 1 inch to either side where there are slight indentations. Lightly bunch all four fingers and thumb of one hand together to tap.

Thymus

The thymus point is located about 2 inches below the collar bone points in the centre of the chest. Lightly bunch the 4 fingers and thumb of one hand and tap.

Under arm

The under arm points are located about 4 inches directly below the armpits on the side of the chest. Lift one arm and use the four fingers of the other hand to tap.

“I’m just so glad I took the leap of faith and I will always be grateful to Russell for understanding and helping me by giving me the tools to turn my life around and start living again.”

Marc Auerbach - London

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Book an EFT session

How many EFT sessions will I need?

The sessions are available either in person or by phone. The number required will depend on the complexity of the issue. While some problems or parts of a problem will clear straightaway, there may be deeper aspects involved, which may require more time and patience to resolve.

Where are the face-to-face sessions available?

You can arrange face-to-face sessions at my clinics in London and Carmarthenshire. You can pay for sessions on-line in advance, or at the clinic after the session.

Telephone Sessions

This is a very efficient way to get expert treatment with EFT wherever you live, without the inconvenience and time it takes to travel. You can pay by either sending a cheque (payable to R. Stubbs), or on-line in advance at www.fatigueguide.com.

Is the cost the same for both types of EFT session?

Telephone sessions are booked and run in exactly the same way as face-to-face sessions. The cost for both types of session are the same. For telephone sessions the cost of the telephone call is included in the price*. The first session is usually 90 minutes long, followed by subsequent sessions of 60 minutes.

EFT - 90 minute session - £90.00

EFT - 60 minute session - £60.00

*UK national phone numbers only. An extra charge will be made for mobile and international numbers.

“I feel much happier with my life now and I have the enthusiasm, motivation and an abundance of energy to enjoy the things I used to.”

Joanna B. - Preston

Russell Stubbs

Coach/Therapist/Trainer

As a practitioner specialising in both Emotional Freedom Technique (EFT) & The Lightning Process, I am passionate about helping people to achieve physical and emotional well-being. I have been involved in the fields of healing and personal development since the late 90's. Over this time I have gained experience in many healing approaches ranging from hands-on body work with cranio-sacral therapy through to my specialisation in recovery from ME/CFS and related conditions using the Lightning Process and EFT.



I was drawn to this work after a successful 14 year career in business. This time in the corporate sector gave me an understanding and first hand experience of the stresses and pressures that prevail in a modern working environment. Over this period I recognised the consistent increase in communications and the bombardment of information that everyone now faces, children included. This is helping to create a culture of people who are constantly switched on, stimulated and driven with very little, if any, downtime.

I see this tendency to be one of the major contributors to the increase of stress-related illnesses such as ME/CFS along with a misunderstanding of the implications of stress and emotions on physical health. The approaches that I use for my clients are designed to counter these effects along with creating new and sustainable ways of operating; as well as getting well, my intention is to help people remain healthy into the future.

I treat each of my clients as individuals and as such I tailor the approach to recovery to suit their differing needs. Using the latest and most successful processes available, I use an approach which is empathic whilst also being results driven. I encourage all of my clients to become self-managing by providing them with self-help techniques and practices to foster good health into the future.

If you are interested in taking part in either The Lightning Process training or EFT with me, feel free to call and we can chat about what would be the most suitable approach for you.

“It’s a pleasure to watch Russell bringing his excitement, insight and humour to this important life changing work.”

Phil Parker creator of the Lightning Process

CV

I studied at the European College of Holistic Medicine (ECHM) with Phil Parker, the designer of the Lightning Process and at the EFT Centre in London with EFT Masters, Sue Beer and Emma Roberts. I now coach current Diploma students at the ECHM in London.

Lightning Process Practitioner ME/CFS

Diploma in Clinical Hypnotherapy, Neuro-Linguistic Programming and Life Coaching

EFT Practitioner (Emotional Freedom Technique)

Psych-K Practitioner

Member of the British Institute of Hypnotherapy

Member of the Association of Advancement of Meridian Energy Therapies

Certified member of the Lightning Process Register

Contact Information

Telephone

UK local rate number - 0845 050 4510

Mobile - 07811 319 440

International calls - +44 1554 890 077

Address

Russell Stubbs

Fatigue Guide

Bwlch-y-llyn

Four Roads

Kidwelly

Carmarthenshire

SA17 4NL

Wales

United Kingdom

Email

russ@fatigueguide.com