



THE

FATIGUE

SUPER

CONFERENCE

Using Emotional Freedom Technique for healing

Guest: Dr. Craig Weiner

6.00 **Alex:** So welcome everyone to this interview on the Fatigue Super conference. I am joined by Dr Craig Weiner. Hi Craig. Thank you for joining us.

6.10 **Craig:** Hi Alex, thank you. It's a pleasure to be here.

6.12 **Alex:** So just to give a bit of background on Craig, Craig has been in the integrative health field for 30 years with a focus on patient centered care that provides safety, nurturance and empowerment for his clients. He is an accredited trainer for EFT International, for evidence based EFT for clinicians and only one of four certified Martix Reimprinting EFT trainers in North America, and also has a private practice as both a Meta Health Practitioner and a Chiropractor. Together with his wife Alina Frank they released this year their film project 'The Science of Tapping' and is a regular presenter at Energy Psychology conferences internationally. His time is primarily focused on training and certifying practitioners in therapeutic tapping techniques with a special focus on the relationship between trauma and health.

So, **Craig**, I am excited to get into this more with you. I always think a good starting point is, how you, how did you get involved in EFT, what was your journey into this area and this set of techniques?

7.18 **Craig:** Sure and a great place to start. What I would say is many people find EFT for many different reasons, often they are health related reasons. So for example, my wife found it because she had an autoimmune condition that for years wasn't responding to medical and even alternative ways and she found EFT that way. I found it very differently. I found it through the eyes of a skeptic. So when I first started hearing about EFT I had been a chiropractor for nearly 20 years and had started to read about it online through the work of Dr Mercola and really felt, well this is a little bit ridiculous, there's no way that tapping on ones skin and face can help everything from depression, to physical pain, to autoimmune conditions, to relationship stress and so

basically I just thought it was a load of hog wash and put it away for two years probably.

8.09 **Alex:** (Laughs)

8.10 **Craig:** So I always tell people don't be intimidated by the skeptic, sometimes they become your most raving fans, right. So I came through it from that very skeptical stance of there's no way one thing can do all those things. And I think that was helpful coming through it from that stance as I had to be shown and proven in some way and overcome that skepticism. And what it did for me was, as I became more interested, and as I started to read the literature, and as I started to find out more, what I realised was that the one thing all of these people said anecdotally that EFT was helping was that there was stress involved. There was stress involved in problematic relationships, there was stress involved in chronic physical conditions, there was stress involved in anxiety and depression, there was stress.

And so when I started to say wait a minute if this tapping thing can somehow reduce physiologically the amount of stress involved with this target why couldn't it affect a wide array of outcomes. And so the more I read the more intrigued I got, the more I started to explore, the more I explored it myself personally, the more I read the research and so here I am spending and devoting my life to it so it's been an interesting journey over the last 10 years (laughs)

9.20 **Alex:** And were there, in that kind of early period of you starting to use EFT with yourself, perhaps with your wife, with your clients, were there any particular early case study experiences, like, it sounds like you went into it with somewhat of a kind of cynical nature, what were some of the early experiences which shifted your perception? I'm sure reading about wonderful miracle stories is one thing but as you started to have that experience what shaped your perspective?

9.55 **Craig:** It's funny I didn't plan on sharing this but one of the seminal moments, I think reading about it is intriguing but until there is a direct experience there's something dramatically different when that happens and so I would have to say it was a small thing but it was on myself. It happened to be a time where, obviously being a chiropractor for many years I knew a bit about back pain. So one day I came in from the house and I had been working in the yard and I came in walking and bent over and grimacing and this was still very early in our relationship as well and Alina said are you OK and I said 'Yep, just strained my back I'm just going to go get some ice, I know what to do for this'. You know it wasn't intimidating, it wasn't scary I knew all the things to do for myself, and self care and was just I have strained something

and inflamed it, I just needed some ice and some rest and some exercises I was about to do and she said well would you like to tap on that, do some EFT on that? I'm like yeah this is like Emotional Freedom Techniques (Alex laughs) it's not about emotion I just overdid it in the yard I was digging a bunch of stuff in the yard. But early in the relationship and I wasn't about to say 'No honey (Alex laughs) I don't think that's gonna really help me here' so I said 'fine go ahead and fine'.

So we are doing this tapping thing and with the tapping we are focusing on what we're experiencing and 'even though I have this back pain and its shooting, it's going down my leg and it feels like it's this knife like pain, and it feels this and that', and so you are also starting to tie in emotions with it. 'And I'm annoyed because I have a lot to do and I'm not even close to being done'. And the more I started tapping I was like 'I am actually really, really annoyed' as all the responsibility was on my back as I was actually preparing a home to sell that had been in a divorce and all of this and I am really frikin pissed because I am the only one doing this and I have all of this weight on my back and all of a sudden I'm starting to get really angry and annoyed.

And as we are tapping on this and apparently there was more emotion involved than I thought (Alex laughs) after about 5 or 10 minutes we're tapping and I'm feeling calmer and she's like 'how's your back?' and it's like, and I stand up and there is almost zero pain and it's one of those come hither moments where its like 'Okay now what do I do' I am going to go in the office tomorrow and somebody's going to come in with severe back pain, how am I going to know whether it's a physical problem, if it's an emotional problem, and all of a sudden it was one of those awakening moments like 'wow I don't think anything is going to be the same after this', that I'm not going to be able to look through that physical lens that I had and I was pretty open minded before but this just shifted everything.

12.45 **Alex:** And that's, that's one of the, it's a great story, it's one of those kind of amazing things about EFT, right? There's this kind of philosophy within EFT of try it on everything because sometimes there's a very, very clear physical explanation, like there's a, you can see a break in a physical injury and it's like well of course, therefore it's inflamed and there's pain. But nonetheless people can find that there are layers of things around that that actually as you work with that can have a significant impact.

So I think it would be a helpful frame to put for people that are perhaps watching or listening to this interview that very clearly understand the physical nature of their fatigue that may be listening and thinking 'well this is just absurd, these two wacos are talking about this idea of tapping on acupuncture points and tuning into emotions and how can that possibly have

any impact?’. So I think it’s helpful to frame to people to suspend a certain level of sinicism a little bit like you were in a sense of approaching it like a true scientist where one is testing their assumptions and being skeptical and cynical in that process.

13.54 **Craig:** Yeah and what I would say is that there, the way that I, the lens that I view it through now with, well we’ll just say physical illness for a moment, is that there are multiple layers. There is a real physical layer to tissue physiological changes, immune system changes etc, there’s no doubt that there is. But the question then becomes is what are the other layers and layers involved with that. And it is impossible in my mind to have a physical condition without connected emotional feelings and thoughts associated with that. And if one starts to go into the idea of the Biofield and an energetic layer we really look at this layering of an energetic level, an emotional level, of a cognitive level, a physical level and they all interplay and we can’t possibly in an artesian way say they’re separate because it is impossible to be in pain and not have thoughts or feelings about that.

So we can just look at what they’re complementary too and if we look at whatever condition we are dealing with, especially when it results in fatigue and has been there any period of time, is that if we can start to reduce that stress load from an emotional layer, from an energetic and cognitive level then the body has a greater opportunity to heal on the physiological anatomical level and that allows the opportunity. So you know I guess using my story is that there are multiply layers and when somebody comes in to me with an MRI or a lab test or anything is that’s real. That’s a true dashboard representation of what is happening in their body at this moment.

15.32 **Alex:** Yes

15.33 **Craig:** And I’m never going to say that it’s not accurate and it doesn’t exist it is but it’s temporary and it’s influenced by what we call the emotional contributing factors whether those are ideological, whether those began the problem or whether those were secondary to, they are still involved. So if we can work with this and lesson the stress load on the body from that point the body has a much greater chance of healing.

15.56 **Alex:** Yes, yes absolutely. We’ve touched on a little bit around some of the kind of elements that make up EFT but just for those that are perhaps not familiar can you say a bit more about specifically what EFT is and kind of what it looks like and a bit about how it works?

16.14 **Craig:** Sure. So what I would say is how I’ll explain it depending on who I am speaking to I might describe it in different ways. So for example, because

it has an energetic level if I was speaking to somebody in an energy realm world that was a professional in Reiki or acupuncture and things like that I might have more of an energetic explanation. If I'm speaking to a neuroscientist I'm gonna speak about it through what we know about the brain, if I'm speaking about it. So I will do my best to explain it knowing that there are different ways to come at it and try to describe it. OK.

So what I want to say is EFT, this type of EFT that we're talking about is called the Emotional Freedom Techniques OK, therefore EFT. Many people around the world know it as tapping because even though that is not quite the same a big part of EFT is the percussion or the tapping of the fingertips on different points. So it is often generically known as tapping. And it also lies within the field of what we call energy psychology in which there are different kinds of tapping techniques but EFT is far and away the largest.

It was started and founded by a man named Gary Craig in the mid 1980's who stood on the shoulders of Roger Callaghan who was a psychologist who wove this connection between Chinese medicine and meridian acupoints and stimulating the points and dealing with emotions and he had created Thought Field Therapy, who stood on the shoulders of those before him with applied kinesiology and Dr Earhart. So in other words, we always look at nothing is new, right.

So in the mid 80's Gary then took this and refined it and simplified it and said you know what I think that the world needs to know about this, it's transformative and basically just started to spread it online to millions of people and it grew very fast. What it basically is, is it's combining a few different elements. It's combining what we call a sematic element whereby we are working with awareness of the body and stimulating the body. Hence the tapping. We are working with, because there are also elements of Neuro Linguistic Programming and other things built into it, we are using different phrases to tune into what we are feeling and acknowledging what we are feeling rather than avoiding. When we tune into something that's stressful or emotionally heightened, whether it be something we're feeling right now or how we think about something that happened to us in our past, as we are saying a particular verbiage and we're becoming aware of that and tuning into that and we're saying certain statements that are a form of self acceptance.

While we're doing the stress reducing percussion what it does, in a sense for simplifications sake, is it rewires or counter-conditions our physiological response to what we're focusing on. So if I'm saying you know what here I am and I can't get out of bed today because I'm just too tired, and I'm really, really annoyed because I have a lot to do but I just feel like I can't and I start to tune into that I start to feel what I'm really feeling.

At the same time that I'm tuning in to feeling that my body is tuning in to that I'm also doing these words and these points that are starting to counter-condition the way that I'm feeling about that and starting to regulate the body. So it's a self-regulation tool and we can use it for ourselves and for more complicated scenarios we can use it with a practitioner, and we'll talk about that. Either way, to be able to calm, you know we've seen studies that show within an hour a 37% reduction in cortisol levels, we've started to now begin to, we'll talk about research, we're seeing brain changes, we're seeing other markers, but, so we can think of it as a calming self-regulation technique that we can use in the moment. But even more so as really start to deal with those things that have led up to why we're feeling how we're feeling in the moment, in the past as well, so that we can start to move in a different path forward into the future. So there's a little bit.

20.27 **Alex:** Yeah. And I think one of the things that is really interesting as well with EFT is it's a way of working with things now, so emotions that are kind of coming up, we're experiencing, maybe activated in this moment. It's also a way of working with things that have happened historically so things where there may be difficult memories, there may be traumas, there may be things that are heavily impacting on now, and it's a way of working on things that are coming up in the future. So things we may have anxiety about or have concerns about. And often what you see psychotherapeutically is certain tools tend to have, like psychotherapy tends to have a strong past focus, or coaching tends to have a strong future focus. There's something that I think is really powerful about EFT that sometimes you don't know where the root of an issue might be. It might be something happening now, it might be the past but it allows you to, often you start in one place and then as you go deeper you start to follow a thread.

So maybe say a little bit about the nature in which the EFT sessions can unfold and people can discover things that can often be quite surprising.

21.27 **Craig:** Sure, one thing I do want to say is just because I was starting to show this. These are very specific acupuncture points or meridian end points that are close to the surface of the skin and so they are chosen specifically for a variety of reasons and they are all on the head and the upper body. So they are on the side of the hand, we can use certain finger tip points and on the head and on the face and on the upper body. So we're not on our toes or other places so they are very easy to access and they kind of cascade down in a very gently way.

22.01 **Alex:** Yes and those points were particularly chosen by Gary Craig to simplify TFT that was using so many different sequences and points. I think

an observation that I think some have had is that simplicity also serves people as well because it allows them to stay more tuned in to the sequence and what they are doing than be going after complexities sometimes, which can actually distract one away.

22.23 **Craig:** I agree. You know I'm not one to speak one technique over another. So there are many people around the world doing fabulous work doing Thought Field Therapy that has also been simplified over the years, I simply, you know my training, and my advocacy is primarily for EFT but, there are many types of tapping techniques and I don't like, we don't have a lot of direct comparisons for example.

22.47 **Alex:** Yes.

22.48 **Craig:** We don't have any of the varsities to show efficacy, you know we do have EFT versus EMDR and CBT and other things but there is always more research and comparison to be done.

But to get back to your question. So the thing that I would say about EFT is that as you said, EFT tends to go deep quickly, especially when working with a practitioner. OK. So lets just say for example, I'm thinking of a person, so we'll keep it in the theme of also of the summit with fatigue. So physiologically there are absolutely how many different kinds of conditions can result in fatigue, I don't think we have a long enough time period, and whether its endocrinological and thryroid issues, adrenal issues, whether its any chronic pain issues, whether it's a variety of conditions we can go in to, what I would say is that whatever the cause is that I am resulting in exhaustion and fatigue, well let's just take chronic stress and keep it simple for a moment, right.

So somebody might come to me saying, lets just say it s a physical condition and they're having headaches OK. That's their original complaint when they come in. So there are certain types of tapping techniques, for example, that we can do just on 'Even though I have this headache'. I can focus on the description of the headache, the location, the colour and size and words that describe it and we can simply do a type of tapping technique, gently especially with the headache. That we modify of course so that we're not pounding on the head with the headache. That we modify just to be able to work with the physical sensations of the headache. And to be honest most of the time I can usually get a 30-50% reduction within a few minutes with that. Then we go ahead and we start to look at the emotional contributing factors for that.

'What was going on, for example, when this headache started?'
'Erm well I have it everyday'

‘Everyday of your whole life?’

‘No, well it’s really been much worse this last month’

‘OK, what’s been going on, what kind of stress or things have been more stressful for you before that?’

People often think like the day before and I have to say ‘can we just maybe expand that out to like a month or two?’ ‘Oh, well my wife left me, my kids have not been talking to me and at work they look like they are passing me over for somebody else’.

I’m making it up but I hear that kind of thing all the time and they’re just not making the associations. So when we work with EFT we start to, lets just say we began with how you are feeling about the headache and I just, it’s stabbing and I feel like its just, eugh my god it makes me so annoyed and so frustrated, so we start tapping on the annoyance and the frustration.

I start asking them questions about ‘what else is going on in your life that’s annoying and frustrating?’ and its like ‘well at work I’ve been there for 20 years and this other guy’s been there for 3 years and it looks like they are going to pick him over me and that’s really annoying’. And all of a sudden we’re tapping on what’s happening at work, we start to resolve or find some resolution with that, ‘is there anything else that’s annoying?’ ‘well my children for the last year have been living dah dah dah, and that’s been happening...’ and all of a sudden we start unwinding the layer of this onion for all the things that have been annoying that have resulted in this particular moment as an annoying headache but isn’t the route of it.

So, the art as a practitioner is beginning with wherever the client is and what they’re complaining about and what they’re feeling in the moment. It’s finding, you know being able to create that rapport and then together discovering what emotion may have been a predecessor to that which sometimes goes back a month, which sometimes goes back a year, often goes back to childhood. So who knows.

26.46 **Alex:** Yes and you were saying that obviously there is significant benefit of working with a practitioner but there’s also a lot people can do using EFT with themselves and maybe, yeah maybe just say a few words about the power of that because I think one of the ways that EFT really empowers the client is that it allows the therapeutic change to not just be something that happens in the therapy room.

27.20 **Craig:** Sure and I absolutely agree. So, I’ll make the distinction there. So what I would say is working with a practitioner is wonderful because they

can often hear and listen to things that we don't even hear ourselves saying. I would also so say working with a practitioner helps to go through, for example, when we start dealing with traumatic origins of problems. Things that started off with early trauma that began the theme that continues. Working with a practitioner is very important. But they're so many things that you can be tapping on for yourself.

So in working, lets just say somebody gets up in the morning and they're just feeling exhausted and if they just tune into the exhaustion and they tune into how they're feeling about it it's actually bringing up a lot of sadness because there are things that they can't do during their day that they'd normally do if they weren't feeling this. So when they start to tune in there are a few things that they do. We first tune in to the moment of the situation being specific. 'Well I'm really sad because today is you know a beautiful day outside and it used to be this time of year I'd be out in the garden. Right, and I'm looking out at the sunshine right now and the blue sky and I'm just thinking damn I'd really like to be out in the garden and just thinking that I can't be there I'm just feeling a wave of sadness'.

So what we do is we get a measuring of that, 0-10, how high is that so I can kind of gauge that and take the pulse of it. We also tune into where we feel, if we do, the sadness anywhere in our body. Some people have more connection to that, some people don't, it's okay to go either way. 'And I notice when I feel the sadness I just feel it in my chest'. So when we start tapping on myself, alright 'Even though I'm feeling all this sadness, I'm looking out at the sunshine and the garden and I'd really like to be there but I can't because I'm so exhausted I accept that's how I'm feeling. 'And even though...' and so this begins what we call the set up of tuning in, stating what is, of saying 'Even though I still feel this way' I can still either accept my feelings, accept myself and there are ways that we value that, and as we start to tune in and start to tap on the points the sadness starts to shift. Sometimes when we first start it can increase because we're really tuning into it.

29.21 **Alex:** Yes, Yes.

29.22 **Craig:** That's OK because it will usually do a lip and then it will drop. It'll often change. So the sadness begins but then it shifts into a sense of hopelessness, right. Maybe this is never gonna change and it's always going to be this way. And then maybe it starts to shift into anger because of something I did or because of somebody else did that actually caused this misdiagnosis etc so we often see what we call these shifting aspects and it moves around because this multilayered fatigue or exhaustion has many layers of onion of emotional residue and it's woven to this tapestry. And as we get specific and as we start to tune on these we start to get to a place where we start to feel

differently, it feels differently in our body, we then start to have different resources. Like you know what maybe I can't do that but I can do this, and maybe there is a purpose to this and I can use this differently and then from that place we can start to work differently with the condition that before we were just angry, pissed, sad and reactive to it rather than looking at what maybe is the gift here, maybe how can I work with this differently.

30.26 **Alex:** Yes and I think even if somebody working with themselves is not able to get as far as working with a practitioner going really deep into some of the underlying pieces, even if what does happen is there's less resistance to what's happening. It's like a lot of our suffering in life is not just the emotions we have it's the layers of frustration and resistance and judgment that go around that. So even if what someone's doing is just settling and calming their own relationship to their own experience, that alone is going to have a lot of benefits.

30.59 **Craig:** I see it everyday, yeah you're right on with that. Yeah.

31.03 **Alex:** So let's maybe just say a little bit, you've touched on it in a few ways, but maybe if there's anything else you want to say about how specifically how the mind body connection actually works. Like there's lots of different ways that that can be described, that where we calm down what's happening in the stress response and we calm down what's happening emotionally and that can have significant healing benefits. But maybe there's a few different ways and maybe you want to touch on some of the research that's been done as part of just helping people plug into that technique, which is about resolving and moving things that are happening emotionally, can have such a clear physical impact in certain situations.

31.43 **Craig:** Oh, I mean, I mean I see it everyday in so many ways, you know the one closest to my heart is my wife. So, and she tells the story openly all the time. She had developed Hashimoto's, autoimmune condition, and it had happened, was diagnosed and occurred shortly after she had had a stillborn. Okay. So she knew that they were connected and just in her heart, nobody was telling her but she knew that the pain and the trauma of what she went through and then the subsequent condition and then diagnosis were connected. But she spent years going to every kind of specialist and complimentary healthcare specialist and nobody was really working with that connection and it wasn't resolving. It was bad. And so we'll just say universe just happened to really show up at the time she was seeking what else can I do here, that she found EFT, Gary Craig and an online a manual and started tapping on herself night and day and within a few months her doctor said we need to back you off on your medication because something's going on here and ended up resolving her own condition that way.

32.55 **Alex:** Wow, amazing

32.58 **Craig:** You know it's a good example and it's certainly, you know I never guarantee and never promise anybody, for any condition, results. However, that's not an unusual story in this world and I know that sounds fantastical but when we look to the research we look at, you know we now have, for example, in EFT alone over 100 published studies, over 40 randomised control trials, we now have 4 meta analysis which we're looking at, for example, the effectiveness of PTSD with the significant affect sides for anxiety, depression, PTSD, a bunch of physiological markers, a meta analysis review we're just done with that. And so when we start to look at the variety of conditions and often very quickly, in fact 6-12 sessions, for example, with a practitioner for PTSD, has shown very, very significant results in a very short period of time.

We have to start to look at this phenomenon of how the body and the brain are somehow rewiring itself in a new way with this technique and it's fascinating. We're still trying to understand it so we got a long way to go. We are just having, for example, Peter Stapleton has just published the first functional MRI study which showed brain with regards to food cravings and the way that the brain and reward centres respond, for example, with sweets and cravings. We've got two epigenetic marker studies now that are showing, you know, so the factors that control whether genes are expressed are being altered by tapping, from increasing immune response to decreasing stress response and a variety of other factors. So there's still a lot of science that needs to go to be able to completely understand why this is working so quickly and so effectively. What I would say is people often show up, you know I'm just thinking in my mind as a meta health practitioner, it's a way of analysis and exploring what is it that the emotional root cause or at the start of from an emotional level many different conditions.

And so we look to, for example, often I guess as a way to understand it would be metaphorically. So if somebody had stressed out over time and their naturopath and their doctor were saying wow your adrenals are just burnt out and we need to do adrenal support. Part of what we need to look at is why? So on an emotional level why is the person feeling the need to burnout their adrenals? Why is the body doing that? So I think it's a useful step back question to explore that. What is driving the need to push, push, push, push? And we could say 'that's just the way I am' but you know what, probably wasn't born that way. So there were different factors from our childhood that often set in to stone that in order to be worthwhile I have to try hard. That in order to be seen as loveable I have to do this, and this and this to prove myself. That in order to be seen as successful and to get attention that I have to drive this hard. So we start to look from an EFT perspective, what are those

underlying factors. That yes the adrenals are burned out, and yes they need support and yes there are these tissue changes that have happened but what is it that happened before that that drove us to have to push in that direction. And so that's part of the inquiry of we look at.

36.27 **Alex:** it's a great example and people which are familiar with The Optimum Health Clinic model will be aware that we talk about certain psychological subtypes within fatigue conditions, one of those being the Achiever. So you've just perfectly spoken to a way that we would talk about it and I totally agree that it's a very helpful and effective tool. That it's one thing to go I have this achiever tendency or I have this helper tendency or I have this anxiety tendency or whatever it may be but recognising that's useful but then how do you actually start to work and start to change that.

And another piece which has started to gather quite a bit of traction in the kind of mind body space over the years is adverse child experiences (or ACES) around the impact of certain experiences on shaping us. Maybe you could speak a little bit to that and also how effective EFT can be as a mechanism to work with some of that?

37.25 **Craig:** Brilliant, and yeah I can't speak enough about this so we could easily have an hour just about this. So, but I wont. (both laugh). So the adverse childhood experiences study, or the ACES study, is one of the most well recognised, well replicated, international studies that has made the mind body connection between, the connection between early childhood adverse negativity experiences or traumas and adult disease. Okay. And so Dr's Felitti and Anda, along with the Kaiser Hospital system, I will just give a brief story about it as I think it's fascinating.

38.05 **Alex:** Yes

38.07 **Craig:** It's when it's started, it started as Dr Felitti was doing an obesity trial and so they had a protocol they were doing with thousands of people on obesity individuals for weight loss and what he found was there was this percentage of people that were dropping the most amount of weight the quickest and then dropping out of the programme premature. That didn't make any sense to him. These were people getting the best results why would they leave? And so he took it upon himself to individually start to interview some of these people to try to find out. He was thorough in his interview, except as the story goes, the ACE mythology goes so to speak, as he tells it, is that the question he asked one of the women when he was asking about their early health history and you know their physiological history and their sexual history and all these things, was he asked 'and how much did you weigh when

you first became sexually active' instead of how old and I think she said something like 57lbs.

Well that was not the answer he expected, was the question he meant to ask. He said 'what do you mean 57lbs' and she was like 'yeah I was 7 or 8' and he said 'I don't understand'. And she said 'well it was my stepfather'. So there was sexual abuse. Okay. And as he started to interview people he found this more and more. And he started to find out that what was happening was, especially as these women were starting to lose a significant amount of weight, they were starting to get undue attention. They were starting to be seen as more attractive by people around them and all of a sudden attracting a type of attention that made them very uncomfortable and so they dropped out of the programme as it was safer, they felt more safe the other way, more obese, than when they were losing weight.

So this fascinated him. He started a team to start to explore and interview more people and so he started to find time after time this phenomenon, which he couldn't imagine that somehow had been missed before. That somehow the weight loss was causing a change. They found that early childhood, physical trauma, sexual trauma, emotional trauma, that ended up being connected to this. And so they developed a questionnaire that began with the original 10. Physical, emotional, sexual abuse, witnessing violence, especially of the mother, somebody in the household that had addiction, mental illness, or incarceration etc. There were the original 10. And there are certainly more than 10 but that's where the study started.

So what they started to find, replication after replication, were dramatic adult changes. Not just, shall we say a proclivity for early sexual activity and early addiction. But we're talking liver disease decades later, heart disease, earlier decline in mental health, proclivity toward a variety of anxiety, depression etc. shortened lifespan. So I mean, it, it's a phenomenal increase especially as we start to hit 3 or 4, especially number 4, of these childhood experiences. We're talking suicide rates go through the roof, addiction rates go through the roof.

41.00 **Alex:** Yes, yes

41.03 **Craig:** And so, and most people have some of these. Right. Hard to have gotten through without any of these. So long story short, we're starting to realise that there's not just, there's the environmental factors, and you could say there's the psychological, emotional aspect where of course if something bad happened here it's effecting you this way but the real wake up call was heart disease, liver disease, early death. When we start to look at all those aspects it's like this is really showing that mind body connection on a whole different level. So we're seeing, you know, books, we're seeing I think that

study when done, has really been the force behind what we call Trauma Informed Care. That's starting to now have recognition in schools, in medical systems, in reformatory justice. In, in so many different ways.

42.00 **Alex:** Yes and there may be people which are watching or listening saying well I wasn't sexually abused, I wasn't physically abused, but of course also as you're touching on, there are different forms of trauma. There's the kind of, what we would call the big T trauma, which is a very clear significant event, but there's also the trauma with a small t or what one might call developmental trauma. Which is simply not being held and having that sense of safe place from Mum or Dad or whatever that allows the nervous system to kind of learn to calm and self regulate. So if we grew up in an environment where there was nothing overtly that was terrible or bad but we didn't get the level of emotional soothing that we needed that alone becomes its own form of trauma and has its own impact on how our nervous system gets wired and how our personality gets wired.

42.46 **Craig:** Absolutely, it's huge. It's often termed neglect but I think many people would still say, well I wasn't neglected I just didn't have my needs met. You know there wasn't, we didn't have a healthy attachment, we didn't have a healthy bonding, I didn't feel really loved and touched. And that ability, the way that our brain body wires at those early stages in those early years, with the ability to self soothe, the ability to self regulate, Okay. If that doesn't get established early and somehow doesn't get resolved later, the tendency for defensiveness, the tendency for trigger her anger, the tendency for self criticism, the tendency to go into a more repressed state, the tendency to get anxious and worried because we don't have a mechanism built in to self soothe and self regulate has tremendous implications in work, in relationships, in health, I mean it goes on and on. So, absolutely.

43.42 **Alex:** So Craig people which are, which are, watching and listening which maybe haven't had any experience of EFT, probably by this point are rather keen to have some kind of experience, some kind of starting point and obviously it's important to say that, it's, there's far more than could be covered than in a brief segment of an interview for someone. But I know we'll talk at the end about resources and places people can go to find out more. But perhaps you could just give us a little bit of a flavor or a sense. Perhaps that might just be the basic recipe or a piece that people can just start to play with to get a bit of an experience.

44.20 **Craig:** Sure. Well here's what I'm going to say. I'm one of those people that when you have online events such as this, the inherent challenge is that EFT and in Gary's words 'to be terrific needs to be specific' means that I can't say something for you that you're feeling and you say what I say in repetition,

right, because that's not what you're feeling. So what I want to say to this is, as I show a little bit here, for the viewers and the listeners, you have to tune into what you're feeling because what I'm going to say right now isn't what you're feeling or experiencing so I don't think that works so well. So let's just say that the person listening here right now obviously is interested in the topic of fatigue. Right? Otherwise they are probably not here.

So as a viewer for some reason you have some relationship to it because either you're having it or a loved one is having it and you're dealing with some aspect of it. So the easiest way to just use the basic recipe is for what I am experiencing just in the current moment I don't want to take people into the past. Or actually you know what, let's do this, even safer would be doing a little bit future work.

So here's what I would invite. If you think about something that you want to be doing that's coming up in the future but somehow the fatigue is affecting that, Okay. It's something, it's some event that's coming up that you were planning on going to but because of the fatigue you don't think you can. It's a family trip, it's a gathering. So something that's coming up in the near future that because of your fatigue is being involved and as you just start to think about, so for example, let's just say, that I had been planning on going on this long hike in the early Spring but I know given my condition, because of my fatigue, I haven't been able to train, I 'm not going to be able to do it and I need to cancel it. Okay.

So thinking about not being able to go on that hike, Okay. How do I feel about that now? And I tune into thinking about that and I'm disappointed. Right. So I just check in that's my primary disappointed. Now I might be disappointed and mad and angry and frustrated and so, but that is just like a buckshot so we always want to focus in on one emotion at a time. Okay. So I'm thinking of the specific event, I'm thinking about the hike, especially getting started on the trail and I won't be able to do that because I have a great view of the starting place, I'm thinking I feel disappointed because I can't do that, I want to give it a rating so I have some idea how it changes. So thinking about it right now it's like a 7. Okay. And then I tune into the disappointment and I ask myself do I feel that anywhere in my body? Do I feel it like a tightness, do I feel it like a constriction, do I feel it in any way that I think might be connected? And you know what as I'm talking about the disappointment I kinda feel it in my solar plexus, I don't know there's just like a holding and a gripping there, maybe it's connected, maybe it's not but I'll go with that. So I have all the information to create what we call a set up. Okay.

So what I'm going to do is I'm going to start off tapping on the side of my hand. Which is just this fleshy part here. And so what I'm going to repeat to myself 3 times is the information that I just came up with, right. And it

sounds like this. And so what I'm going to have to the audience if you want to do it with me I'll be using my words but you use yours or you just take this recording and then you pause it and then you listen to it and you do it for yourself.

So I would say:

'Even though I feel this disappointment and I feel it in my solar plexus when I think about not being able to go on that hike next month with the beautiful vista, I still deeply and completely accept myself'

I'll just do it this way and then I'll get some modifications. We do it 3 times:

'Even though I feel this disappointment, I feel it in my solar plexus thinking about that I can't go on that hike next month, I still deeply and completely accept myself. Or I still accept myself'

'Even though I feel this disappointment, I feel tightness in my solar plexus thinking about that I can't go on that trip that I was really looking forward to, that hike next month, I still accept that's what I'm feeling'

And then we do what we call the reminder phrases. Which is just an abbreviated aspect of that to keep me on focus.

- On the very centre top of the head 'this disappointment'
- And then I go to the beginning of the eyebrow, either one hand or two hands it doesn't matter, 'this disappointment'. We're tapping very gently.
- On the outside of the eye, not on the eye not back by the ear right on the outside 'this disappointment'
- Then I go directly under the pupil on this bony ridge 'this disappointment in my solar plexus'. Just a few times there's no right or wrong number.
- Then I go right on this bit under my nose 'this disappointment'
- This crease on the chin 'this disappointment I'm feeling'
- The next one is the collar bone point and we can either do it with two hands, like this, or I can do it gently with my fists, or I can reach across both with the palm of my hand. 'This disappointment'
- And the last point is about 4 inches below the armpit, kinda where a woman's bra point crosses, it's right here. 'This disappointment'

And so that would be a single round of the basic recipe but now I need to evaluate how I'm doing. So I need to check back in. So I go, Okay, focusing on that trip, the hiking trip next month and getting started at the beginning of the trail, how do I feel? Well I'm still disappointed and maybe at the beginning

I think I said that I was a 7 but now, I don't know, maybe it's like a 4.5, I don't know why it just feels a little bit less. If I'm still focused on disappointment I'm gonna do another round, I want to try and get it down to a zero as much as I can. Sometimes in the middle, after I do a round, disappointment isn't the primary emotion anymore, now it's sadness, or it's anger or it's whatever. So now I'm going to have to recheck. Okay. If it's anger wow I'm noticing anger's like an 8, now that's interesting, that really changed, and I'm feeling it in my jaw. Okay so now:

'Even though I'm feeling angry in my jaw thinking about not being able to go on that trip'

So this starts to give you a feel where we can start to work, the emotions can shift, the location where we feel it can shift and we start to try to really just regulate and bring down when we're thinking about that future event. It's always, the emotions is always about how I'm feeling in the moment because that's the only thing we can change. I can only change, I can't change how I felt last week when that thing happened and I can't know that I'm effected in the future yet, I'm imagining, so the only thing I can tune into with any sense of accuracy is my present sense, my felt sense in my body and my present emotional state. So that gives you a little bit of a feeling.

51.22 **Alex:** Yes, and yes it might be people having followed through with that it might be, as you say, it's gone up. It might be that it's stayed the same, it might be that it's gone down and that's all information to them that then informs the next round that people go with. Right?

51.35 **Craig:** Perfectly standard. They're not doing it wrong. If all of a sudden you start tuning in and what we call the SUDs, the 0-10, goes up a little bit, all it means is that you're just starting to tune in and focus. So don't get impatient, don't, persistence is really key with this. Right, and staying with it, even if it stays the same because sometimes staying the same just means I need to tune in just a little bit more specifically. And that's often what happens is we're not being specific enough because I'm thinking about all the things that I'm not going to be able to do or all the things that I wasn't able to do and that's pretty hard to budge.

But when we get specific, and in EFT we often use the analogy what we call the tabletop and table legs. In other words the tabletop issue is, let's just say this fatigue. The table legs that are holding it up are all the experiences that are proving evident that this is a problem. So when we try to work on a big tabletop it's not as likely to collapse but when we start to take out how I'm feeling now, how I felt about when the doctor gave me the diagnosis, how I felt when the first time I was told this may never go away. So when we work with

specific events they can start to destabilize the big tabletops and we can start to really shift and collapse.

So folks specificity is key, being able to find a self acceptance, because sometimes accepting oneself is not that easy. So I often modify to 'I accept that's how I'm feeling' cos that's how I'm feeling. So some people you'll hear on YouTube its like 'I love myself', and 'I forgive everybody', you know what, make it resonate for you, which sometimes is just as much as 'well I accept that's what I'm feeling right now because that's how I feel'. Yeah.

53.15 **Alex:** Yes and it's in a sense a journey ones going on in relation to their self and I think one of the things that is interesting, when people work a lot for a period with EFT that even if, often it will have an impact on the primary issue their working with, but even if that primary issue is something that hasn't moved other things will move and ones relationship to oneself and the issue often moves. So I think, often you can see someone can have, for example, a physical injury and perhaps the physical injury takes the time it takes and maybe there's a subtle reduction in the pain but all the emotion and all the things one feels about that injury; the frustration, the anger, the feeling of the pain loop and all of that. When that starts to come down can have an enormous impact in terms of at least ones daily life and their experience of themselves and that issue.

54.02 **Craig:** All the time because when we're stressed, you know we know the studies that show there's blood flow that you know, that leaves our frontal cortex, we're not able to think as clearly. And all of a sudden in a different state we're like 'you know what, actually that hike wasn't that important to me it was really more important to my wife. Now that I'm thinking about it she was the one that really wanted to go. I wanted to go do this instead'. And all of a sudden, you know realisations happen, what we call cognitive shifts, new ways of thinking of things and then starting to have as you just said subsequent changes in ones life all the way around that weren't the direct focus of what we were doing but they start to shift and change around them even though we weren't directly tapping on them and I see that everyday. I see that all the time.

54.49 **Alex:** And of course it's possible to go on the hike and be completely stressed out and pissed off and it's possible to not go on the hike and be completely calm and spacious and it's not actually, very often, it's not the circumstance but it's all the ways we feel about and we react and we respond to that circumstance.

55.04 **Craig:** Right, you just bring up also that one thing people say is 'Isn't there a place for negative emotions? Isn't there a place for anger and you know

what we call negative emotions. Anger and sadness.’ And of course there is, emotions are natural, emotions are a natural sequely of our experience, but when they remain there then they fester and they become a problem. But we’re just acknowledging with tapping what’s already being felt and what’s already being experienced. We’re just shining a light on that so that we can release that and then the experience becomes a source of wisdom not pain and suffering. So that’s what we’re trying to do. We’re trying to tap on those negative things that are getting in the way of resolutions so that we can release them and continue a healing path.

55.49 **Alex:** Yes. And so Craig just before we come to how people can find good resources and find more about EFT and also find more about your work maybe just say a little bit about where you think EFT is going. What you see as the future, what excites you about the kind of increased, I guess, researched grounding behind EFT and the kind of growing adoption that’s happening.

56.12 **Craig:** Well I think you’re a perfect example.

56.17 **Alex:** That’s very kind of you thank you.

56.18 **Craig:** So what I would say is, you know this year has been a culmination of a 6 year project for us with exactly that in mind. So this year we came out with the film project called ‘The Science of Tapping’ because what we wanted to do was to be able to create some visual, some video content for people to be able to give to their medical doctor, to give to their psychotherapist, to give to their psychologist, to give to the head of their school where their children go. And so because there was kind of a ‘woo woo’ factor so to speak, because somehow there was a lot of focus on the energy systems and the meridian end points there wasn’t really a big neuroscience understanding that we’re starting to develop here so we felt like we needed to do that because I am seeing, I mean the revolution of what we call the 4th wave of psychology is really starting to happen, especially in trauma techniques. That are saying if we’re just using the head and not the body we’re not going to get the results for example, in the trauma treatment world. So we’re seeing, you know the work of Vessel Vandercock, the work of Steven Porgiss and the work of Peter Levine and the work of on and on and on. So we start to look at working with things that are in the body and that have adverse or traumatic early roots that the body has to be included.

So what we’re seeing now and I’m seeing this work spread rapidly internationally in schools so that we can teach kids self-regulation techniques. EFT is not the only one. You know we’re seeing mindfulness techniques that are including awareness of body and breath and tapping is one of those.

So I see several things. I see first the huge influx of what's happening in the schools. The trainings that we give around the world and within the country I would say probably half of them are now licensed mental healthcare therapists, psychologists, doctors that are showing up. So it is absolutely reaching. Yes it's not quite mainstream but it is growing rapidly. So I'm seeing it in schools.

I'm seeing a spread now, an uptake in the addiction world where this is so needed given opioid crisis and addiction crisis as addiction is a response to trauma.

58.23 **Alex:** Yeah it's people not having a way to deal with emotions and trauma and their self-medicating

58.28 **Craig:** So those are biggies. So I see, so the studies, unfortunately we don't have big pharma behind us giving us \$2 million grants to be able to do that but we are seeing things, we're seeing things. For example in the US the Veterans Administration considering this a safe treatment now, it is a safe treatment for PTSD. We're seeing Kaiser system advocacy. We're seeing in Britain the, you know the NIH this year they came out with the OK to be able to support further funding for EFT. So we're seeing these uptakes, we're seeing these wins, that's exciting. Is it happening fast enough? Not for me.

59.06 **Alex:** But it is happening.

59.07 **Craig:** It's happening.

59.09 **Alex:** So Craig for people that want to find out more about EFT there's kind of two parts to this and I'm sure they're very well combined. But people that want to find out more about EFT but also want to find out more about your work. You mentioned 'The Science of Tapping', I think the website is scienceoftapping.com But yeah say more about how people can find more.

59.29: **Craig:** So what I would say is, for the general public that's looking to find out more about EFT research, scienceoftapping.org is really a place where you can find tapping in the news and different news in the media, TED talks etc. You can find the top level research there, trailer there. So that's a good start.

scienceoftapping.com is really for EFT practitioners. So scienceoftapping.org is the best place for that.

For me and the work and the trainings that we do live, online etc it's eфтtappingtraining.com. and I'll also give out another. So because we also teach for, on behalf and with the accrediting body of eфтinternational.com. EFT International is based out of the UK so there are many different trainers for that organization worldwide but it's based out of the UK as well.

In the US there is a great organization, primarily of mental healthcare therapists but not only, that's called ACEP. The Association for Comprehensive Psychology. So there are different organisations, you can always contact me. So Craig@eфтtappingtraining.com and if you're looking for a recommendation, a resource I'm happy to help in any way that I can.

1.00.26 **Alex:** Fantastic and Craig thank you so much you've done a great job of making something that I know for some people can be a little bit weird and mysterious feel very grounded and practical so thank you so much for that I really appreciate your time today.

1.00.58 **Craig:** Oh thank you for the opportunity and good luck of having the summit number 1) reach so many people that need it and 2) to be able to fundraise so that the research you are doing can continue because I know it includes EFT which is very exciting. So thank you for the work you're doing.

1.01.13 **Alex:** Thank you so much, thank you Craig.