



## EMOTIONAL FREEDOM EFT FOR EATING DISORDERS TECHNIQUE



With Masha Bennett BSc (Hons) MPNLP  
Advanced EFT Practitioner and Trainer  
On behalf of the National Centre for  
Eating Disorders.

**Emotional Freedom Technique is a psycho-somatic therapy, sometimes described as psychological acupressure. It was developed in the US in the 1990s, and has been hailed as a “universal healing aid”.**

### EFT and Eating Disorders

Eating Disorders are complex mental health conditions which are notable for the challenges they pose for therapists. These challenges include anorexic resistance, attachment to bulimic behaviours, food addictions, cravings that do not respond to traditional therapy, associated compulsions such as exercise or weighing, difficulty in maintaining behavioural tasks, and abiding body image concerns. In many cases treatment resistant variables such as personality disorder or underlying trauma, compound the difficulties faced by therapists with their clients.

We would like to take this opportunity to show you how you can add the skills of EFT to your therapy toolbox. You will learn how to apply these skills at all levels of the eating disorder pathology to bring about change safely, effectively, pleasantly and fast.

### Some Applications of EFT

- Confronting cravings, and managing trigger foods such as chocolate.
- Compulsion to starve.
- Recovery from laxative abuse.
- Self-harm.
- Physical symptoms, such as feeling bloated, tired, or edgy.
- Body image thoughts, including thought shape fusion ideas.
- Emotional states, including anxiety, depression, guilt and shame.
- Unhelpful thoughts about food, weight, and self.
- Self esteem and assertion.
- Relationship problems.
- Traumatic experiences; abuse, neglect; abandonment.
- Obsessive compulsive rituals.

### WHAT IS EFT?

EFT, although viewed by many as a complementary therapy, uses the skills of cognitive therapy, by stimulating acupressure points while simultaneously restructuring cognitions (thoughts, beliefs, underlying assumptions and core beliefs). This typically results in rapid shifts of cognition and relief from excess negative emotions. This will lead in turn to more adaptive behavioural choices in any given aspect of life.

### EFT, the benefits

- **It is safe and easy for both you and your client to learn, with good success rates even for complete beginners.**
- No known contra-indications for psychological and personality conditions within your existing scope of competence.
- Is effective for even high levels of distress and complex long standing issues.
- The client is an active participant, has a better sense of control, and can practice the technique out of the therapy room.
- EFT can be used alongside any other psychological therapy without conflict.
- Does not require self disclosure – clients can keep difficult issues private and still get lasting relief.
- Can be done by phone.
- Clients like it – and it benefits the therapist too.

EFT is a safe effective therapy which can be used with a high degree of success at all levels within the pathology of eating disorders. In other words, we can use EFT safely and effectively for surface issues such as food cravings and underlying issues such as perfectionism or low self worth.

**You will be able to generalise these skills to other psychological contexts. EFT is useful for addiction work, mood disorders, phobias, OCD and trauma.**

## Course Syllabus

This course will follow guidelines by the EFT developer Gary Craig and the Association for Advancement of Meridian Energy Techniques (AAMET). Below is an overview of the major teaching points.

Brief History of EFT. How it works. The energy and bio-energy model; Comparison with conventional therapies. Acupressure points.  
Basic procedures and shortcuts. The ABC of EFT (Awareness, Balancing and Clearing). Psychological reversal of pathological states. Applications of EFT for motivation, cravings, compulsions, unhelpful cognitions (including perfectionism, dichotomous thinking and body image issues), intense emotions including fear and anxiety, guilt and shame, or depression; traumatic memories and low self worth.  
Relapse prevention. Identifying aspects of client difficulties. Borrowing benefits for therapists.

## Experiential Content

A significant part of this course is experiential work, so that delegates can try out these powerful techniques at first hand. Once you have experienced the power of EFT and how safe and affirming it can be, we are certain that you will be encouraged to use it often, both personally, and in your clinical work.

*"I can see so much potential, feel I can resolve so many personal issues and use it in my work with students and clients... I want to do more!"* (Veronica therapist/trainer)

*"...Inspirational.... thank you..."*  
(Debbie, counsellor)

*"I would without doubt recommend Masha Bennett, she is brilliant, funny and very, very practical, one of the best trainers I've ever come across and I know a few".* Dr Mike Smith, psychotherapist.

## Included in Every Course

- A comprehensive course manual and supplementary handouts.
- Free individual support by phone / email after the course.
- AAMET Certification on completion of one or more case studies (depending on training level).

## Your Trainer

Masha has a wide range of experience working both with individuals and groups. She currently manages an innovative Well Being Centre in Gloucester and also works with private patients, specialising in addictions, phobias, anxiety, trauma and PTSD. She offers the following qualifications and skills

- Advanced EFT Practitioner and Trainer Accredited by AAMET.
- Experience in CBT which she applies in group and individual therapy in the addictions field. Currently undertaking advanced-level training in Neuro Linguistic Psychotherapy and a MSc degree in Weight Management.
- Completion of the NCFED Practitioner Skills training in Eating Disorders.
- Advanced motivational and communications skills as an Executive and Life Coach.

## Suitability

This course is suitable for any health professional working with eating disorders, obesity and related issues. This course is also suitable for professionals who work with addictions.

*"One of my bulimic clients went from despair to joy in half an hour. Her smiles brought a lump to my throat."* (Deanne, NCFED)

*"Excellent delivery - plenty of time allocated for practice and questions"* (Julie, drug worker)