

What Is EFT?

EFT employs the use of clients tapping their fingers on 10 acupuncture meridian points while repeating specific statements suggested by the therapist from the information the client provides.

These procedures eliminate negative beliefs and increase physical health and mental well-being.

How EFT Works

According to a 2013 study published in the [*Journal of the American Medical Association*](#), up to 80% of visits to primary care doctors are related to stress.

Clinical trials have shown that EFT removes emotional trauma and reduces reactions to stress, accelerating the body's natural ability to heal itself.

Conditions Successfully Treated with EFT

Over 80 clinical trials published in peer reviewed medical and psychology journals demonstrate that EFT is effective for:

- phobias
- anxiety
- depression
- physical and emotional pain
- posttraumatic stress disorders (e.g. PTSD)

Additionally, EFT treatment helps people improve their business, athletic and artistic performances. It is used in the VA for PTSD and Kaiser Permanente for pain.

Studies can be found at EFTUniverse.com <http://www.eftuniverse.com/research-and-studies/eft-research>



Suzanne D. Alfandari, MS, LMFT, (MFC #36334) is a contributing author to the *Clinical EFT Handbook: A Definitive Resource for Practitioners, Scholars, Clinicians, and Researchers, Vol. 1*. A Certified Expert EFT Trainer and Practitioner, Suzanne has also worked 15+ years as a family therapist at Marin County Mental Health Services where she continues to serve as the Stress Manager for the Marin County Office of Emergency Services. She is a member of MINT, the International Motivational Interviewing Network of Trainers, and is a MINT Certified Trainer.

For more information, contact:

Suzanne D. Alfandari MS, LMFT (MFC#36334)
711 D Street, Suite 207, San Rafael, CA 94901
SuzanneAlfandari.com
suzanne@suzannealfandari.com
(415) 456-2259