

PEACE OF HEART
COUNSELING, CONSULTATION, AND COACHING
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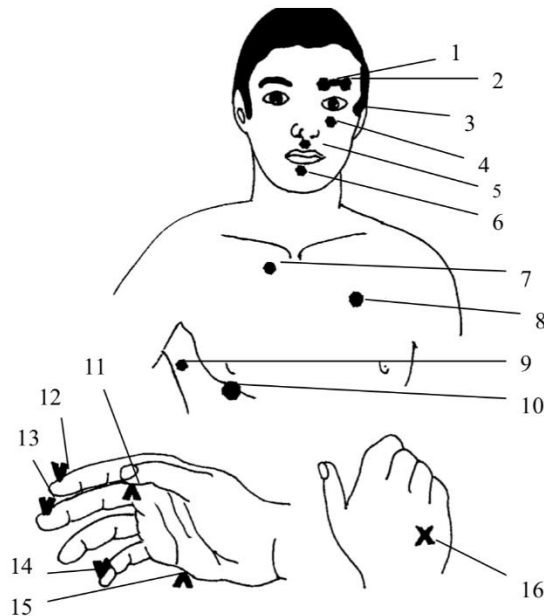
857-939-8265

Emotional Freedom Techniques can be used to diminish trauma, alleviate pain, decrease or eliminate chronic stress, manage emotions, increase feelings of peace, release barriers to effective action, uncreate toxic beliefs, etc. Reliable presenters on You Tube include Gary Craig, Nick Ortner, Jessica Ortner, Patricia Carrington, Dawson Church, Brad Yates and Carol Church.

Business card. Handout on next page.



Natural Bio-Destressing



Natural Bio-destressing (modified EFT process)

- A. **Concentrate on a specific feeling and notice its location in your body.** On a scale of 1-10+ rate how severe is the feeling.
- B. **Tap the Karate Chop Point, #15,** while saying three times: "I totally and completely accept myself, even though I have this (problem, feeling of fear, guilt, anger, etc.)"
- C. **Stimulate nerve endings 1-15 by tapping** with fingertips for a few seconds.* If you feel a lot of energy moving, or the scene is changing, stay on that point till the activity plateaus. If nothing happens on a specific point, move to the next one. Use your intuition about how long to stay on a point.

1-4 Tap around the entire eye socket starting at the bridge of nose by eyebrow

5. Under nose

6. Under mouth

7. Under collar bone

8. Sore spot on chest (rub gently)

9. Under arm on rib (ouchy spot)

10. Bottom rib below nipple

11. Side of thumb

12. Side of index finger

13. Side of middle finger

14. Side of little finger

15. Karate chop spot

D. Do the 9-Gamut

Tap the Gamut Point, #16, on back of hand through the following steps:

1. Close eyes
2. Open eyes
3. Look down to one side
4. Look down to the other side
5. Roll eyes around in a circle in one direction
6. Roll eyes around in the other direction
7. Hum a tune
8. Count to 40 by 2's
9. Hum a tune

E. Repeat Step C

- F. **After every round, recheck how severe is the feeling.** It should be gone altogether or very low on the scale. Think about what you learned and what feels or seems different about the situation to you now. If the level of that emotion still seems high, notice what *else* about the situation makes you feel frightened, angry, sad, etc. Focus on that subject and repeat the process.

*At any point, feel free to add deep breathing, pacing back and forth, gently stamping your feet, or massaging or shaking the tension out of your body.