

# The Emergence of EFT

## The Work of Gary Craig

### The development of EFT

EFT is an incredibly simple procedure that absolutely anyone can do. Once adequately explained, a five-year-old child could happily use EFT to good effect on herself, friends, family and pets. What's great about tapping is that you need little more than your fingertips and a body to tap on, and even these requirements are not strictly necessary as we shall discover later on.

We have already seen in Callahan's work on Thought Field Therapy (TFT) that this uses the same principles as acupuncture. It takes ancient Chinese concepts of energy and applies them in a new way by using an algorithmically prescribed tapping process whereby certain meridian points located on the body are tapped on sequentially in order to remove energy blockages and energy disturbances within the energy system.

EFT directly originates from TFT and it began when Gary Craig, a pupil of Callahan, radically refined Callahan's tapping procedure. Craig was an unusual student for Callahan in that his background was in engineering. However, Craig describes his young self as a sports enthusiast who went to Stanford University to study sports such as American football. As Gary himself admits, he was never going to become a professional sportsman, so he became interested

in pursuing engineering as a career. Nevertheless, his fascination for all things sport-related led him to realise that his mind, particularly the thoughts he was thinking, had a direct relationship on how well he played on the day. This gave him a penchant for self-study in the areas of psychology and New Age philosophy and spirituality, motivating him to take various courses and to read avidly on a wide range of these subjects.

In this respect he was one of the first to support the egalitarian view that psychology, spirituality and healing should be brought into the public domain. In hindsight, this is surely one of Craig's greatest achievements: bringing EFT to us all and making it freely accessible to the whole world. Moreover, this clearly supports the spirit of the New Age and the 1960s notion that we can all be healers; we can all learn to support and play a significant role in the rising of consciousness of our planet.

Craig was probably the only trainee under Callahan who came from a non-therapy environment. Most of Callahan's pupils were from medical backgrounds in the form of doctors and psychiatrists. Craig represents a radical departure from the prevailing outlook of meridian-based practitioners at this time. He helped change perceptions of what kind of people healers could be, introducing the notion that one does not need to be a doctor to effectively help people with emotional problems. This, of course, is further reinforced today through the educational tool of the internet where these hierarchical and elitist structures are further being challenged and replaced by a more democratic appreciation of sharing and disseminating information in a caring and unselfish manner. Craig's freely available EFT certainly embodies this loving and giving attitude.

Callahan, to his credit, encouraged Craig in his studies and considered it healthy and refreshing to have a layperson's

perspective. This was both insightful and intuitive of Callahan, and his acceptance of Craig was soon to be rewarded, as the EFT founder became Callahan's star pupil.

One of the objections to Callahan's model was that it was overly complex, which made it difficult to learn, and it was primarily effective only with the guidance of a highly trained therapist. Craig's genius was to make tapping an incredibly simple procedure that absolutely anyone can do. Craig's experiences with tapping led him to the discovery that it was generally not necessary to tap in any particular order or sequence for the treatment to be effective or for outstanding results to take place. Just tapping the same meridian points on each patient was all that was required to deal with the majority of emotional problems and in 1994 Craig developed a simplified tapping procedure that he named EFT (Emotional Freedom Techniques).

Undoubtedly, Craig's outstanding achievement and contribution to energy healing psychology was to dramatically simplify Callahan's TFT process and make it accessible to lay people as well as therapists. Additionally, Craig maintains that one of the fundamental differences between EFT and traditional psychotherapy is that it is not necessary in EFT to focus excessively on past unpleasant memories or traumas. Indeed this is considered to be unhelpful because it may recreate unnecessary distress and pain. EFT deals with energy disturbances rather than memories – this is a very significant distinction.

## **The underlying principles of Craig's Emotional Freedom Techniques (EFT)**

Craig has developed what he calls the 'Discovery Statement', which says that 'the cause of all negative emotions is a disruption in the body's energy system' (Craig 2011). He

goes on to explain that these energy disturbances are akin to a malfunctioning TV set, where the picture and sound are distorted by energy disruptions. Craig further elaborates that if no energy disturbance in the energy body has taken place, there will be no evidence of a negative emotional problem.

This idea that all emotional problems have the same cause has far-reaching implications: it means that the same general procedure can be used to remove all emotional issues. Moreover, it becomes self-evident that a person who talks of an emotional problem must have an energetic imbalance. This is significant because it implies that we can greatly simplify the diagnostic process. The reader may already have gleaned that this is a major departure from Callahan's TFT procedure where correct diagnosis is seen as paramount and a prerequisite to offering a healing protocol.

Nevertheless, it would be erroneous to conclude from this that the competent EFT practitioner is incapable of, or sees no need for, the skilful application of sophisticated diagnostic methods when conducting EFT; indeed this is what sets the professional apart from the amateur. Rather, we can state here that for a wide range of emotional conditions and situations, the overly complex Callahan methodology is superfluous and deemed largely irrelevant. It could even be seen as an elaborate overindulgence on behalf of the practitioner.

Perhaps a simple engineering example here may help us to understand better these distinctions. If we have a bicycle and we need to put some air into its tyres, then why use expensive sophisticated air pressure machines found in petrol stations when often all that is needed is a manual hand pump? Obviously these machines are extremely useful for inflating large vehicles' tyres and equally helpful for bicycles with serious tyre deflations, but why use them when a simple solution is at hand in the form of a bicycle pump? We could

extend this metaphor by saying that one of the skills of the expert is to choose the appropriate tools for the job. In this case, a portable hand pump is the correct, sensible and elegant choice, even allowing the job to be carried out by a child, with no necessity of a trained mechanic overseeing the process.

This is where Craig's practical engineering background has been an immensely positive influence on his attitudes towards healing. Craig is someone who is looking for simple solutions that work in the real world. EFT, just like the bicycle pump and the child who pumps it, requires little training or expertise and in the majority of cases it simply works!

It will now be clear to the reader that EFT takes ancient Chinese concepts of energy and acupuncture and applies them in a new way without the use of needles. It accommodates a simple tapping process whereby certain meridian end points located on the body are tapped on to remove energy blockages and energy disturbances within the energy system, thus improving energy flow and smoothing out energy imbalances.

As we have already stated, EFT is an incredibly simple procedure that absolutely anyone can do: once it was adequately explained to them, a five-year-old child could happily use EFT to good effect on herself, family and pets. So now let's take a look at the components of the EFT process, so that you can immediately begin to get a feel for how amazing this technique can be in your hands with the minimum of help and guidance. It is well worth repeating here that in order to practise EFT you need little more than your fingertips and a body to tap on, and even these requirements are not strictly necessary as we shall discover later on.