

Confronting Massive Human Suffering: Humanitarian Work and Research

The amount of suffering in the world is hard for those who live in developed countries to comprehend. One way of making the statistics comprehensible comes from an organization called 100 People (100people.org/statistics_100stats.php). They imagine the world as a village of 100 people. In that village, here's how people fare:

- 83 would be able to read and write; 17 would not.
- 77 people would have a place to shelter them from the wind and the rain, but 23 would not.
- 1 would be dying of starvation.
- 15 would be undernourished.
- 13 people would have no clean, safe water to drink; 87 would.

If you have a roof over your head, a few hundred dollars in your bank account, food in the refrigerator, and warm clothing, you're among a fortunate minority of the people in the world.

Compassion for the suffering of others, coupled with the recognition that EFT can help ease this suffering, has led to many humanitarian efforts by EFT practitioners. These have ranged from teams that work with local and international non-governmental organizations

(NGOs) in helping trauma victims to individual efforts toward helping the survivors of disasters. Individual EFT practitioners offered help to survivors of Hurricane Katrina, the 2008 Pakistan earthquake, the 2004 tsunami that hit Thailand, and other disasters, traveling to those areas and working with aid agencies to offer EFT sessions to survivors. Organized teams have been to Rwanda several times to work with children whose parents and other relatives were killed in the 1994 genocide. In the wake of the Sandy Hook school shootings in 2013, Nick Ortner, an EFT practitioner and online marketer who is the largest single donor to EFT research and humanitarian efforts, set up an organization that offered EFT to the whole community. The use of energy psychology for disaster relief has been surveyed in a key paper (Feinstein, 2008). In this chapter, we'll hear from some of those who have organized these humanitarian efforts, and get a glimpse of how much human suffering might be reduced as EFT comes into widespread use to help survivors.

Highly Traumatized Populations

When a tragedy strikes an individual, it often affects the entire future course of that person's life. When a tragedy involves a whole community, however, the "field effect" can reinforce the suffering to produce psychological dislocation that persists for generations. Haiti is one of the world's poorest countries. Researchers estimate that a large percentage of the Haitian population had PTSD even before the devastating earthquake of 2010 (Gurret, Caufour, Palmer-Hoffman, & Church, 2012). PTSD can result from natural disasters such as earthquakes and tsunamis. It can result from social conditions such as poverty and political repression. It is also rife in the human-caused disasters of invasion, war, and occupation.

There are many examples of the mental health toll exacted by human-caused disasters. The Rwanda genocide in 1994 resulted in close to a million deaths. It left the whole country traumatized (Stone, Leyden, & Fellows, 2009). Following the Serbian army's actions in Kosovo in the late 1990s, a high proportion of the Kosovar population

reported traumatic events, and showed a high level of PTSD and a decrease in mental health (Cardozo, Vergara, Agani, & Gotway, 2000). In a study of Palestinians living under Israeli occupation, 89% of children exposed to military violence had symptoms of moderate to severe PTSD (Qouta, Punamäki, & El Sarraj, 2003).

Whether due to natural causes or human action, large-scale disasters can result in a whole population or even an entire country being highly traumatized. It is a measure of EFT's effectiveness that it is able to make dramatic improvements even in these extreme circumstances. Here are some examples of EFT humanitarian initiatives that offered relief to large groups of people.

The Veterans Stress Project

The Veterans Stress Project (www.StressProject.org) was set up soon after the first group of U.S. veterans began returning from deployment in Iraq. Reports began to filter in from psychotherapists that they were treating veterans with PTSD using EFT and other energy psychology techniques with great success. A group of practitioners volunteered to offer free or low-cost treatment to veterans and their family members, many of whom were also affected by PTSD. The practitioners' names were listed on the Stress Project website, so that veterans and family members could find help. Since then, the Stress Project has grown to encompass hundreds of practitioners in many parts of the world. It helps not just veterans of recent wars such as Iraq and Afghanistan, but also those from earlier conflicts such as in Korea and Vietnam. Several WWII veterans have discovered EFT through the project. They've used it successfully, even though they are in their 80s and have had PTSD for over 60 years.

Veterans find the project through online searches, through community groups, or through media broadcasts. They contact practitioners and work with them, either in person or long distance via phone or videoconferencing services. Two pilot studies and two full-scale randomized controlled trials have shown that over 80% of veterans who go through six EFT sessions recover from PTSD, and that the results

hold over time (Church, Geronilla, & Dinter, 2009; Church, 2010b; Church et al., 2013; Geronilla & McWilliams, 2013). The Veterans Stress Project is a program of the National Institute for Integrative Healthcare (NIIH.org), which I chair.

Twice, I've testified before committees of the U.S. Congress on the effectiveness of EFT for PTSD and the work of the Stress Project. Several U.S. congresspeople have written formal letters to the head of the Department of Veterans Affairs advocating EFT. Here is one story by a veteran who worked with Marilyn McWilliams, one of the most active coaches in the Stress Project. Without Marilyn, and my colleague Deb Tribbey who works in the NIIH office, the Stress Project would never have been so successful. By taking the lead in research, Marilyn has helped pave the way to healing for thousands of veterans. The author of the following account, David S., served in both Iraq and Afghanistan, and had many psychological and physical challenges.

Vulcan Voodoo with Marilyn

By David S.

My life was in shambles. I was in the middle of a disastrous divorce. My youngest son was born and I was not allowed to be present. I had angry outbursts, migraines, nightmares, flashbacks, and bouts of depression regularly. My mind and my body began suffering from the affects of the VA medicines (i.e., lack of libido, weak and dizzy in the morning hours, and vertigo every time I blinked my eyes). I had no emotions or compassion anymore. I was falling apart with no hope of gaining control again. Thoughts of suicide entered my mind daily. All I had were my combat memories. I felt alone.

I began to explore the thought of attempting this EFT psychobabble therapy. Skeptical is an understatement...What did I have to lose? Besides, it was free, and I was rock-bottom broke at the time anyway. It was this or the end of a rope...I chose life (a big step for me).

I was in Texas; Marilyn was in Oregon. We scheduled our first face-to-face appointment via Skype. I broke my neck in Iraq and had suffered from excruciating migraines, sometimes as many as three a

day, ever since. On a scale from 1 to 10, and 10 being the most horrible pain imaginable, I had a 10-size migraine for our first session. Marilyn's first priority was to prove to a skeptic that the EFT works on everything...even migraines. "Whatever, let us get this over with so I can swallow a bottle of Excedrin Migraine and go to sleep!"

Within 10 minutes, I was a believer! For the first time in 5 and a half years, I was migraine free! Amazing! Her Vulcan mind meld and voodoo witchcraft worked on me, and I wanted more. We began to work on one of my top five worst experiences. I fell asleep that night easily and stayed asleep for more than 2 hours, which was unheard of for me at the time. I felt a difference the next morning in my memory of the story I told. Funny thing, it was just a memory now, not a living nightmare. I felt free for the first time in years. I was already excited for the next week's session.

The day arrived where I was going to tap on my worst memory yet. This was the memory that put me over the top. This event changed my life forever; it caused me to retreat into myself; it cost me my personality, my marriage, my job, and worse, my children. We removed my emotional response to the memory that had haunted me for over 6 years. That was the first time I ever spoke about what happened that horrible day in Iraq. Marilyn, again, allowed me to take charge. We tore the story apart and tapped every chance we could. We missed nothing that night...not even the smallest detail. We did it!

Because of the Veterans Stress Project and EFT, I can sleep at night without the aid of sleeping pills. I have only had two migraines of low intensity in the past 11 months. I am no longer on antidepressants. My ex-wife allows my boys extended stays with me. I lost 40 pounds. I have friends, and the best of all, I have my life back! For the first time since my combat days ended, I can share my stories with my loved ones without the fear of my own emotional responses. I now have the ability to face my past and my memories with confidence and security that I will be safe and comfortable.

I continue to use EFT as a means to defuse stressful memories and other activities that may cause me discomfort or an emotional response. I have spoken of the Veterans Stress Project in my VA PTSD group sessions and to the VA counselors as a means to end the pain and suffering of veterans everywhere. I wish to “pay it forward” about my experiences with EFT. Thank you, Veterans Stress Project. Thank you, EFT. Thank you, Marilyn, you saved my life! When asked how I feel, my only response is “I’m free!”

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David’s story has been repeated many times. After a slow beginning, the Stress Project now reaches thousands of veterans and family members each year. With official government channels slow to offer EFT, the Stress Project picked up the slack. Having a large number of trained professionals able to offer EFT showed that the technique had a substantial base of support. It has provided government therapists a reliable partner to which they can refer veterans under their care.

While veteran suicides, homicides, and domestic violence impact an increasing number of Americans, the need for EFT is not confined by any national boundary. It has been used with some of the most severely traumatized people in the world. Many orphaned children who survived the Rwanda genocide still live in “orphanages” though they are now in their 20s. They are unable to function socially or economically in any kind of normal manner. While mental health problems such as anxiety and depression usually have a start, middle, and end, PTSD is different. It often becomes worse over time. Veterans might seem normal after they return from a tour of duty, then start showing symptoms of PTSD years later. Similarly, genocide orphans often develop lifetime symptoms that become worse over time. EFT is one of the few rays of hope offering the promise of reversing this bleak prognosis.

In a surprising twist, the lives of some of these Rwandan orphans have become entwined with another group of traumatized families: those involved in the December 2012 shootings at Sandy Hook elementary school in Newtown, Connecticut. The shootings were one of a long and depressing string of similar events in recent American history. While shootings in countries with strict gun control laws are rare because of the lack of availability of firearms, psychotic individuals in America have little trouble getting their hands on guns. Even military-style assault weapons are easily obtained. A single one of these is more lethal than an army of warriors wielding the muzzle loaders prevalent when America's Founding Fathers wrote the Second Amendment to the country's constitution, guaranteeing the right to bear arms.

Nick Ortner happens to live in Newtown, Connecticut, where the shootings occurred. In 2007, Nick had launched the Tapping World Summit, a free annual online event that has introduced EFT to over 1,000,000 people worldwide (TWS.EFTUniverse.com). During that same year, Lori Leyden founded Create Global Healing (CGH), a nonprofit organization providing trauma healing and training based on EFT/tapping to orphan genocide survivors in Rwanda. Within a few hours of the tragedy Nick was working with Lori Leyden, me, and others to frame a response from the EFT community. Nick quickly recognized a crucial fact, that the shootings had affected thousands of people who were not directly involved. The shootings affected the entire community, and Nick and Lori developed a community-wide response over the ensuing months. Here is their account of how EFT helped the Newtown community deal with the shocking events at Sandy Hook, as well as the links with the humanitarian work in Rwanda.

From Rwanda to Newtown: Our Shared Vision for Humanity

By Lori Leyden, PhD, and Nick Ortner

Little did we know when we first began our humanitarian efforts that our paths would become so integrally connected. Although we shared a vision for how EFT could heal our world, we didn't actually

connect personally until 3 years later. By then the Tapping World Summit had become enormously successful, with a percentage of the profits supporting extraordinary EFT-based projects like Deepak Mostert's Trauma Relief and Emotional Support Techniques (TREST) work with earthquake survivors in Indonesia, Deborah Miller's work with child cancer patients in Mexico, and Dawson Church's Stress Project serving U.S. Veterans.

(Nick) When I first learned about EFT, I was so blown away with how effective it was that I absolutely knew I had to find a way to teach others the technique. Since then it's been my life's mission to show others how they can quickly learn and use EFT/tapping to make life better in every way possible. My team and I are committed to spreading a message of hope, healing, and joy through tapping.

In the meantime, CGH trauma relief programs with over 1,000 orphans and Orphan Head of Households suffering from PTSD in Rwanda were proving to be amazingly effective. After one train-the-trainer program with 50 of the 650 students at the Remera Mbogo High School Orphanage, trauma outbreaks were reduced by 90% in 1 year.

(Lori) Every time I return from Rwanda, my heart breaks open even wider to the possibilities for world healing if our next generation of young people are given the tools to heal, work, and lead us into a peaceful future. From my very first trip, I knew that if EFT/tapping could be this effective for those who had experienced the worst of human tragedies then anyone, anywhere in the world could heal as well.

Nick and Lori met in early 2010 when CGH was selected as the Tapping World Summit's humanitarian cause of the year.

(Nick) Just talking to Lori about her work in Rwanda can overwhelm you with the healing power of EFT. That such a simple practice can promote healing on every conceivable level—physical, emotional, mental, and spiritual—in a nation as deeply scarred as Rwanda makes you pause

long enough to imagine the profound change tapping can effect around the globe.

(Lori) *The vision for Project LIGHT: Rwanda began to emerge when I realized that trauma healing was not enough for these young people if they continued to live in poverty and were hopeless about their futures. As passionate as I am about my work in Rwanda, fundraising has been both magical and challenging. As my dream for global healing expanded and deepened so did my desire to attract all the right “hearts” to support our work. But how could that happen? I was just one person with a dream that oftentimes felt impossible. What if we could prove that love and the right resources could heal anyone from any circumstance?*

(Nick) *When Dr. Leyden came to me with her proposal for Project LIGHT: Rwanda, I saw its enormous potential and I knew it was in alignment with my mission to bring EFT to those who need it most around the world. Lori had essentially developed a new form of humanitarian aid based on tapping. With major backing by the Tapping Solution, Project LIGHT: Rwanda—the world’s first international youth healing, heart-centered leadership and entrepreneurship program—has been operational since May 2011 and is achieving profound results.*

(Lori) *We use tapping as the basis for all elements of our program from physical and emotional healing to problem solving, creativity, productivity, focus, concentration, and more. Our first group of 13 Project LIGHT Ambassadors like Mattieu, Chantal, Yvette, Desire, and Fidel have transformed their own despair and grief into love, compassion, and joy. They have influenced the lives of thousands more by teaching tapping in their communities as well as becoming elected and appointed leaders in local government positions. Now, just as important, they are finding their way out of poverty with sponsorships for university education and developing self-sustaining microfinance businesses. Here’s what I know to be true—love and the right resources, including EFT, can heal anyone, anywhere from any circumstance.*

Imagine Project LIGHT centers, based on tapping, where young people receive emotional healing and training, real opportunities for economic

independence and the freedom to become heart-centered leaders. With advanced technology to have real-time interactions between these young people, students, donors, and our visionary Resource Partners in the fields of education, healing arts, business, and entrepreneurship. With a business incubator to develop products and services that will make each program self-sustainable. Now imagine Centers like this—all over the world—in Congo, Sudan, the Middle East, India, China, Russia, and right here in our own backyards, where our young people are given the opportunity to create global connections and collaborations that lead us into a peaceful future.

Then came December 14, 2012. The Sandy Hook Elementary School Shooting tragedy literally struck home for Nick and his Newtown, Connecticut-based company. Twenty-eight lives were lost, including 20 first graders. Nick called on Dr. Leyden to lead a support team to provide trauma relief for Newtown. Within days they were working with families who lost loved ones, first responders, survivors of the shooting, and other affected members of the community, and providing vital support to community mental health caregivers.

(Lori) *When Nick called, I asked myself, “Is this mine to do?” I listened to my heart and, based on my experience, I knew that if people in Rwanda could heal, so could those affected by the tragedy in Newtown.*

(Nick) *The decision to establish the Tapping Solution Foundation was an easy one. When I saw what was needed, and I knew what was possible, right here in Newtown, I knew the timing was right. So we quickly moved forward to formalize and fund our long-term commitment to charitable works here in Newtown and around the world.*

In collaboration with Create Global Healing, the Tapping Solution Foundation has developed a powerful network of local, national, and international alliances to bring train-the-trainer trauma relief and resiliency services and educational programs to Newtown. This is a new model of sustainable long-term, community-based humanitarian aid.

Embracing the legacy of Newtown’s signature response, We are Newtown, we CHOOSE LOVE, the Tapping Solution Foundation

and Create Global Healing joined the town in creating a new standard for changing a culture of violence to one of peace, love, and safety for all. To date we have provided effective trauma relief to hundreds of Newtowners and people in surrounding communities, as well as provided training to nearly 100 local licensed health care professionals and self-care practitioners.

(Nick) April 27, 2013, was one of the most profound days of my life. It was a day that had me in tears more than just once...JT Lewis, the 12-year-old older brother of Jesse Lewis who died on December 14, 2012, in the Sandy Hook shootings, did something really incredible...Two months before, JT was struggling to even go to school, until he had a powerful conversation with several of the Project Light: Rwanda Ambassadors. The Ambassadors taught JT how to tap, shared with him their stories of the pain they experienced during the Rwandan genocide and the healing they now had, and JT was transformed. He returned to school the next day with a mission—to raise money to give back and help the Ambassadors for the gift of hope they had given him. Less than 2 months later, he announced on a Skype call with the Project LIGHT: Rwanda Ambassadors that he had raised enough money to send one of the ambassadors, Betty, to the university for a year!

(Lori) With confidence in EFT, I followed my heart to Sandy Hook, and the vision for Project LIGHT is unfolding. Now we have Project LIGHT: Pacific Grove, Project LIGHT: Newtown, Project LIGHT: New England, Project LIGHT: Hartford, and more...

When hearts are aligned with a shared vision, everything is possible!

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A different challenge confronted the humanitarian teams that used EFT in response to the 2010 Haiti earthquake. The quake orphaned an estimated 250,000 children. Several EFT practitioners traveled to Haiti as soon as the airport opened and offered EFT where they could. Then an organized team of volunteers led by Claudie Caufour and Jean-Michel Gurret of Lyons, France, visited Haiti in 2012 to train

social service personnel in EFT. Haiti is a French-speaking country. They trained close to 300 new practitioners, many of them Catholic seminarians. In Haiti, the church provides many of the social services that in other countries would be provided by the government; the seminarians are the closest thing Haiti has to social workers or psychologists. They provide care to many of the children orphaned in the earthquake.

Another team visited Haiti in June of 2013. It included Yves Wauthier-Freymann, who heads the Center for Brief Therapy in Brussels, Belgium, as well as Jean-Michel. Yves heads up EFT training and certification in Francophone countries. Here are two case histories from just one of the many days during that trip.

Children of the Haiti Earthquake

By Yves Wauthier-Freymann

During our intervention in Haiti, Claudie Caufour (president of Energy Psy Sans Frontières Association) and I worked with a mother of five (three children from her deceased husband and two of her own) who had syphilis. Her choices were difficult. She could: (a) pay for the medicine for her hospitalized premature child (28 weeks); (b) pay for her own medicine, which she needs in order to be healthy enough to sell second-hand clothes to feed her children; or (c) pay the rent on a small plot of land where she has a hut made of old carpets, tents, and scraps. She doesn't have the money to pay for more than one. Her "home" poses a major health and safety risk whenever it rains. Being the sole provider for the children, her greatest fear concerns her own survival, as she doesn't know what would happen to her children should she die.

This case is far from unique. Given these desperate circumstances, a Haitian institute that trains students in psychology, as well as the neonatal and pediatric services unit of the Port-au-Prince Hospital, asked us for training in energy psychology. Their request was simple: teach them tools that are easy to use and efficient.

During the session with this mother, there were no positive resources to reinforce, except for her faith and her unwavering hope. We did round after round of EFT, naming everything she was experiencing in her daily life, acknowledging how real that was, though also acknowledging the other reality: She is alive, a survivor, and has helped her children and stepchildren survive—a huge proof of love and faith. This mother told us that she felt stronger and more courageous after the tapping rounds. Coming from someone who obviously is already very brave, considering her everyday reality, all we can do is honor this courage and feel very small and very privileged when we start to complain about trifles... his day helped me put my own “worries” in perspective and I felt grateful for the simplicity and efficiency of EFT.

While we were training about 90 students, another case came up. We had identified various treatment targets and were starting to use EFT on them. We reminded the students that personal details of what happens during the training are confidential, and warned them to choose medium-sized problems to work on. In Haiti, that itself is not easy.

I started doing a demonstration with a little 9-year-old princess, creating rapport, and slowly and respectfully bringing her to her triggering topic: the difficulty she had with certain students in school. The underlying issue was the death of her father during the earthquake, and her mother's inability to talk about it or even mention the father... Creating rapport was crucial: I started imitating Donald Duck, made a few jokes to play down the teacher's absence of reaction when the little girl experienced bullying in school and the guilt she felt when the children who bothered her cried...All this clearly hid immense suffering, a need to create a nurturing bond, and the need for acknowledgment for all the suffering that was experienced, in all the children, be they the bully or their victim.

Having this enormous amount of suffering acknowledged relieved the negative emotions, and the blocks faded away...This session healed this trigger and enabled Jean-Michel Gurret to go on in a private ses-

sion with the real issue, the father's death during the 2010 earthquake and the mother's blackout (origin of the mother's trauma and her inability to talk with her children about their father). This session also allowed me to demonstrate a treatment plan for children and to answer many questions about helping children in "domesticité." This term designates child orphans or children who have been taken from their families who are used as slaves in their "adoptive" families. They spend their days cleaning, laundering, and ironing, so much so that they have never learnt how to play. These children experience great trouble when being reintroduced into the education system, as they do not know play, have a complete lack of self-confidence, a terrible self-image, and no resources.

I taught them Brain Gym and the energy routine in order to give them a basis for their learning, and to enable them to discover some resources to work on Self and self-esteem before going on to traumas and repetitive rapes. Heavy stuff! We ended the day by illustrating how we can rapidly change a belief system and free ourselves from it for an enhanced quality of life. The day brought up lots of emotions and tomorrow we will continue with a more specific attention to resources, Self, and the reconstruction of our inner qualities...Thank you, everyone!

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Jean-Michel gathered data on his 2012 teaching trip to Haiti (Gurret, Caufour, Palmer-Hoffman, & Church, 2012). He measured PTSD symptoms in 77 of the seminarians to whom his team taught EFT. Before they began, 62% of them met the criteria for PTSD, but after two days of EFT, 0% did. Other humanitarian teams that have gathered data echo his experience. Lori Leyden, along with Barbara Stone and Bert Fellows, published two studies of energy psychology in Rwandan orphanages (Stone, Leyden, & Fellows, 2009a-b). They found that PTSD symptoms declined significantly in both orphanages. Caroline Sakai and colleagues gathered data at other Rwandan orphanages where they used TFT (Connolly, Sakai, & Oas, 2010;

Connolly & Sakai, 2011). They measured partial or complete recoveries from PTSD resulting from their work.

Another place EFT has made a difference is the Mexican city of Nuevo Laredo. Fueled by the drug trade, levels of violence in the city are high. A team led by David MacKay taught EFT to social work groups through EFT Global, a humanitarian organization working under the umbrella of the National Institute for Integrative Healthcare. Here's their story.

EFT in Nuevo Laredo

By David MacKay

In this troubled city that borders Texas, people live in constant fear. For many people from other areas, it is hard to imagine what it means to live in a zone where violence reigns and its power exceeds the possibilities of law and order, but for people here that is their daily reality. The project was headed by EFT practitioner David MacKay from Puebla, accompanied by Carolina Tellez from Guadalajara, and Jenny Pavisic from Mexico City. They spent 5 days training psychologists and social workers from the DIF (Integral Family Development, an official organization dedicated to the implementation of public policy regarding social welfare), as well as the health and education sectors and community volunteers. There were 34 participants in all.

Local organization was done by Maria Esther Fuentes, a psychologist who had previously studied EFT and headed a team of psychologists at a government agency. This team had its hands full attending to victims of the violence, and sorely needed a tool like EFT to deal efficiently with the overwhelming tragedy they confronted every day, as well as its impact on them. She had quite a time working this project into the political agenda and her report may be helpful to those looking to do the same.

The first 3 days (24 hours of instruction) were used to teach standard basic training in EFT (Levels 1 and 2) and the last 2 days focused on the application of EFT for treating trauma. That was our basic plan, but, right off the bat during the morning of the first day,

the first demonstration, which would normally be a routine issue for didactic purposes, turned out to be a crisis intervention. One of the DIF's psychologists was suffering from posttraumatic stress caused by the disappearance 2 weeks earlier of an adolescent family member. She had slept very little since the event, as she would spend most of each night watching the street outside her window for suspicious activity. Twice she had fled in the dead of night in her car, thinking that evil-doers were meaning to enter her house, probably exposing her family to greater danger.

With about 20 minutes of tapping in front of the group, she calmed visibly. The next day she reported having slept peacefully for the first time in weeks and she was able to assist other family members similarly affected. After completing the workshop, she wrote, "Today, thanks to you David, Jenny, Caro, and EFT, I can breathe without pain, I have recovered my peace and taste for life because I know that in spite of the circumstances and the absence/loss of [name omitted], I can live, I deserve to live and enjoy life fully. EFT awakened me and my connection to the world, I am able to feel again, but above all I can work, eat, sleep, and enjoy my son, without any more fear than that which is required to protect me and my family. Today I feel very differently from the day I started the course, a course that has given me the peace I needed. And from today I promise to take EFT to the many people who need it, with the desire to draw from so much pain an opportunity that you and EFT have given me."

Some people had come to the course rather reluctantly. One woman wrote: "I arrived with total distrust regarding this technique and as the days passed, the work with specific situations changed my opinion. The first things I noticed were changes in my breathing, my sight, and changes in my temperature. I think this can become a basic tool during pregnancy, because my discomfort practically disappeared, and even with my initial distrust, I can say thank you to EFT."

With this being a fairly long training, and free for the participants, one might expect a significant number of dropouts; instead their com-

mitment and enthusiasm grew with each passing day, and everyone completed the course with new hope to be agents for change in their troubled city. They were especially impressed with the phenomenon of Borrowing Benefits, because to heal one by one all the inhabitants of a city would be impossible. They felt in themselves the emotional healing that occurs when simply accompanying others in their tapping. One of them exclaimed on the final day: [We need to] “create an EFT epidemic.” Another commented: “My life has been colored by hope!” Another: “EFT is something as important and as simple as the smiling reply from God to our questioning when faced with a raw and cruel reality that has wounded us.”

There were several nuns in the course, and one said: “Speaking from the life experience of a people who coexist daily with danger, with the pain born of impotence, as a church we have committed to accompanying our brothers so they don’t become perpetrators and that we may be bearers of good tidings. And this week we have received the good tidings of EFT, a tool we have tested on ourselves and found to be valuable and effective. These are tools of the future; this has opened new perspectives and by the grace of God we will continue.” Following this, we taught a 3-day training for 43 participants in the Cathedral of Nuevo Laredo that put more emphasis on working with trauma.

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Change Is Possible: The San Quentin Death Row Project

One of the most startling places in which EFT is used successfully is prison. The San Quentin prison north of San Francisco is one of the most notorious in the California prison system. It houses death-row and life-without-parole prisoners, among other groups. In this unpromising environment, an EFT practitioner named Hari Lubin introduced an EFT program called “Change Is Possible.” Inmates would receive five sessions from Hari, and apply EFT to the anger, pain, and impulsive behavior that complicated their lives behind bars.

One said, “I understood that one thing led to another, but it didn’t matter. It didn’t connect to anything about how I felt or thought. Knowing it didn’t change anything.”

The program ran for nearly 10 years until it was cut short by Hari’s death at the age of 80. The changes he saw were powerful. Men who previously believed that their only course of action was to meet violence with violence discovered new options opening up for them. One inmate described this experience as being able to “feel the emotional intensity drop to a manageable level. Then, I’d be able to make a sound decision, or take action to resolve the revealed problem.” They often described their experience in grateful letters to Hari. Here’s a selection from those, drawn from a clinical report Hari coauthored on the program (Lubin & Schneider, 2009).

“It was shocking. That day, and then the subsequent sessions, gave me a sense of peace and equanimity that I have never experienced before. There really could be a freedom for me here, even though I am incarcerated. I started telling everyone.”

“Hari brings to the table many new ideas and makes us think through some of our preconceived notions. I’ve come to realize that my old communication style was very judgmental and full of fault finding. EFT empowers you to change your insight and core beliefs.”

“I see now that there has never been any benefit in life by losing control of my emotions. I made some irreversible mistakes that changed my life. It’s not money for me. Now, success for me is being in touch with my emotions and acting as thoughtfully as possible. How can anyone express gratitude for being helped to discover such a wonderful gift?”

“I don’t resort to my old belief system, and I no longer feed on the chaos of prison life. EFT allows the old behavior patterns to crumble.”

“I like this method of facing anything I may be up against. This really works and I will be tapping for the rest of my life.”

Volunteering for Humanitarian Projects

As you read the previous stories, you might have felt called to explore the possibility of volunteering to offer EFT to people in need. There are many ways you can do this. You can start a local program offering EFT to a group in your area. That's how Hari Lubin started Change Is Possible. He contacted the prison authorities and volunteered to teach mindfulness meditation classes at San Quentin. After he learned EFT, he added it to his repertoire.

You can join a Tapping Circle in your area. Tapping Circles are Borrowing Benefits groups that meet periodically, such as once a month or once a week, in a particular geographic area. They're listed at TappingCircles.EFTUniverse.com. If there isn't a Tapping Circle near you, start one of your own. It will give you great support and encouragement on your EFT journey, as well as develop your skills.

You can also join one of the volunteer teams that go to disaster zones. You'll first need to go through training in order to understand the intricacies of working with vulnerable people, and the patchwork of official and nongovernmental agencies that coordinate care in the aftermath of a disaster. Contact EFTGlobal.com to find out how to prepare yourself to join a humanitarian team.

If you'd like to work with veterans, it's best to become certified first, and to develop an understanding of the special needs of people with psychological trauma. You can sign up for the Veterans Stress Project at StressProject.org under the "Scientific Research" tab.

You can also make a donation or bequest to EFT research through the National Institute for Integrative Healthcare, which has taken the lead in EFT research for the past decade. Many of the studies that validate EFT that you've seen described in this manual were funded by people like you. They may have contributed \$10, or they may have contributed \$10,000. When you add it all up, coupled with the countless volunteer hours people have contributed, it's resulted in dozens of studies published in peer-reviewed psychology and medical journals. If these had been done commercially, rather than through the goodwill

of donors and volunteers, they would have cost over \$5 million. Each dollar contributed to the National Institute for Integrative Healthcare results in about \$12 of research or the delivery of services to veterans with PTSD. It's one of the smartest places you can put your tithes, bequests, and other donations. EFT really works to help those in need, and you multiply your money many times over when you donate.

Future Research

Throughout this book, you've seen how important research has been to the development of Clinical EFT. Research gives us answers to questions, and opens up new avenues of enquiry. Here's how EFT research is likely to evolve in the future.

We've done a great deal of research into psychological problems such as anxiety, depression, phobias, and PTSD. I expect that we'll now see increased research using physiological measures such as blood pressure, skin temperature, and heart rate variability. Advanced research will use devices like MRI and MEG (magnetoencephalogram) machines to determine what is happening in the brain during an EFT session.

This technology will also assist us in determining which components of EFT are most effective. Clinical experience has shown that the 9 Gamut technique is very useful for early childhood trauma that predates the formation of memory. The emotional signatures of these traumas should show up in an MRI or MEG scan, and if EFT is able to treat them successfully, those emotional signatures will change. Some parts of EFT might prove less useful, based on MRI evidence, and might be refined.

I expect research to increasingly gather data using smartphones, tablets, and similar mobile devices. Your smartphone can now measure your blood pressure and heart rate, as well as administer psychological questionnaires. Properly organized, this is likely to make data gathering much easier.

We'll also use these devices to deliver EFT. Battle Tap is an online tapping coach that interacts with veterans wanting EFT sessions. They

enter the name of their problem and their SUD score. Battle Tap composes a Setup Statement, pairs it with a video image of a veteran tapping for a similar emotion, such as anger, shame, or guilt, and guides them through a tapping session. They keep track of their progress using an online journal. Battle Tap is right on the home page of the Veterans Stress Project with a big “Tap Now” button so veterans can get help right away. It’s a brilliant program, made possible entirely by people like you who have volunteered their time or donated their money.

An online EFT program called FibroClear is available for fibromyalgia patients (www.FibroClear.com). This approach could be customized for other problems such as depression, anxiety, and pain.

Research will also identify how best to implement EFT in various settings. If hospital patients receive a session when they check in, how do their symptoms change? If soldiers receive EFT the day they get back from deployment, are they less likely to get PTSD later? If motor vehicle accident victims get EFT in the ambulance, do their symptoms improve? If EFT is used throughout a school system, do test scores rise, does bullying go down, and does social bonding increase? Does EFT make people more resilient?

Group research will refine our knowledge of how to use EFT with dozens or perhaps hundreds or even thousands of people at one time. What’s the optimal size for a group? Research can tell us.

Problems such as depression and pain are enormously costly. The U.S. government estimates that depression costs the economy \$83 billion annually (National Institute of Mental Health, 2010). How are medical costs affected when levels of costly symptoms go down? Does a 60% decrease in depression result in a 60% drop in depression treatment costs? EFT holds the promise of making people much better physically and psychologically, and lowering the cost burden to society of medical treatment by hundreds of billions of dollars a year (Church, 2010a). Measuring the financial impact of implementing EFT will become a primary target of future research.

A World Without Trauma?

Let's put all the pieces of evidence found in this chapter together, and add the evidence from the rest of EFT research on PTSD, in order to paint a picture of what happens when EFT is applied to major psychological trauma:

- Veterans received EFT for PTSD. After six sessions, 86% no longer had PTSD symptoms. Overall symptoms levels dropped by 64%.
- In a hospital setting, patients with PTSD were effectively treated in four EFT sessions.
- In Haiti, 77 Catholic seminarians were trained in EFT. Beforehand, 64% had PTSD. Afterward, none of them tested positive for PTSD.
- Veterans with PTSD had large drops in symptoms after group therapy.
- In Rwanda, orphans who had suffered high levels of PTSD symptoms for most of their lives recovered fully or partially after EFT.
- When PTSD symptoms reduced, other psychological problems such as anxiety and depression also improved.
- Physical symptoms such as pain and those associated with TBI (traumatic brain injury) went down too, by over 40%.
- Clinical reports from a prison and from a drug-riddled city indicated the value of EFT.
- The PTSD symptoms of spouses decreased alongside their veteran partners.
- EFT was effective when delivered by life coaches as well as therapists.
- Telephone sessions remediated PTSD in 67% of veterans.

Taken together, this base of evidence presents us with the very real possibility that PTSD can be largely eliminated from society in time, just the way diseases such as cholera, typhoid, and polio were eliminated. This may seem like a pipe dream laced with fairy dust to most people right now. Yet so did the elimination of other diseases in earlier eras. Big social changes like the abolition of slavery or the emancipation of women seemed like impossible tasks when they were begun. Just a few people believed they were possible; the majority did not. Huge commercial interests were arrayed against reformers, like the cotton and sugar farmers who benefited from the slave trade. Yet against all odds, the reformers succeeded. Might you and I be the people who change the global reality of psychological trauma?

In my book *The Genie in Your Genes* (Church, 2009), I have chapters chronicling these big social and medical changes. One case history I use is that of typhoid fever in the city of New York. Sarah Josephine Baker was an American doctor prominent in New York in the late 19th century. Typhoid, induced by a strain of *Salmonella* bacteria, induces headaches, high fever, and often delirium. It hits children especially hard. In New York City where Dr. Baker practiced, more than a third of all deaths were among children under 1 year old, with typhoid being a primary culprit (Matyas & Haley-Oliphant, 1997). Baker chose medicine as a profession after her father died of typhoid fever when she was 16 years old. She began working for the New York Department of Health at the turn of the century.

She was very aware of the role that hygiene played in health. At a time when preventive medicine was virtually unknown, she organized school nurses to visit the homes of mothers with newborn babies to show them how to care for their children before they became sick. Baker also innovated by creating the first infant formula, by improving standards for the sanitary storage of milk, by teaching the siblings of young children to wash their hands, and standardizing the dispensing of medicine to newborns.

Dr. Baker was particularly interested in eradicating typhoid fever, the disease that had killed her father. A colleague of hers, George Soper, analyzed seven typhoid mini-epidemics that had occurred in family groups over the previous decade. The common denominator turned out to be that they all shared the same cook, an Irish immigrant named Mary Mallon. Baker went to the house of Mallon's current employer to collect samples for laboratory testing, but when she explained her errand, the cook slammed the door in her face. The next day, Baker returned with a police escort. Mallon fled the house, but Baker found footprints in the snow that led to a neighbor's closet in which Mary Mallon was hiding. She was found to be carrying massive amounts of the typhoid bacillus, though she herself was symptom free. At that time the germ theory of disease was relatively new, and not universally accepted. The phenomenon that a person might carry a disease without being affected by it was outside the realm of current medical knowledge.

For nearly 3 years, Mallon was treated at Willard Parker Hospital, but all efforts to eradicate the typhoid in her system failed. Eventually, she was released, with the understanding that she would no longer cook meals for others. Mallon broke her promise, however, and again began working as a cook. Her special dish was iced peaches, but her unsuspecting employers were consuming more than peaches, and fresh typhoid outbreaks were soon traced to her. After Dr. Baker found her again, she was confined for good.

Typhoid fever was soon eradicated in New York City and Dr. Baker's efforts became a model for other cities around the world. Yet she faced enormous opposition to her efforts from the medical hierarchy. In testimony before a congressional committee, a disgruntled doctor said, "If we're going to save the lives of all the women and children at public expense, what incentive will there be for a young man to go into medicine?" (O'Hern, 1985). When she helped form the Bureau of Child Hygiene, a group of 30 Brooklyn physicians wrote to the mayor

to demand it be abolished, saying that, “it was ruining medical practice by its results in keeping babies well.”

Many other medical innovations have faced similar resistance. Skeptics have opposed the adoption of virtually every medical advance, from hand-washing (Ignaz Semmelweiss in the 1840s) to PET scans (Michel Ter-Pogossian in the 1950s), sometimes at the expense of tens of thousands of lives. In a recent paper, clinical psychologist Gary Bakker says EFT has “an unsupported and implausible theoretical basis and claims in response of representing a ‘pseudoscientific’ movement” (Bakker, 2013). He goes so far as to advocate the halting of all research into EFT, saying, “Further research is highly unlikely to be scientifically productive.” His perspective is that, even if the large body of research shows excellent outcomes for patients and clients suffering from pain, depression, anxiety, phobias, and PTSD, the studies are methodologically flawed (by his own *ad hoc* standards rather than those of the American Psychological Association) and should stop. Of course, research will not stop, and neither will the implementation of EFT in primary care. Eventually, the barriers to widespread adoption will crumble, and it will be widely adopted in many settings, just as Dr. Sarah Josephine Baker’s scientific antityphoid techniques eventually triumphed over ignorance and superstition.

Imagine if we were to dedicate ourselves to a world without psychological trauma with the same passion that Dr. Baker brought to eradicating typhoid. Imagine if EFT were in every school classroom, in every prison, in every family, in every courtroom, in every hospital, in every conflict zone, in every government, in every country. Imagine if discord and conflict were addressed immediately in every family relationship, rather than being allowed to fester unhealed for years or decades. Imagine if every child had the tools to regulate their emotions, dissipating fear, pain, and anxiety as soon as they appeared, growing up a stranger to psychological trauma. Imagine if tapping were the norm in business, and it became commonplace to solve workplace conflicts and eliminate creative blocks using EFT. Imagine if EFT were used

with every patient before every operation at every hospital, and doctors included tapping in their arsenal of tools with which to fight disease.

Research shows a massive drop in symptoms of trauma after tapping. Imagine a world where such a reduction affects everyone across the globe. Imagine everyone becoming much happier, unshackled from the emotional bondage that has kept them imprisoned in their past experiences. What we are as a species, the effect we as a species have on the global ecosystem, and the history of our future, would take a radically different and far more positive trajectory.

I believe we are at precisely such a moment in global history. As a species, we're about to embark on a journey of radical and discontinuous change. Freed of the habit of acting on the basis of our past psychological wounding, we're about to help our species liberate itself from its habit of suffering. Once that old pattern is broken, we go in an entirely new and unpredictable direction. We free up intelligence and creativity that was previously frozen in suffering, and make it available to create a positive future. I am thrilled that you have chosen to join me on this journey of liberation, and I look forward to living in the world we will create together.

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Resources

- Project Light: ProjectLightRwanda.com
- Research: Research.EFTUniverse.com
- Tapping Circles: TappingCircles.EFTUniverse.com