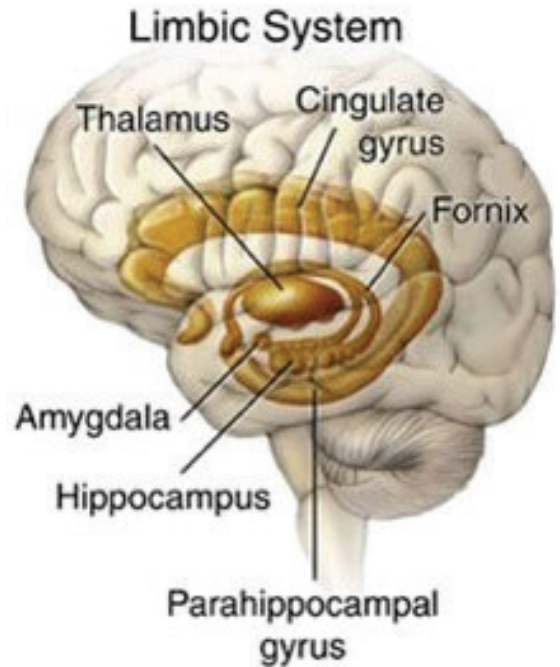


Evidence Based EFT/Tapping for Self Care

WHAT IS EFT/TAPPING?

- Simple and effective brain-based approach to relieving stress and trauma.
- Based on Chinese acupuncture and Positive Psychology.
- Re-regulates the Amygdala (fight/flight/freeze organ) and the Hippocampus (memory center) so your body doesn't over-react.
- Researched in 10+ countries by more than 60 investigators with over 133 published

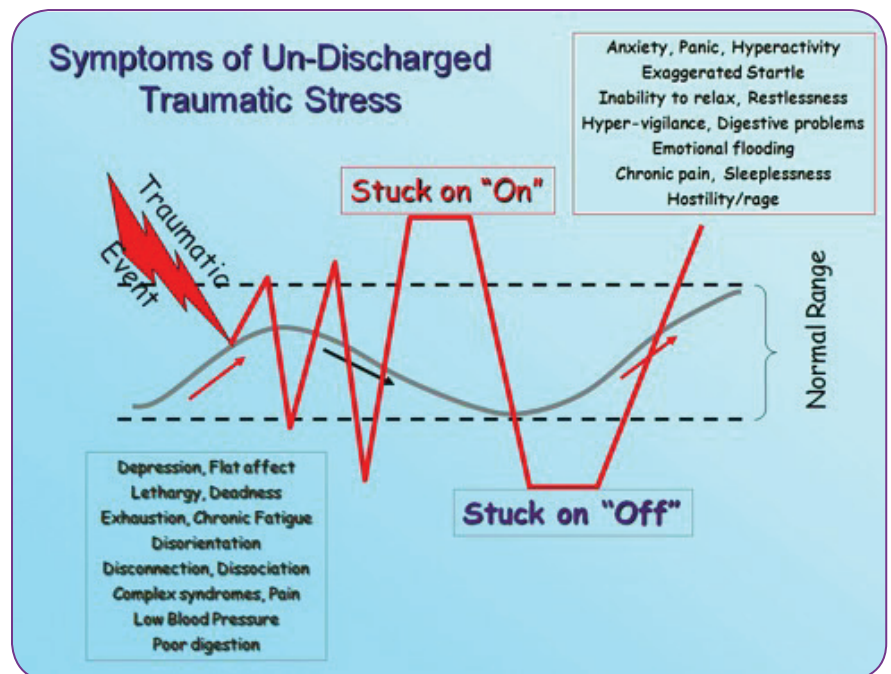


STRESS AND TRAUMA ORGANS IN THE BRAIN

Amygdala (fight/flight/freeze organ)

Hippocampus (memory center)

IMPACT OF STRESS AND TRAUMA ON THE BRAIN

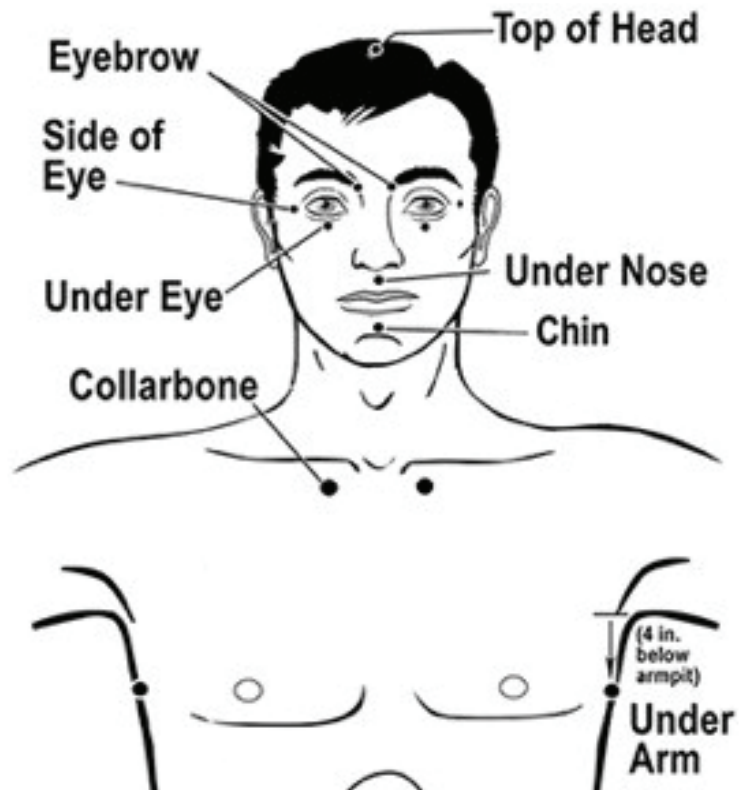
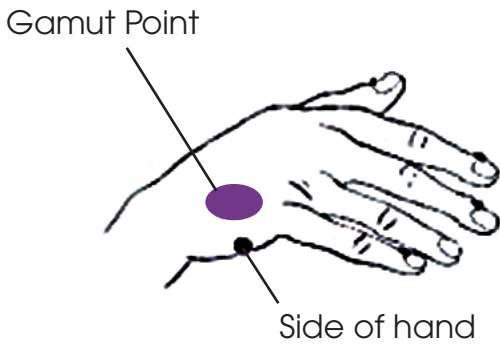


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THE TAPPING POINTS



PL EFT/TAPPING SEQUENCE

1. Side of the Hand (3x)
2. Top of Head
3. Beginning of Eyebrow
4. Side of Eyebrow
5. Under Eye
6. Under Nose
7. Under Chin
8. Collarbone
9. Under Arm
10. Gamut Point

BASIC EFT/TAPPING SELF-CARE PROTOCOL

1. Identify an issue.
2. Identify the most intense aspect of the issue.
3. Connect the thoughts/feelings with body sensations.
4. Measure intensity 0–10.
5. Create "Set-Up" Statement using information from #2 & #3.
6. Apply "Set-Up Statement" to Side of the Hand repeating 3x.
 - Ex: "Even though I feel ashamed and it's in my chest, I love and accept myself anyway."
7. Select "reminder phrase" and tap on Protocol Points 2–10
 - Ex: "This shame in my chest."
8. Take a moment to breathe.
 - Rate the intensity now from 0–10.
9. Repeat the protocol until intensity is 0–2.
10. Notice "reframes" or changes in perspective.

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