

# Sharing My Experience with EFT

## (The Vets Film Project)

Trauma and abuse expert Lori Lorenz worked alongside EFT Founder Gary Craig and other EFT experts to help veterans alleviate their post traumatic stress. The results were nothing short of amazing, as you will read here.

---

by Lori Lorenz

When Gary Craig asked me to participate in the EFT for Vets film project in San Francisco in March, 2008, I was very excited to be able to support getting the word out on EFT and what it can do for our vets. And I was a bit nervous.

### My Work with EFT

Despite some 16 years of working with trauma and abuse, including the really rough stuff of ritual abuse and torture, I'd never worked with combat vets before. I talked with Gary about this, and he felt my related experience would bridge just fine. I had a feeling he was right.

And I have huge confidence in EFT and its ability to carry people through experiences which would have seemed impossible to clear otherwise. So, despite the unique issues of the military and the prolonged intensity of combat, I knew there are core aspects of trauma that are still trauma, regardless of the situation. And each person is unique in his or her experience, both before and during the trauma. So, with a great deal of excitement, and tapping on myself for not having any experience of filming sessions, I set off for San Francisco.

Gary is a delight to work with. He has an ability to bring his beguiling lightness and sincerity to the most difficult situations, and he shined that first evening with a room full of skeptical, nervous, and even suspicious vets and their family members. The hopefulness and humor which emerged later was closely held that first evening! I'll try here to give you a peek into the behind-the-scenes world we lived in for those five amazing days.

### Forming into Teams

For the week's work and monitoring of progress, each practitioner was assigned two participants to be primarily responsible for, both for their wellbeing and to take a daily inventory of any changes in their original symptoms of distress. The two women I was responsible for were non-combat vets, but both had been raped during their time of service and suffered not only from the effects of the rapes, but also from the attitude toward raped women in the military. This terribly under-reported problem has added a new layer to the stresses of military service and has forced too many women (and an increasing number of men) to remain silent about their



experiences for fear of harassment or curtailment of their career advancement. My hope is that EFT will become available to all military personnel and their families so that these pressures will have an outlet and eventually change the entire emotional climate for our service people.

The next morning we started our sessions. We'd had a chance to review the profiles and histories for each person in the project, and I'd formed some preliminary possibilities for work with them. But one thing I've learned over time is that no matter what is written at the beginning, there is a magic that happens when the work starts and the tapping begins to relax the fear and protection - then the real issues begin to rise. That's the beauty of EFT - it does it so gently and builds so much trust in the process that people are able to open to feelings and experiences that they couldn't have touched for, perhaps, years in talk therapy. So I stayed open to what might be there behind the bio's and diagnoses.

We all worked with several different people throughout the week, rushing to our next assignment, whether it was filmed or not, and checking our lists or dashing in to Tina Craig to find where we had to be next when things changed. We had so much to do that being in front of a camera became almost unnoticeable after a few sessions, though I confess that some of the non-filmed sessions were a bit richer and more relaxed. I suspect that those more private sessions actually captured even more of the emotional flow of EFT, but that's saying a lot in the light of how much showed up on film!



### **Andy's Story**

I'd like to share the experience of two sessions with Andy who is featured in the documentary. You probably remember him from the intense session describing an explosion which killed his best friend. Andy's legs were jumping up and down like he was ready to leap out of the room. That was Andy's first session dealing with an Iraq combat experience and, while it's not a typical EFT session, it's a kind of session which we can run into when there's an event which is so huge, intense and fast that it's lost its cohesion. Though Andy might look like he's ready to "lose it", it was actually a transformative experience for him. And I kept checking him during the process and finding that he was really doing a powerful job of describing a series of devastating events and, with the help of our tapping together (sometimes only with my tapping for him), he was able to stay present to his experience. He was not dissociating, which was a key criteria for his processing this way. Andy recounted the series of events which had not been in chronological order for him before that session - only the emotional intensity and various scenes had been replaying in his flashbacks before that session. At the end of that set of rounds and his completing the description, Andy's shoulders settled, his face softened, and he said in a voice filled with wonder, "This is the first time it has a beginning... and an end." It took me a moment to realize what he meant, and then my eyes filled with the meaning of it.

With the events finally fitting into chronological order, the actions of other soldiers making sense, and his memory clearing regarding what he saw versus what others told him, Andy came to peace with the explosion and death of his buddy. The proof of that came the next day at the end of another of our sessions which had focused on his family. At that point, he pulled out the picture album he'd used the day before to access the



memory of the explosion and began animatedly showing me pictures of the people he'd spoken of. He was on the same page as the explosion pictures which had sent him into intense emotion the day before, and there was no tension, no reaction. None. I pointed to the pictures and commented on the explosion, just to check our work. Andy nonchalantly acknowledged what they were, but he was much more interested in the other people who were (I discovered later) to be in the next war memory we processed. He was done with the explosion and it simply didn't hold a charge anymore. We were all amazed, except for Andy who took it all in stride!

The next war memory we processed was done off camera and I sincerely wish we'd had that classically beautiful EFT process on film. Something which so impressed me about everyone who participated in this project is that they learned so quickly how to get the most out of an EFT session, even with changing practitioners, even with multiple sessions in a day. They took on their healing work and dove in. And that day, Andy took on a memory which had haunted him even more than the intense one we'd processed the first time. In that session, he was able to take an event involving the accidental death of an enemy youth. With the help of our tapping, step by step, Andy held himself present in the room (rather than disappearing back into the experience), tapping through each part of the event using the Movie Technique. Anytime the intensity rose, we stopped and he was able to tap through the emotions before we went back to the story. The feelings he'd held for so long included grief, guilt and anger. He believed that it was his fault that this boy had been killed despite Andy's efforts to just scare him off. The relief and relaxation at the realization that he'd done the best he could, and that it was the circumstances which caused the death, were beautiful to see. Andy's continuing journey is featured in the documentary and shows how he kept working with EFT and changing his life, becoming an inspiration to his family as well.

## **Women in the Military**

The two women, D and J, who were my primary people that week both spoke at length and independently of the special difficulties women encounter in the service. No matter how competent and tough they may be, they are still separated out as women. And things happen to them which are hard for everyone to acknowledge and cope with. I have heard reports that suggest that some 30% of female troops have reported being raped or sexually assaulted during their service. We don't know how many more never report. Neither D nor J reported – they knew the price if they did. The anger and feelings of betrayal they both expressed are important for us all to know and I was grateful that these non-combat injuries were part of our San Francisco project.

With J, we worked with the trauma of the betrayal in addition to the actual rape as it had so affected her passionate commitment to serving her country in the military. We tapped with early life experiences, her trust, and her desire to excel and prove herself in the tough environment of military training. And the effects the rape had on her gradually diminished and she could re-find her resourcefulness. Though her work was not complete

at the end of that week, she had a real start at releasing the feelings of anger and betrayal and how they had affected her life since she left the service. J had a perspective on what happened to her and a context to continue her healing with EFT.

D is a woman of amazing internal strength, patience and self control; and she is very private, choosing to carry her burden without complaint. She had not reported her rape, but had held the effects of it and the aftereffects of her military service inside for so long that her life had become smaller, her courage and toughness had retreated internally, and even travel had become difficult. Just coming to

San Francisco was a big step for her, but she was determined to step outside the confines of her post-military life. Nightmares plagued D regularly along with panic attacks and anxiety attacks for which she had been medicated for years. We worked gently, and touched moments of deep, painful emotion which she struggled with but kept tapping. To be honest, though D reported daily improvement in her symptoms, I had doubts as to whether we were really providing relief for her or whether she was wanting us to have a good report for the week. But D is one of those people who can be doing huge internal work while looking quite calm and contained on the outside. I finally concluded that, being as honest as she was, I had to take her word for it. To my surprise and joy, I received confirmation of that by an email almost two years after our week together and she filled me in on the real results.

D reported that since the week in San Francisco with “Gary and the Vets” (Bennie and the Jets – her humor and playfulness were beaming out of the monitor!), she has not had a single nightmare, not a single panic or anxiety attack, and has gotten off all medications. She has studied and practiced many more EFT techniques and uses them regularly in all areas of her life. She sounded strong, outspoken and well able to stand up for herself in her life. It felt to me that I was meeting the woman who had signed up to serve her country, maybe even better. I took in that lesson that we can’t always tell what is happening internally when we’re tapping. Sometimes when those new thoughts and perspectives sink into that deep internal pool, they work magic in ways we can be quite surprised by!



### **Releasing the Burden of Trauma**

As I watched the men and women in this project change each day, I was deeply moved by the bonding, the mutual support, the growing animation and humor, and the releasing of the burden of trauma these brave people had carried for so long. It was contagious to us, the practitioners, as well. Despite our fatigue, we were witnessing concentrated change and deepening which we seldom get to see this way in our practices where sessions are spread out over a longer time period. I found myself



energized and inspired by the commitment and enthusiasm that was growing in everyone as the week progressed. And the experience changed me profoundly. I saw how people doing their work together can support each other – so much more so than even regular group work. I saw the potential for more concentrated sessions in my trauma work and have explored that over the past three years with impressive results. And that week in San Francisco launched my developing a training program for EFT practitioners to work with this depth of trauma. Eventually, I plan to develop a center where this type of focused work can be offered by practitioners who are called to this work.

Also, at Eric Huurre's suggestion, Ingrid Dinter and I put together the outline for an EFT group support program for the spouses and family members of veterans. We all know that spouses and family carry a tremendous burden right along with our vets. We have a plan that can help families not only help themselves, but their spouses in the service as well. We're looking for avenues to introduce this to the EFT community and the veteran's community.

I remain grateful to Gary Craig for co-sponsoring and guiding this project which tested EFT in a most profound way with some of the most complex and intense forms of trauma. I have seen it perform with equal impressiveness in my own work with abused people over the past 12 years and know, beyond the shadow of a doubt, that the relaxation, the change in perspective, and the release of nervous system reactivity would not happen so rapidly and gently without EFT. It is the foundational tool in my work.

I believe that this project and the documentary which highlights it is a powerful step forward in the sharing of what EFT can do for our veterans and all those who have experienced trauma at any level. It is such an easy tool to use and can offer immediate relief and reduction of trauma symptoms during emergency situations, and is highly effective and gentle for dealing with the aftereffects of trauma. From the moment I first realized what EFT could do at that first training long ago, it has proved itself over and over even in the most intense situations. I could not recommend it more!



Lori Lorenz, M.A.

[loril@eftandtrauma.com](mailto:loril@eftandtrauma.com)

[www.eftandtrauma.com](http://www.eftandtrauma.com)

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=8863:sharing-my-experience-with-eft-lori-lorenz-ma&catid=29:trauma-and-ptsd&Itemid=3128](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=8863:sharing-my-experience-with-eft-lori-lorenz-ma&catid=29:trauma-and-ptsd&Itemid=3128)

# **New Treatment for Post Traumatic Stress Disorder Delivers Rapid, Long Lasting Results for Iraqi War Veterans--No Drugs Necessary**

San Francisco, CA (PRWEB) -- Stanford engineer Gary Craig introduces EFT, a new "acupuncture without needles" technique for helping Iraqi War Veterans gain relief from their Post Traumatic Stress Disorder (PTSD).

EFT stands for Emotional Freedom Techniques and involves the stimulation of certain meridian points on the body by tapping on them with the fingertips. This stimulation has been clinically shown in thousands of cases to dramatically reduce, or completely eliminate, the sting of trauma.

"Conventional psychology has been looking in the wrong place for clues to the PTSD puzzle," says Craig. "We have found repeatedly that the nightmares, sweats and intrusive memories of our war veterans occur because their war memories disrupt the proper flow of their bodies' subtle energies."

"Once these energies have been properly balanced," maintains Craig, "the war veteran couldn't get upset about the memory if s/he tried. This is also true for other emotional issues including phobias, grief, rape, depression and anger."

Susan Hannibal is a San Diego therapist and consistent user of EFT who often feels frustrated with the military's use of conventional and ineffective methods for PTSD. "One of the biggest problems facing our military today is Post-Traumatic Stress Disorder," she says, "but no one in authority wants to break new ground and use the most effective treatment available."

"Even when they don't sustain physical injuries," says Hannibal, "their lives can go into a tailspin. Traumatic memories are an underlying cause of health problems, social isolation, domestic violence, divorce, alcohol and drug abuse, and shattered families."

Everyone agrees that conventional treatments do little to help. Psychiatric drugs can dull or numb PTSD symptoms, but drugs have side effects and do nothing to address the disorder's underlying cause. Conventional talk therapy can even make the problem worse by reinforcing traumatic memories.

But Hannibal and other EFT practitioners worldwide routinely neutralize haunting memories - in soldiers, accident or abuse victims, and survivors of disasters - in record time. The simple EFT process often does its job in one or two sessions and, in some cases, has done it in minutes.

One of Hannibal's clients is Navy Corpsman Wilbur Hurley. Just before leaving Iraq, he had to deal with a young Marine's suicide. That event triggered memories of a murder-suicide Hurley witnessed as a child, and he began having vivid nightmares. Returning home, he isolated himself from friends and family and suffered debilitating anxiety attacks, flashbacks, auditory hallucinations, anger, and irritability.

Hurley's symptoms disappeared when Hannibal taught him EFT. After his first session, which Hannibal videotaped, Hurley left her office singing. "It was pretty much the greatest day of my life," he said. Even when he concentrated on the worst events he witnessed in Ramadi, he couldn't find a single memory that bothered him.

Corpsman Hurley has remained free of PTSD symptoms since his three-session treatment in December 2004.

Results like these don't surprise Gary Craig. In 1994, Craig and a colleague visited a Veterans Administration hospital in California, where they worked on-camera with six Vietnam War veterans.

"These men hadn't had a moment's peace in 20 years," says Craig. "Their lives revolved around their terrifying memories." But after just a few minutes of tapping, all of the men experienced profound release.

"Traumatic memories and phobias usually respond quickly to EFT," he says, "and the results are often permanent. EFT not only prevents post-traumatic memories from causing problems, it successfully treats memories that are decades old."

Despite the dramatic results achieved by patients at the VA hospital, says Craig, none of the staff were interested.

Today the Department of Veterans Affairs pays compensation for PTSD to nearly twice as many veterans as it did six years ago, at an annual cost of \$4.3 billion. Most recent applicants are Vietnam War veterans.

"It would be wonderful if military chaplains, counselors, and psychologists learned EFT and taught it to everyone," says Hannibal, "but it's so different from what they're used to that no one knows what to make of it."

In addition, she says, there is still a bias against seeking help in all branches of the military. "It's cultural conditioning," she says. "It's unfortunate."

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=4006&Itemid=3147](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=4006&Itemid=3147)

---

20090712

Hi Everyone, here's a quality example of what our war veterans can experience with EFT. Ingrid Dinter gives us the highlights of 6 quality sessions with a Vietnam Veteran with severe trauma issues. She says, *"Don's voice has a very different sound now. It is clearer, lighter, and faster. There is less roughness and he laughs more. It is truly nice to hear the hope and confidence in his voice. His sleep has improved from getting 4-5 hours per night in a ten hour time period, interrupted by an average of two nightmares, to getting an average of 7-8 hours with no nightmares, waking up refreshed."*

Gary Craig   The Editors   [www.eftuniverse.com](http://www.eftuniverse.com)

---

# Six Successful Sessions with a War Veteran

by Ingrid Dinter

I have been helping many Veterans with EFT, mostly by phone. The results for their overall wellbeing, their release of insomnia and other symptoms of PTSD have been quite wonderful.



To be able to communicate the progress that Veterans can make with EFT, I have decided to monitor their shifts and progress with two standardized forms, the SA-45 and the PCL-M. These research tools are described briefly at the end of this article. In addition to signing an informed consent form, the Veterans that I work with are also required to keep a daily sleep journal, which documents sleep duration, quality of sleep, overall wellbeing and other factors. It is my hope that the results of this single case study will encourage and inspire others to move forward with the clinical, larger scale research studies that need to be done in this field, so that the Veterans and their families get access to this important and powerful healing tool.

“Don” is a 61 year old Vietnam Veteran who and has been diagnosed with Parkinson’s disease. We worked together for a total of six EFT session hours.

Since returning from Vietnam, Don did not have one night of uninterrupted sleep. He usually went to bed between 9:30 pm and 10:30 pm, and got up between 8:15 am and 10:00 am, feeling fatigued. In this 10-12 hour time period that he spent in bed, he was woken up by horrific nightmares at least twice per night. He never slept more than 1-2 hours at a stretch, and never more than 4-5 hours total – for forty years...

Our first session took only 20 minutes, as this was all that Don could handle that day. Before we started with EFT, he said his thoughts were like bumper cars, bouncing all over, but the tapping helped him relax and release the tension in his mind. It also stopped the tremors and shaking that are symptoms of Parkinson’s Disease. We tapped on finding peace with the war and peace with Vietnam. After this brief session, his sleep already greatly improved: He now slept 6-7 hours, woke up twice briefly, and felt rested instead of fatigued.

In our second session we worked through the traumatic memory of having shot someone’s arm off two weeks before he returned home from Vietnam. His sadness and guilt for the Vietnam soldier was overwhelming and had followed him for forty years. The Vietnamese man had raised his weapon in front of him, and Don wasn’t sure if he wanted to give up or shoot at him, so he shot first. This happened two weeks before he was supposed to return home. We released the sadness and guilt using the gentle EFT techniques, namely, the tearless trauma technique, sneaking up on the problem and the movie technique, and we tapped on deserving forgiveness.

In his email the morning after the session, Don reported, “Sleep is improving, no nightmares last night. My overall energy has been on an upswing. My hands still shake, but not as much, I’ve been tapping on the shakes and it seems to help. I think what we’ve worked on is quite amazing.

Thanks, "Don".

The third session dealt with a very traumatic event – his best friend, who usually walked to the left of Don, this time took his right side while scanning the jungle. When he got shot, Don felt that his friend had caught the bullet for him and never forgave himself for this. It didn’t matter that he received a bronze star for the dangerous rescue efforts that he made to save his friend’s life. Don felt that this was undeserved as he couldn’t save him, and after all these years still cried about the loss and guilt.

The images of turning his friend, whom he loved like a brother, and seeing his head wound, haunted him daily.

After using EFT on this memory, he realized that if he had caught the bullet, and his friend survived, he would have forgotten and released him a long time ago. He would never expect or want him to feel the way he felt himself. This realization allowed him to finally find peace, love, and forgiveness.

In his email he wrote: “Thank you for today’s session, I feel much more at ease. I slept for two full hours after the session, a fairly sound sleep, I couldn’t believe that it was for two hours, it seemed like only minutes. Thank you again for all your help ... Don

Two days later, Don had an intense dream relating to the death of his father, who had killed himself while driving drunk when Don was eighteen. So we worked through his trauma, releasing pain and guilt he had carried for more than four decades.

Sleep:

By now, he was going to bed between 9:45 and 10:15, sleeping 7-8 hours, waking up briefly once or twice in between, but no more nightmares. He just rolled over, and went back to sleep. He woke up fairly refreshed between 7:30 and 8:15 am. What an improvement for someone who had usually two serious nightmares each night and never got more than 4-5 hours of sleep!

In our fifth tapping session three days later, Don talked a lot about the improvements in his sleep and overall wellbeing. Then we tapped for the stress and feelings of lack of control resulting from the construction of his new home and people not doing what they were supposed to do. No more war memories came up for him! Reviewing his progress two weeks later, Don said, "I still think about Vietnam but it doesn't seem to bother me."

After 60 days, we did another session, and one more war memory came up: He had to identify comrades that had been killed and found in the jungle several days earlier. After tapping on all the aspects of what he saw and smelled and the disgust and nausea that he felt, he took a deep breath and stated: “Now the bad spirits are gone.” He had felt as if these dead men had always been with him, somehow, weighing him down and taking his breath away. Now he reported that he felt as if a huge weight was lifted off of him, and he can now breathe and think clearly.

Don’s voice has a very different sound now. It is clearer, lighter, and faster. There is less roughness and he laughs more. It is truly nice to hear the hope and confidence in his voice. His sleep has improved from getting 4-5 hours per night in a ten hour time period, interrupted by an average of two nightmares, to getting an average of 7-8 hours with no nightmares, waking up refreshed.

Between the first session and his 30- and 60- day follow ups, his total SA-45 score dropped gradually from 122 to 77 and his PCL-M score dropped from 65 to 34 after session 5, and remained there through the 30- and 60-day followups.

He continues to tap on his Parkinson’s symptoms to keep the shaking under control. His wife has noticed that he seems happier and relaxed. He feels comfortable socializing now, and is a true believer in EFT.

With Love and Gratitude

Ingrid

PS: The SA-45 is a brief psychological symptom checklist, yielding measures of overall and symptom domain-specific levels of distress. Clients are asked to rate each of the 45 items on a five-point severity scale, ranging from (1) “Not at all”, to (5) “Extremely”. The nine SA-45 measures are:

Anxiety, Depression, Hostility, Interpersonal Sensitivity, Obsessive Compulsivity, Paranoid Ideation, Phobic Anxiety, Psychoticism, Somatization

The PTSD Checklist – Military Version (PCL-M) This form is used by the military to diagnose PTSD. Veterans are asked to rate each of the 17 items on a five-point severity scale, ranging from (1) “Not at all”, to (5) “Extremely”. An added score of 50 or above is considered PTSD.

Source

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=1002:six-successful-sessions-with-a-war-veteran&catid=29:trauma-and-ptsd&Itemid=751](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=1002:six-successful-sessions-with-a-war-veteran&catid=29:trauma-and-ptsd&Itemid=751)

---

Hi Everyone,

Sometimes EFT works so efficiently that even "impossible" symptoms fade quickly. Such was the case with Ingrid Dinter's Vietnam Vet. In the middle of her article she says, *"It got even nicer the next day: Joe had fallen asleep on the couch and, after transitioning to his bed, he expected to lay awake for hours. Instead he just turned over and woke up at 7:00 am. No night cramps, no sweating from nightmares, just quiet, restful sleep. His energy was now up from a 3 to an 8, and when I called him the next morning, he had already returned from running some errands, which he usually doesn't start before 1:30 pm. So this was a great start."*

The Editors

---

# Knocking down war PTSD symptoms like dominoes

by Ingrid Dinter

Dear Gary,

I would like to share the story of Joe, a Vietnam Veteran with PTSD for the Newsletter.

Joe is a 62 year old US Marine who connected with me through the EFT forums for Trauma/PTSD.

When Joe asked his counselor at the VA how long it would take before his treatment at the VA would bring noticeable improvements, he received the vague response that "it will take as long as you want it to take", and whether he gets better would be "up to him". Joe felt angry and let down that there was no advice on how he could move forward, even though he was ready. He felt that talking about the past didn't help but only brought back bad memories and emotions with no solution.



Fortunately, Joe had always been a survivor, and the military had trained him to never give up, but to target and resolve problems as they occur. So he reached out to EFT.

Like many Veterans, Joe did not want to address specific traumatic events from his time in Vietnam, and I honored that. But he was interested in improving his sleep pattern, which he described as very random and exhausting: It took him hours to fall asleep, he woke up at all sorts of times during the night, often at 2:30 am, the time when he used to go on watch, and he was always fatigued. Naturally, his focus was off, he couldn't

finish projects around the house, and his martial arts training, which he performed as best as he could, was frustrating, since he could not memorize most of his routines.

I offered Joe 4 free EFT sessions over the phone and asked him to fill out an informed consent form and keep a daily sleep log, which he did. When we began our work together, Joe was skeptical and full of physical pain, and his energy level was very low. So we tapped:

*Even though my energy level is low*

*Even though my energy level is low, I allow myself to safely raise my energy to a level that feels natural and comfortable now.*

*Even though my energy level is low, I choose to release anything that could stop me from raising it to where I want it to be.*

His energy went from 3 to 5, and he reported that he was sitting straight now. But now, something was going on in the back of his head. So we tapped:

*Even though I have something going on in my neck*

*Even though all this is a pain in my neck*

The tension went away, and so did the neck pain. As EFT'ers, we are used to those quick results, but for him, this was very exciting. "It is working!" He called through the phone "I can't believe it is truly working! Nothing ever did! Maybe - there is hope."

It was touching to hear that, and I decided to move along this physical path with him. He had multiple leg cramps at night, which woke him up. So we tapped:

*Even though I don't feel safe during the night, and my legs remind me that I shouldn't be sleeping.*

Then we worked on the aches in his body, which he rated at a 5 on a scale of 0 to 10, and they disappeared, too. Next, we targeted his hip socket and muscle, where he believed to have bursitis and his VA doctors have not been able to help him. He was in a lot of pain. When the pain went away his voice flipped over with happiness, "This is magic!" he exclaimed "EFT is working!"

With rapport established in such a great way, Joe now was willing to target his focus. He was angry that he was wasting so much time not being able to memorize his martial arts routines, and felt very frustrated. We tapped:

*Even though I am frustrated that I cannot remember my routines*

A fear of going to school (he was trying to get into the teacher training program) came up for him, so we tapped that and several other aspects away, too. He relaxed, and we closed our session.

That first evening, after Joe returned from his Karate training, I received an excited email:

His trainer had immediately noticed a change in him. His words to Joe were "Something's happening here. I don't know what it is, but I like it." Joe was very proud. Then he not only relearned a routine, but he was able to memorize it at home without any problems!

But he also noticed emotional change: "I experienced happiness during the day which was quite unusual and very nice." In the past, feelings of sadness quickly turned into anger or anxiety, and he had to leave the room to get some fresh air before he could calm himself down again. Now, when he felt sadness and negative emotions coming up that were causing him to want to cry, he noticed that his way of dealing with them had changed: "I accepted those emotions and relaxed about them. Those emotions subsided and went away." A huge improvement for him!

It got even nicer the next day: Joe had fallen asleep on the couch and, after transitioning to his bed, he expected to lay awake for hours. Instead he just turned over and woke up at 7:00 am. No night cramps, no sweating from nightmares, just quiet, restful sleep. His energy was now up from a 3 to an 8, and when I called him the next morning, he had already returned from running some errands, which he usually doesn't start before 1:30 pm. So this was a great start.

Joe and I worked for another three hours on a number of other issues which he found troubling, but the only traumatic event we touched was 9/11, which had caused his PTSD symptoms to flare up and leave his life in pieces.

We also worked on his tinnitus, which reacted beautifully to EFT, improved greatly, disappeared for stretches of time, but at some point came back in different pitches, so this needs to be explored more. After the second EFT session, he reported:

"My martial arts training is going very well now. I surprised myself with what I can remember. Even techniques that I was taught a long time ago. (Long term memory)! I took my grand kids to their class, and I taught today. Something I had not done in a long time. I really enjoyed it." (Social discomfort)

Four days later, he wrote: "My sleep and my focus have increased very much. Today, I spent the majority of the day working on a project that I have been working on for a year. I almost completed it today." (Before, he couldn't concentrate for more than 5-10 minutes on any project!) "And my sleep is still at around 7 to 8 hours a night.

He continued, "My focus has been the most surprising since we started tapping. Now I'm getting to the point where I can translate (my martial arts routines) from memorizing the techniques to executing them. Something I had not been able to do before."

Three weeks later he emailed: "Well, I have been sleeping very well. No waking up during the middle of the night. I have been so busy during the last week that I can't keep up. Not only did I finish the project that I delayed for 7 or 8 months, but started others, and I'm in the middle of those. My focus has increased and has affected other areas. My short term memory has increased by leaps and bounds. I can remember my Martial Arts Techniques very well. I told you I went from 10 to 15 routines, I'm now up to 22 and some of those are very complicated. I went back to the instructor training class. Excited about that."

And finally three months after we finished our work together: "I am doing more things outside the home. And, more social things outside the home. I have become more involved with the grand kids. I take two of my granddaughters to dance and karate. I volunteered to dance the father/grandfather dance and the teacher asked if I would participate in one of the scenes as a figure that is one of the dancer's father. Well, surprise for me, I volunteered. This is something that I don't normally do."

Now, nine months later, Joe still sleeps restfully through the night with no signs of nightmares. He has been accepted into the martial arts teacher program, and his withdrawn lifestyle has improved. He is aware that there is more cleaning up to do with regards to his war experiences, and when he is ready, he will proceed with EFT.

Blessings



## **A war veteran's traumatic memory of a parachute that didn't open**

A Vietnam war Veteran finally releases the helplessness related to a parachute that didn't open and realizes that his survival was thanks to his ability to stay in control and do everything right. A huge change in perception. Ingrid Dinter gently takes him through the traumatic memory releasing the fear and accepting that he had the strength to deal with it and survive. [www.eftuniverse.com](http://www.eftuniverse.com)

---

**By Ingrid Dinter**

I have received permission from Gordon, one of the Vietnam Veterans I have worked with, to share this story.

Gordon has a diagnosis of PTSD, with symptoms ranging from insomnia and nightmares to hyper vigilance, numbness, feelings of undeservingness and low self esteem, loss of interest, lack of energy, and angry outbursts.

Even though Gordon received medication from the VA, he was still haunted by traumatic memories from Vietnam, which made his life very difficult. He decided to try EFT for some of them.

One of the most traumatic memories for him was, when he jumped out of an airplane, and his parachute didn't open. Gordon had enormous feelings of overwhelm and helplessness, as well as anger and sadness around this incident.

First, we tapped on all aspects of anger, the meaninglessness of him facing to have to die like this, his anger that nobody cared about putting his life in jeopardy.

*“Even though I don't even want to think about what happened, I am just so tired of getting intense about it, I deeply and completely accept myself.”*

*“Even though I feel overwhelmed with this memory, it still feels completely real to me, and I never got over that, I allow myself to feel safe now.”*

*“Even though I am mad as hell that we had to go through this, I deeply and completely allow myself to see that*

*I made it anyway (stating the obvious). ”*

*“Even though they made us jump into a war zone, and I am mad and hurt that nobody gave a dime for our lives, I deeply and completely accept myself.”*

*“Even though I am sad for all that happened, I still feel like a victim, I choose to find it surprisingly easy to claim my power back now.”*

After doing a few rounds of EFT like this, he felt relaxed and ready enough to begin.

Using the “tell the story” technique, we inched our way through this memory and tapped on all the aspects we could find.

He remembered how he had to get ready for the jump and didn’t want to embarrass himself by showing fear, and he felt his intensity rising. So we tapped on:

*“Even though I feel apprehensive, I didn’t want to embarrass myself, just know what happened after, and I don’t want to go there, I deeply and completely accept myself”*

Then he felt ready to describe how he did the jump and was falling, when he realized, that his parachute didn’t open.

*“Even though I was free falling and the parachute didn’t open, what a very dangerous and horrific situation, I choose to allow myself to see that I made it out of this alive.”*

*“Even though I was free falling, and my life was threatened because the parachute didn’t open, I chose to allow myself to finally relax about this now.*

*“Even though it is so scary just to think about this incident, and all that came after, I choose to find it realistic and appropriate to release this memory now, in a way that works for me.”*

Then he moved on to talk about what was going on in his mind when he realized that the pull was rusted, and when he manually pulled it, the reserve opened underneath it, and beginning to cause the main parachute to collapse.

*“Even though my parachute caused me to almost die, here I am, jumping into a war zone, and what is supposed to keep me safe is not reliable, I deeply and completely accept that I am still alive now.”*

*“Even though after 40 years I remember and relive the parachute incident as if it was still happening, I deeply and completely accept my safety.”*

Then he remembered how he realized that he was falling right onto the parachute of a comrade who was right underneath him, considering going down with him, but realizing that this would be too dangerous for his friend. So he walked off the edge and continued his fall.

*“Even though I almost touched his parachute and caused my brother to die to, I choose to see that we both made it down safely.”*

*“Even though I feel guilty that this happened, I allow myself to realize that I didn’t choose this, I was a victim of an accident, too.”*

*“Even though I feel overwhelmed by how helpless I was, and I never found the courage to trust myself again, I choose to see that I had the cool to make all the right decisions in that situation.”*

“George” managed to get away from his friend and decided to cut his reserve lose, which then wrapped itself around his head so that he couldn’t see.

*“Even though I couldn’t see, there was just no end of this horror, I deeply and completely accept myself.”*

*“Even though I am angry about all this, I choose to see that I must be one hell of a parachuter or else I wouldn’t have made all the right decisions intuitively.”*

Finally only hanging off his main parachute, he heard the call “get ready for landing”, and hit the ground hard.

After regaining his consciousness, he realized that he must have had a concussion, but was otherwise unharmed.

A Drill Sergeant had watched the drama and ran over to him, asking if he was OK. When he confirmed, he was immediately ordered to go back on position. Nobody acknowledged what he had been through; there was no counseling, no support, and no compassion. He was left completely alone.

“The military way of dealing with situations like that is to move on immediately and get busy, so you don’t think about it too much.” “George” explained to me, but this dangerous incident overshadowed from now on how he felt about himself (I am a victim), his safety (what is supposed to save you can kill you), and his trust (they didn’t even want to help, my pain was ignored and I was supposed to work through this alone.)

Interestingly, after we finished the tapping, there were two shifts for Gordon:

First of all, he was now able to recall the situation in all its detail without becoming intense about it again. He recognized that he made it out alive, and that all this happened 40 years ago and never happened again.

Secondly, and that was truly wonderful to hear, he all of a sudden found power and increased self esteem in this story. During a follow up call, he reported that he became aware during our session, that he must be one hell of a parachuter to be able to keep his cool and manage the list of life threatening situations the way he did. “I never saw myself in control, as the situation was so dangerous. But I realize now, that I did everything right and I must have it in me!”

This shift was huge for Gordon, as it allowed for him to move on with his life with a different self esteem now.

I talked with him seven months later, and asked him how he was doing with that incident now.

He still feels neutral about it, not numb (which would still be a response), but stress free and calm. The incident has no impact on his life anymore.

At the time, Gordon and I could only do two EFT sessions in total, and he is aware that there are more memories that deserve to be released with EFT. I am looking forward to continuing to work with him whenever he is ready.

With Gratitude,  
Ingrid Dinter

# Veterans: Finding Their Way Home With EFT: An Observational Study

Ingrid Dinter

*International Journal of Healing and Caring*, (2008, September), 8(3).

## Abstract

Helping Veterans heal from the trauma of war has been a journey into a spiritual place that I might not have been able to reach otherwise. I am filled with gratitude for every soldier who has allowed me to get an insight into his or her world. These are my most amazing mentors who are giving me their loving trust and support to continue this journey. As a life coach, specializing in Emotional Freedom Techniques (EFT), I have been blessed and honored to help many Veterans heal from their trauma of war. I have worked with US Marines who, even after 40 years, still can't find forgiveness for what happened in Vietnam. I have helped Veterans from most recent wars who have relived their nightmares of horror, overwhelm and danger every night. EFT4Vets, the training program for practitioners I have developed, understands PTSD symptoms as symptoms of the soul. It offers an integrated program for practitioners that will enable the EFT coach to assist the Veterans on the physical, mental, emotional, relational and soul levels. This program honors the transformational effect that using EFT for helping Veterans to release PTSD symptoms can have on the practitioner as well as the Veteran. Building rapport and trust between the practitioner and the client before the work together begins is an integral part of the training, and so is the thorough teaching of specific applications and techniques of EFT for Veterans through presentation, demonstration and practice.

For the full text of this paper, visit the journal's web site. <http://www.wholistichealingresearch.com/ijhchome>

---

# Working With Military Service Members and Veterans: A Field Report of Obstacles and Opportunities

Ingrid Dinter

*Energy Psychology: Theory, Research, & Treatment*, (2009), 1(1), 89-92.

## Abstract

The first few moments of an encounter with a veteran may be crucial in establishing a therapeutic alliance. A posture of respect and acknowledgment of their service provides a good start. Political observations should be

avoided. Many service members identify with the archetypal warrior, laying down their lives to protect others and have a sense of betrayal that their purpose has been interrupted. They are often reluctant to talk about their experiences, or engage with a mental health practitioner, because of similar past experiences that did not bring relief. EFT is useful in this context because it can be used without the veteran describing the emotionally triggering event. Veterans may experience these as real, present-time events, not as memories distant in time. Service members may also be afraid that their mental health symptoms may make them appear weak to their comrades and superiors, potentially damaging their careers. Symptoms like flashbacks and nightmares often occur when healthcare providers are unavailable, and a portable self-help method like EFT is useful at such times. EFT also provides a coping technique to families of service providers and improves resilience. Successful implementation in a military culture requires sensitivity to these issues.

<http://energypsychologyjournal.org/?p=87>

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=3583:psychological-trauma-in-veterans-using-eft-emotional-freedom-techniques-a-randomized-controlled-trial&catid=39:research-studies&Itemid=3213](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=3583:psychological-trauma-in-veterans-using-eft-emotional-freedom-techniques-a-randomized-controlled-trial&catid=39:research-studies&Itemid=3213)

---

## Veterans' first experience with EFT

Bill Spiller presents this in-depth study of his work with several Veterans during a 3-day visit to the Kc Stand Down For Homeless Veterans, Kansas City, MO, June 2, 3, & 4 2011. Bill takes great care in pre-framing the experience. Those he worked with were amazed at how quickly they were able to find relief and freedom from serious traumatic events. A highly recommended article for anyone working with PTSD sufferers.

---

By **Bill Spiller**

I was invited at the end of April, 2011 to work with a PTSD Veteran by a man who found my name on the Internet while searching for EFT help. He and the Vet live about 2 hours from my home. The gentleman who called me has a daughter. She and her son live with this Vet. A significant event occurred last Thanksgiving that greatly concerned this Grandfather about the safety of his daughter and grandson. He asked if I could help. He arranged for the Vet in this story to view one of the EFT & PTSD videos he had obtained. The Vet watched the video and agreed to try EFT. I went to the daughter's home and worked with this Veteran. We began the same way as I describe later in the article. We ended up clearing 8 different trauma events. He was able to talk about all of them in great detail without any emotional reactions. He was amazed to say the least. It turns out that this Vet helps as a board member for the KC Standdowns for homeless Vets in the Kansas City, MO area. These stand downs provide food, clothing, and many, many social aids like helping to find jobs, medical care, housing, etc. He invited me to attend as a care giver and I was thrilled at the opportunity. The Stand down took place June 2, 3, & 4 this year. I look forward to helping at more events.



**Overview of Work done with the Veterans**

In general I followed the same steps with each Vet and they were as follows:

In each of these case studies the names have been changed for privacy purposes. I gave a brief explanation of EFT. I asked about intensity of being with me, a stranger, to try something they knew nothing about with the possibility of a strong emotional reaction. Almost all had a very high anxiety about this as well as some surprise that my initial concern was for their safety and with an understanding of their concerns. I then introduced the tapping process to them while calming their fear and anxiety about this. In each case their anxiety went to 0/10. This introduction to EFT had great results and created a lot of surprise in them that something so simple could be so successful.

I also used these initial rounds to explain how the parts of the Basic Recipe worked. So by the time we began to work on specific traumas, they were quite comfortable with what was happening. This doesn't mean they were completely relaxed about where they were going, but they already had a positive experience with EFT, so they were willing to move forward.

I found it very helpful to incorporate at some point during the tapping process an introduction of "reacting" vs. "responding" to medication as a metaphor for how "reacting" to events in their lives usually causes more problems while "responding" usually leads to more calmness and control. I then tell them EFT is the process that makes "responding" possible.

I also told these Vets about the Palace of Possibilities and how the writing on their walls controls their thinking and rationality process. I then explained how EFT can be used to erase/write over/or add new positive writings on their walls and how these positive entries on their walls became what they consulted increasingly more than their negative entries.

Almost all of them felt angry at their medical people in the VA, I often introduced them to a personal concept I have. This concept is that life is a game, and that their participations with the providers and staff are individual games within their game of life. I get some rather quizzical looks from the Vets when I say this. I compared life to an electronic game, something they are all familiar with. These games have rules. If you break a rule you are usually punished with the loss of power, money, weapons, lives, etc. While playing the game you make decisions and things happen as a result of those decisions, sometimes good, sometimes bad. You make adjustments and keep on playing. Sometimes you have to start the game over. The goal is to reach the end of the game. Along the way you pick up new skills that help you play better. I then relate EFT as the best skill they can gain to successfully play the game of life.

Several of the Vets interrupted me to say something like, "Oh I see how this works. You do this tapping stuff and keep repeating these words to distract your mind from the real problems." My answer to this was always, "No, that's not correct." Then I would give them the correct explanation in EFT terms.

In all cases I explained that we would go slowly toward the moment of a particular traumatic event. This meant taking it one aspect at a time. Most of the soldiers I worked with this weekend were not very good at doing this.

At the end of each meeting with a Vet I would give them a handout of the physical pages 1, 16-17, and 28-40 from Gary Craig's EFT Manual. I also gave them a card with my phone and e-mail address for future contact.

### **Case 1: 'Michael'- 60 year old Vietnam Veteran**

Michael asked if there was anything EFT could do for his severe Arthritis pain. His pain was the most severe in his right elbow area and he rated it at 10/10.

I started by asking Michael what he did for a living in his younger days. He said he was a carpenter and a

concrete worker. I then asked him if he ever had an injury and kept on working. He said he did many times.

I explained briefly the EFT process and then began having Michael do his own tapping while I showed him the tapping points and guided him with what to say. We started with the SET UP saying, *“Even though I have this severe Arthritis pain in my right elbow, I deeply and completely accept myself.”* We repeated this 3 times. We then did the Short Cut tapping with the reminder, *“This severe Arthritis pain.”* Michael had no change at this point. We then did a subsequent short cut round and again there was no change. We continued by completing the entire basic recipe. After this Michael was surprised to find his pain was lower. He rated it at 8/10. We did 3 more subsequent rounds and his pain was a 4/10. We did 1 more round during which I added statements about anger in his elbow, un-attended injuries when he was younger, and forgiving himself for not taking care of those injuries at the time. His pain dropped to 3 but would not go lower. He was thrilled because he had not had such a low level of general pain in his elbow in a very long time. He said he also had a lot of trouble at night if he slept with his arm/elbow in a certain position. I told him to tap on getting in this position when he slept and do the tapping just before he lay down.

Michael had also complained about pain in his hands and even winced when we shook hands when we met. I shook his hand firmly after we were done. He did not have any reaction. He even observed that the shake was fine. He was pleased.

I saw Michael the next day and even though he did not tap on his arm/elbow position when he went to bed, he had no trouble. He said his pain level had held and he couldn't believe it.

## **Case 2: ‘Mary’ - 45 year old Veteran**

Mary was also introduced to me by one of the long-time volunteers.

Mary is a Social Worker and works with some PTSD Vets. She was interested in learning more about EFT. I gave her the information found in the overview and noticed she was anxious when she talked. I asked her about that and she said she was anxious a lot of the time. I asked if we could demonstrate EFT to her while aiming it at her anxiousness. She said we could.

While she was not able to give a specific example of what triggered her anxiousness, 3 rounds of the Short Cut EFT process had her down to 0/10 at that time. She was amazed and did not expect to learn anything that could work that quickly.

On her own she mentioned that she would burst out crying without warning. I asked her if she could remember a specific instance and what was happening at the time. She said she could not. I believe there may be significant abuse in her background and that she chooses not to give examples and instead says she can't remember. However I did not suggest this or push her for examples. We did the Set Up with, *“Even though I burst out crying without warning, I deeply and completely accept myself anyway.”* Then we applied the initial round and 2 subsequent rounds to *“crying without warning”*. I explained that we have no way of knowing if this would be successful. She would have to wait and see if it happens again. If it did, she should tap the crying to zero and then see if she can identify the trigger. If she can, then apply tapping to the trigger. She said she would try and do that.

As with the others, Mary felt very calm, more than she had in quite a while.

## **CASE 3: ‘Peter’ - 61 year old Veteran**

Peter was introduced to me while I was discussing EFT with some of the Volunteers. He had a very bad itch all over his body and he had PTSD issues. He agreed to give EFT a try because the other guys encouraged him to

do so.

Peter selected a traumatic event that occurred at Miramar Marine Air Base. Again this veteran went straight to the event rather than sneak up on it. A plane went out of control and crashed into a hanger where Peter and 2 other Air Force Personnel were working. The plane came through the side of the hanger and exploded in fire. Peter saw the 2 other guys burst into flames while he was standing nearby. He got a 20 pound fire extinguisher but could not use it. He just stared at the guys burning, threw it down and ran to his home.

For this he labeled himself a coward. While he was home in his bedroom, his Chief showed up at his house to tell his wife he had died in the accident because they could not find his body. He did not give any details about what happened after it was discovered he was at home. He said the event took place on December 23 8 years ago and every Xmas he had extreme anxiety the week before the anniversary. He then said he had no anxiety about it now because Xmas was a long way off. He then recounted 2 other stories with traumatic memory affects. One of those events occurred on a March 2 and the other on a Memorial Day. The anniversary of these events also caused anxiety, but not now because the dates were passed. Then he said there was an event anniversary in October but that date was too far off and minor compared to the others, so no anxiety there either.

I found it interesting that he got no anxiety by vividly trying to imagine any of the events. I believe his self-protection behavior was to disassociate from the events until the nearness of the anniversaries forced him back to them. I asked if there was anything that would trigger any emotion at any time. He said the smell of diesel fuel would bring on extreme anger, like if he were in his car behind a semi truck. Diesel fuel had the same smell as jet fuel when the jet fuel was burning. This was the opening. I asked him how intense his anger would be if he were to focus on the smell of diesel right now. He said it would be at least an 8/10. We did the Set Up (mostly because of the possibility of guilt getting in the way) and the initial round for "*diesel smell*". Peter said his intensity was a little lower like a 7/10. I had him finish the full Basic Recipe and he went to 2/10. We did one subsequent round and he was at a zero. I asked him to vividly bring up the diesel smell and try to imagine himself trapped in a car full of the smell to try and get angry. He could not. Then we tapped on "this Xmas event". I explained that there was no way to know if this would help with the memory until Xmas came around because he could not use imagining this event to create any negative emotions. He did not want to work on any of the other events right then.

Peter was totally amazed that the diesel anger was gone. I asked if there was any way for him to get behind a diesel on the way home. He said he probably could if he took a certain route home.

I noticed Peter did not scratch during our work on diesel smell, but he started to right after we finished. I asked him if we could tap on that and he said yes. After the initial round, he laughed and said that the entire itch was gone except for his right forearm. We tapped on that then he said it was gone but his butt itched. We tapped on that and then all of it was gone. I explained chasing the pain to him.

Peter was blown away by how simple the process was and how calm he felt. I saw him the next morning and he said he had a terrible night. He said he had to go to the hospital his itch was so bad. It turned out to be an allergic reaction to 2 cortisone shots he received yesterday, one for pain in each of his knees. I explained that EFT may have been able to help, but that we just tapped for an itch rather than a reaction to cortisone.

Then I asked about the diesel fuel. He said, "You won't believe it." He got stuck in a traffic jam for about 4 minutes. About half way into the stoppage, he realized he was stuck between 2 semi trucks and his car full of the diesel smell. He had been listening to the radio, having a good time, and then realized where he was. He said ordinarily he would have been strangling the steering wheel and getting madder by the second, but nothing happened.

Peter is also starting up a group project to help the families of PTSD Vets. He invited me over to give a presentation to his group the second Tuesday of some month.

#### **CASE 4: 'Stephen' - 24 year old Veteran**

Stephen was looking at our poster on EFT and I asked if he had any PTSD issues. He said he did. I asked if he wanted to try EFT. He was waiting for a friend, but said he had a little time.

I asked him to pick out a small traumatic event that gave him some discomfort. He did and said he was at a 3/10. We tapped the Set Up, an initial round, and a subsequent round and he said he was at a zero. He did not tell me what the event was but said that he would definitely have been unable to talk about it prior to the tapping.

He was ready to go find his friend. He thanked me and said the "whole thing" was amazing.

This was a very short contact.

#### **CASE 5: 'Roy' - 33 year Veteran**

Roy was my first PTSD client at the Stand Down. He was introduced to me by another Vet I had worked with at a previous time. While walking to my EFT room I found out that Roy had been approached by John whom he did not know. John introduced himself and directly asked Roy if he had PTSD issues. Roy was taken off guard a little by this approach but admitted he did.

Once in the room Roy sat down and I noticed both his legs were bouncing rapidly and his breathing rate was a little shallow and fairly fast. We discussed his fear and nervousness at finding himself in this position. We began by tapping on this fear and anxiety. Although he didn't know what to make of what was going on he continued to follow my instructions. As with other Vets, the first initial and subsequent rounds brought little success, but adding in the remainder of the full Basic Recipe brought a decrease in anxiety. Roy was very surprised at this change in how he felt. We continued for 3 or 4 more short cut rounds. His legs stopped bouncing, his breathing became more relaxed and deeper, and his breathing rate slowed considerable. He actually pointed out all these changes which showed he was in tune with his body and knew how it worked.

After we went through the full basic recipe he commented that he was surprised that tapping on his finger tips really felt good. I said that most people have a point or points that felt better than others and it was good that he was aware of this. I explained that we would use the Short Cut tapping points initially, but would quickly go to his finger tips when needed. This would allow at certain times for movements and also to test his observation that tapping his finger tips felt extra good.

Roy also made the observation that he was a little distracted by following me for the tapping points and for what to say. I said that was a good observation also and that we would have him do most of the tapping/talking by himself. A side benefit here is becoming more familiar faster with the tapping process.

Next, we went to the first traumatic memory. As frequently occurred, Roy went directly to the event. He and a buddy were sent to an area where explosive ordinance was being buried and they were to be in charge of crowd control. He got out of their vehicle and went around the front while his buddy got out on the passenger side. As he came around the vehicle, a rookie with the team burying the explosives made a mistake and the ordinance exploded killing everyone on the burial team. Roy, his buddy, and their vehicle were covered with blood and body parts. A short time later he and his buddy had to take garbage bags and collect the body parts, identify them, and bag them. The pieces were very "squishy" and the blood was slick and smelly. This event he rated at 8/10 and his *least* traumatic memory.

Even though Roy went straight to the event, I decided to break the aspects I saw down to tap on individually. Roy did most of the tapping after I suggested some wording. He tapped on “*going around the vehicle*”, the “*explosion*”, “*being hit by (rather than covered by) body parts and blood*”, “*identifying soldiers and their body parts*”, the “*squishiness of the parts*” and the “*smell of the blood.*” These aspects averaged 5/10 and most cleared to 0 after one round. The “*squishiness*” was a 7/10 and required 2 rounds.

Roy then ran the movie trying to get intense and could not. He was totally amazed by this time and so grateful he had allowed himself to try this.

I asked if he would like to work on another traumatic event. He said he did not because he was too afraid of what he might do if he got too intense from the memory. I said that was his call and I was OK with it. I did suggest we do just a little tapping on the fear of going farther with this process and recalling terrible events. He said OK, but before we could get started he said, “*You know I am really getting mad.*” I could tell he was and I asked what about. He said he was mad that his doctors at the VA didn’t know about this tapping stuff and make it available to him and his combat brothers years ago. The more he thought about it the madder he got. I said the anger was not healthy and asked if we could tap on it and he agreed to. We tapped the anger down to zero and I had him tap while I went through a list of possible reasons why the doctors might be hesitant to look into or use EFT. The list included: all the money, schooling, and practice time invested as a doctor, only to have someone like me come along and say, “*I can help those that you can’t.*” Knowing they have ignored a technique so simple and effective as EFT might be a very fearful realization to them. I suggested the doctors might be as afraid of this realization just as he was too afraid to go farther with the tapping right now even though he realized how much it helped him. This seemed to hit home as he nodded when I said it.

We ended on that note. Roy was so calm he couldn’t believe it. He had not felt like that in years.

### **CASE 6; - ‘Susan’, 50’s year old Veteran**

Susan is one of the organizers of the KCSD. I was sitting under a canopy talking with some of the other Volunteers. Susan came in pushing on the area under her right breast. She was having great difficulty breathing. Someone asked what happened and she said a fork lift was turning around while backing up and one of the boxes on it hit her in the area she was holding.

I watched for a moment and then got a chair and sat in front of her. She was familiar with EFT but had never used it. She let me start tapping. Everyone was yelling instructions to her but she just closed her eyes and let me tap. Finally everyone else calmed down and was quiet. Susan began to find it easier and easier to breath and her pain level dropped. She got down probably to a 1 or 2/10. She thanked me.

3 more times after that I noticed her holding the injured area. She said it was only temporary; she had done something she shouldn’t have done and brought the pain back. I asked her to go to a doctor and get an x-ray because I was worried she had a possible broken or cracked a rib. She is a tough Vet and I doubt she will do that. I don’t think she was tapping on her own for pain relief.

### **CASE 7: ‘Bob’ - 30 year old Veteran**

Bob was very much like one of my earlier cases. Very soon into the meeting he began to cry. I tapped on him continuously with both hands for probably 5 minutes. He also did the up and down crying and sighed several times while I was tapping. He gave a really big sigh after we stopped tapping. He said he never imagined he could feel this calm.

He began talking about problems with relationships. I gave him a reframe using the “writing on the walls” analogy where the argument occurred, not between him and his significant other, but between the “writing” on

each of their walls. He was a little surprised at the idea but said he understood it. I explained that EFT was a tool that could change/write-over/write new on his walls to allow different communication between the two of them.

Then Bob shifted to a story about his father. When his father was about 12 years old, his grandfather became an alcoholic and died a couple of years later. There were many other deaths among extended family members and several other “gloomy” events. He said his whole life was one of “gloom” in the family. I suggested that his life was full of “gloomy” responses to things that happened to him and he instantly lit up with astonishment. He was so surprised to realize that these events when he was younger and hearing the stories could have such an impact on him now.

I asked if he wanted tap on any of this and he said no. What he wanted to was to go somewhere alone, have a cigarette, and start reading the material in the handout.

When we started, Bob had a very deep furrowed brow in his forehead. After we finished, his brow was calm, he was talking slower and with a deeper voice. His anger was obviously way down.

### **CASE 8: 'Mark' - 66 year old Veteran**

Mark was another difficult case due to multiple issues, both military and civilian. As soon as he sat down he began to race through those issues. He went right up to the day we met with VA problems. He said nothing could help him. He said his intensity was 9/10.

I asked him to follow my directions as we began to tap on his general intensity. All of a sudden he began to cry. I started tapping on him with both hands. I continued this for probably 10 minutes straight and sometimes included the finger points and the inside of the wrists. He would sometimes begin to slow his crying and then return to a full cry. He did this about 6 times and then slowed and stopped.

He said he did not want to cry. I told him, as I had earlier, that EFT is gentle and is usually able to resolve issues without tears. But the tears in his case were very valuable. I explained that he had been unable to focus on any one issue without jumping to another. The up and down intensity of his crying may have meant that his subconscious was helping him focus on specific events and that as EFT cleared one event his crying reduced. Then another new one came up and his crying intensified. The focus he could not reach consciously was reached while he was crying. He said he did feel much more relaxed and was surprised because he was convinced his case was hopeless.

When I first met Mark, he kept a deeply furrowed brow. This expression was beginning to relax. As he talked and intense feelings came up, his brow would tense up. This made it easy to know when to tap. At one point, I asked him to continuously tap and just talk about his issues. He did this and several issues lost importance. I explained that when he was having trouble focusing on an issue that this was a good method to try. While doing this, issues will show up with greater intensity and those are the ones to focus on which he should then be able to do.

I used a number of metaphors and reframes with Mark . He was very receptive to this process and often showed surprise at what was possible.

Mark was also having trouble with relationships. He told me of a fight he recently had with his significant other. She had hidden a couple of “*joints*” in her jacket pocket when he came into the room. He wanted to know what she put in her pocket and she wouldn't show him. He was confused about allowing her privacy and trusting her because she had lied about what she put in her pocket. I gave him Gary Craig's explanation that she and he were not doing the arguing. The arguing was being carried out by the “writing on their walls”. He was

really surprised by this concept. I explained that EFT could be used to change/cover up/write new on their walls allowing for different behavior.

He was very calm when he left. He was talking slower and in a deeper voice.

### **CASE 9: 'Andy' - 66 year old Veteran**

Andy was a Volunteer with a religious Veteran's organization. We and some other Volunteers were talking about EFT. He said he had some issues and would like to try it.

When he sat down, he began talking and jumping around quickly. This happened with several of the Vets I worked with. I was wondering if this had some kind of protection for them when they talked in group meetings because it allowed them to tell their stories without focusing on any one serious issue.

Again we used EFT to calm Andy down to a 2/10. I asked him to pick out an event and he did. I asked him to make a short movie out of it and give it a title. The title he chose was something like "*Richard Petty and Kyle Bush Lightning.*" I had him repeat it but still couldn't get it quite right. So I said OK, we'll tap on that. He said it wasn't really a war trauma. I said that was OK.

Rather than start slow as instructed he jumped right to the event. It really had nothing to do with NASCAR. A speeding vehicle hit his sister while she was crossing a street and killed her. Among other severe injuries, she was decapitated. He felt tremendous guilt because he was somewhere in a restaurant and if he had been with his sister, she wouldn't have died.

We aimed EFT at the guilt. After the Set Up, an initial round, and a subsequent round he yelled out, "*It's gone.*" I asked what was gone and he said, "*Everything, no guilt, no memory of the event, no nothing!*" He had yelled it out because he was startled by what had happened. Honestly, so was I. I asked how do you feel about that and he said it was amazing. I didn't have him try to bring up any intensity because he had nothing to go on for it.

He then started talking about moving to KC in March of this year to make a new start. He had brought 700 dollars with him in cash. He was sitting at a bus stop and took out the money to count. He was unaware of the 3 men who were watching him. He put the money away and the 3 men demanded he give the money to them. He managed to knock down 2 of the men before the 3<sup>rd</sup> one hit him over the head with what the impression in his head showed to be a hand gun. He woke in a VA emergency room and the money was gone. He did feel lucky he hadn't been shot when he found out a gun was used to knock him out. He realized he had been foolish to count the money in public but he couldn't get the foolishness and fear out of his head. This had occurred a month earlier.

I skipped the Set Up to see what would happen and after an initial and subsequent round he felt fine. He was, and is, a very good candidate for EFT. He decided he needed to get back out to his provider table but felt he had been given "the power" to control his life and he was going to do it. He called me Saturday evening, mostly to talk. But he did say that he was going to do great things with his life now that he had this power. The first thing he was going to do in a couple of months was buy a Harley Davidson motorcycle. Andy is an interesting Case Study.

### **CASE 10: 'Richard' - 34 year old Veteran**

Richard was also a Volunteer at the KCST. He was referred to me by another Vet who had worked with my EFT Partner, Dave, from New York.

Richard was also very nervous about trying this new procedure he had never heard of. He started talking as soon as he sat down and just jumped frantically from one event to another. He talked about his military events and many events since he had gotten out of service. He was unable to stay on any topic for more than a few seconds. I knew I had to calm him down or I would not be able to let EFT give him any benefit. I interrupted him and said we needed to begin using EFT so we could start with *“all this stuff in my head”* and he agreed to try this. After an initial round and 3 or 4 subsequent rounds he calmed from probably 100/10 to 2/10. He then began to tell stories, again jumping around quite a bit. I remember feeling a bit concerned as to whether or not I had the skills to use EFT to his benefit. I knew EFT could help and I needed to be persistent and continue to try and find individual events to focus on.

Most of his jumping around seemed to center on being put in jail. He talked about not being able to earn money while in jail; he had no friends or family to bail him out; and being moved to another jail. He also talked about yelling *“I didn’t do it.”* but they wouldn’t believe him. He felt helpless. I decided to focus on feeling helpless. We tapped on *“this helplessness.”*

He calmed down a little and then said it was just like when he was a kid and some other kids rolled him up in a heavy blanket and put him between a stack of wood and an old building. I asked him if the helplessness was the same and he began to run through other scenarios again. I directed him back to the helplessness. He finally said the feeling was the same. We tapped on being trapped and helpless for hours and screaming for help (just like in the jail) and he calmed down to zero.

Then he suddenly realized he was running two trips to jail together. One was for traffic violations, but the big one was for domestic abuse. He was amazed that he could separate the two events. He hadn’t been able to do that for a long time. He talked about having successful businesses and then losing them. He talked about having a wife and losing her. He talked about having a nice house in an exclusive neighborhood and losing it. He talked about his wife’s addiction to gambling and his one-time addiction to heroine but that he had been clean for a year. He talked about finding God, but not being able to count on God to help him. I told him that maybe God was helping because God had given him his life. That his body had the ability to heal itself and that EFT was the tool to help do that. I reminded him that he had a circulatory system, nervous system, and respiratory system and that a blockage in any one of them could be very dangerous, even deadly. Along with these systems God gave us our Energy Systems and blockages in them can also be dangerous, even deadly.

With EFT we can maintain a healthy Energy System and be calm and peaceful. He felt better about what we were doing knowing this.

Again Richard began to wonder and thought about a friend of his who had two little girls. His friend died and he lived. I never found out if this was a military or civilian death. He instantly started to cry. I began tapping on him with both hands. I repeated *“He died and I did not. I should have died. He had two little girls and I have no one.”* Gradually Richard relaxed until he no longer had any guilt about living. I began reframing along the lines of Richard having a purpose he doesn’t yet know about. Finally Richard switched from *“my problems”* to *“my future”* types of statements. He was amazed that he could ever have those feelings again. He said, *“God led me to you and this was a miracle.”* I reframed that to *“God led him to me so I could show him EFT, and if there was a miracle, that was it.”*

I saw Richard later that day and he said that 3 events happened around him, anyone of which would have sent him into a frenzy before he learned EFT. He tapped and stayed calm through all of them.

### **CASE 11: ‘John’ - 38 year old Veteran**

John was introduced to me by one of the long-time volunteers. He said that John had very significant anger issues.

John sat down and immediately admitted he had very strong anger issues and that he was very angry right then. I asked if he knew why he was angry and he said he was mad at a particular volunteer for how he was treated. I asked if it would be OK to try EFT on this anger at the individual. We did an initial and subsequent round. His anger came down a little from 10/10 to 8/10.

John then said he didn't think he could go any lower because the guy was such a jerk. I explained that EFT with John wouldn't make the guy less of a jerk, but that it could help John's response to the guy. Then John said he had known the guy a long time and the guy had always been a jerk.

We did several rounds with the reminders of *"This guy's a jerk."*, *"He's always been a jerk."*, *"I get mad every time I see him."*, *"I even get mad when I know I am going to see him."*, *"My anger at this guy."*, *"My anger doesn't benefit me."*, *"My anger doesn't hurt this guy."*, *"I choose to not be angry."*. After these rounds he was down to a 1/10. He did not want to let go of all his anger.

He admitted he had been angry most of his life. I asked if he could remember the first time he felt this anger. He was very specific and said it was caused by his dad. The first time he remembered was when he was about 6 years old. His dad was an alcoholic and one day he saw him hit his mother. He was too young and too small to stop him so he got angry out of frustration. A light bulb seemed to come on when I told him his anger today was likely due to his anger then and that most of his anger all his life was due to frustration at being helpless. He was amazed that it could be so simple.

I suggested we tap on that event but he said he didn't have time. He wanted to get outside to pick up clothing before the supply ran out. He also indicated that his memories were too intensive and too extreme to be helped by EFT. He admitted though that he had not felt this good or this relaxed in years. I suggested he do his own tapping and start with the *"dad issues"* and see how much better he was at handling frustrating situations.

It is impossible to put into words how truly blessed I felt for having this opportunity and achieving the results that occurred through EFT. I wish I could have more time with each of the Vets, but I feel I at least gave them a tool that can help them control their future.

Bill Spiller  
Cert-1 EFT Practitioner

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=9129:veterans-first-experience-with-eft&catid=29:trauma-and-ptsd&Itemid=3128](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=9129:veterans-first-experience-with-eft&catid=29:trauma-and-ptsd&Itemid=3128)

---

## **Korean War Veteran Finds Emotional Freedom 50 Years Later**

EFTU Trainer Alina Frank helped Korean War Veteran Arnie L. heal the emotional wounds of war before his classmates in Level 1 and 2 workshops.

---

**by Alina Frank**



Eighty-two year young Arnie L. thought he was attending the EFTU trainings to learn a tool to assist his 12-step program sponsorees. Little did he know he'd be transformed in the process by releasing 50 years of held war trauma and guilt.

Arnie had learned about EFT through the manual that a relative had sent him and was intrigued enough to attend the 1<sup>st</sup> Washington Tappers Gathering. The experiences he had during the Gathering were powerful enough to convince him that there was something to this tapping business and he eagerly signed up for the trainings in Seattle the following weekend.

The first day of level 1 in EFTU trainings we teach the Movie Technique. In this process we slowly release painful events, one crescendo at a time, all the while looking for other aspects. This technique demonstrates just how easy and painless EFT can be when releasing old traumas. As I discussed the different points of the process, Arnie had a comment and without a moment's hesitation began to tell us all about one of the worst days of his life as a young sergeant in the Korean War. Fortunately, I had already told the students what they needed to do for their own self care if something disturbing should trigger them during the workshop. Because of the graphic nature of Arnie's tale, everyone had begun tapping on themselves silently. I asked Arnie to pause and after confirming that my emotional assistant would continue to scan the room in case someone else needed help with emotional intensity, I asked Arnie if he would volunteer to demonstrate the technique in front of the group.

We began tapping on the title that Arnie assigned his "movie" to bring down some of the intensity. He then proceeded to share the events of that day – his first day on the ground in Korea. Even though I had given him clear instructions to pause at any point in the story where he felt emotions rising in intensity, Arnie was so dissociated that I often had to ask him to stop and double-check that what he had just said wasn't charged. More often than not it was. He had told his story so often that on a conscious level he didn't think he had any emotional intensity around many of the scenes including disturbing images of charred bodies, but he did indeed. Each time I got confirmation that his body was feeling any intensity we would tap it away to a zero. With each aspect, bit by bit, Arnie's whole body, most noticeably his face, would relax more and more. After all the peaks were cleared, Arnie was able to tell us all about the events of the first half of the day including pieces he had never previously recalled. Arnie told us that the next part of that day in Korea was still unresolved but agreed to work on it later.

Over the course of the week between levels 1 and 2, Arnie reported that he felt lighter, that he'd been able to listen to Big Band music without sadness for the first time in 50 years, and that he could smell cooked meat without the disgust he normally felt in his body. All of these bothersome issues had just disappeared as a result of the work he had done during the workshop or as a side-benefit of that work.

Returning the next weekend for level 2, Arnie was ready to work on the events that happened on the second half of that day in Korea. The beliefs Arnie had created around this had been constantly with him and he made

reference to the tremendous overwhelming guilt he had been carrying since then.

The first module in EFTU level 2 training is a review of the level 1 fundamentals. As soon as I asked the students to describe the Movie Technique my eyes met Arnie's and I knew then that he was ready to work through part 2 with me. After I carefully warned the others in attendance about the graphic nature of the scenes, Arnie began describing the 1<sup>st</sup> half of the day with a new sense of peace and understanding. This was perfect confirmation that the work we had done the previous week had held. I then asked Arnie to pause and give the second half of the day a movie title. He named the movie, "John Wayne Could've Saved Those Men". The title alone was a 10 in intensity and we worked for a few minutes on getting it down to a 2 before proceeding. He then began his story and was much more able to sense when there was a charged part of the story. Again we would pause and tap and move on once the peak subsided. The whole process lasted about 20 minutes from start to finish.

One of the beautiful aspects of EFT is that once you have released pain, guilt, anger, sadness, etc from your energy system, you often have new insights and the return of important pieces of the story that help to bring resolution about past events. Arnie told us that he now recalled that he'd been told that the men he was instructed to save that day were already dead. He also was able to comprehend that it would have been impossible for him to have saved them, and that to have attempted to go further than he had, would have meant suicide and perhaps loss of other lives. All of this had been suppressed under his blinding guilt.

My work on the Stress Project where I volunteer my time to work with war veterans has been some of the most inspiring work I have ever done. This is a beautiful example that shows why I teach and practice EFT as a method for helping people transform their lives.

That a person like Arnie can hold intense life-altering memories for over 50 years and can be healed within a span of 40 minutes, serves to remind me that everyone on the planet today should be learning and using EFT.

<http://www.tapyourpower.net/testimonials.html>

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=8896:korean-war-veteran-finds-emotional-freedom-50-years-later&catid=29:trauma-and-ptsd&Itemid=3128](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=8896:korean-war-veteran-finds-emotional-freedom-50-years-later&catid=29:trauma-and-ptsd&Itemid=3128)

## **Working with Vets**

### **My Experience While Filming the Veterans PTSD Documentary**

#### **"Operation Emotional Freedom: The Answer"**

**by Lindsay Kenny, EFT Master**



## Part 1 of 2

### Practitioners and Support Professionals

I'd like to express how honored I felt to be included in the making of "**Operation Emotional Freedom: The Answer**" an insightful documentary about war Veterans and their struggles with Post Traumatic Stress Disorder. I was part of a select group of EFT experts, organized by Gary Craig, EFT Founder. Additionally, there were valuable assistants, including my favorite Vet, and EFT Practitioner, Miguel Vasquez, plus a psychologist, psychiatrist and many others support team members. The film itself was managed, directed and produced by Eric Huurre *at his own expense* along with his cracker-jack film crew.

The key to the successful making of the film was the willingness of some very brave Veterans who agreed to put their fate and privacy in our hands.

### The Meet and Greet

The first night, when they brought the Vets in to meet us, the energy in the room was so highly charged it was almost crackling. The hair was standing up on my arms and a prickling chill ran through my body. Everyone was nervous, but the Vets looked *angry*... at us and the world.

Maybe they were afraid that what we were about to do with them, which they knew little about, wasn't going to work. Or, maybe they were afraid that it *would*. None of us really knew what was going to happen. I only know that during the first few moments of introductions I was a little bit afraid...and I'm generally fearless.

Fifteen minutes into the introduction I was downright *frightened*. Even though we had read their intake forms, I still wasn't ready for what I was hearing. I remember thinking "What in the world have I gotten myself in to?"

It was too late to turn back, however, and I was already committed to helping them get out of the painful place they were in at the moment. I'm so glad I didn't let the trepidation get to me, because it ended up being an incredibly fascinating and enlightening experience.

Each practitioner was assigned 3-5 Vets, or their family members, as our primary responsibilities. However, we all rotated our sessions so that we ended up working with all of the Vets, not just our own assignees. On the first morning the practitioners measured our Vets' intensity levels, from 10 to 1, on each of their symptoms (with 10 being highly charged or painful.) We then tapped with our assigned Vets, individually or in small groups, as well as with Vets not assigned to us. We did this for 8-9 hours a day, while being videoed. It was pretty intense.

### Shared Anger and Betrayal

There were several commonalities that I started noticing about these Vets as we began working with them the first day. Even though they had never met each other before, they had much more in common than their service to our country.

One of the many things the Vets had in common was their array of negative emotions. We witnessed a spectrum of anxiety, stress, frustration, resentment, guilt, shame and fear. The most commonly held feelings, however, seemed to be *anger and betrayal*.

Their anger, directed at different events, people or injustices, was deep and intense. It reflected the raw emotion that I had felt the first night and found so scary. As we worked with the Vets over the next few days, we heard many of the justifications for why they were so mad at the world. Most of their stories, however, were too horrific or personal to repeat.

Many were experiencing common symptoms, such as insomnia, nightmares, night sweats, headaches, depression, migraines, tinnitus and fear of heights or loud noises. Some were so afraid or paranoid that they *carried weapons with them at all times!*

Perhaps it wasn't unexpected that many of the Vets experienced the same emotions or disorders, given their exposure to violent or traumatic events. That's to be expected with war and PTSD. The strange thing was that the *family members* of the Vets (spouses, parents or siblings,) with whom we also worked, experienced many of the same PTSD symptoms as the soldiers! No battlefield experience whatsoever, but similar emotions, issues and symptoms.

**Most unexpectedly, however, was a shared sense of betrayal.** Many of the Vets felt they had been let down by their commanding officers, comrades or by their government. While their reasons for feeling betrayed varied, their stories of betrayal held the commonality of being disturbing, sad and shocking.

## **The Evolution**

At the end of each day we would all leave exhausted and drained. Each morning we would meet again with our personal assignees to see where they stood with their issues. We would ask them to measure their intensity again on each of their symptoms. It wasn't remarkable to the practitioners and assistants that the Vets were experiencing great results. However, *they* were genuinely surprised and pleased by how quickly their symptoms were dissipating. We could all feel the shift in the energy throughout the day and the next morning as our assignees checked back in with us.

By the end of the second day many of the Vets were pretty much over their PTSD issues. A few of them had deeper issues (many were non-war related,) that took an extra day or so to deal with. We actually tested them with sounds and graphic pictures, plus prodding of old memories to see if they were truly over their issues. And they were!

We started seeing changes in their faces as they talked and in their postures and movements. One soldier started swinging his cane as he walked down the hallway, where he had previously been limping like a 90-year-old man. Another Vet, whom I was a bit afraid of in the beginning, transformed into a sweet, gentle soul, sporting a constant smile and twinkle in his eyes. My favorite female Vet, Debi, unleashed her terrific sense of humor, which had long-been forgotten. What a joy!

## **The Metamorphosis**

I remembered how on that first night of introductions the Vets didn't look at each other, or at us. It appeared that many of them could have bitten a nail in two. Yet at the end of our 5-day experience, the anger had completely dissipated and was replaced by joy. On the last night, some of us sat in awe in the hotel restaurant, watching these once-anxious, angry people, sitting together nearby laughing their heads off. They were talking animatedly and clowning around with each other like teenagers. We held our breaths as they were joking with the restaurant staff (and us) and behaving like a group of old friends.

To actually see that level of transformation in these Vets in a few days was truly remarkable and inspiring. And to witness them go from sad to happy, from angry to playful and from wounded to healed in a matter of days was an ethereal experience. Were these really the same angry people we had met a few nights before?

Here an e-mail I recently received from one of our Vets:

*“Lindsay, Thank you and the other practitioners that worked with me during the Vets movie. You helped me get rid of horrible flashbacks, nightmares and anxiety that had haunted me since childhood. In less than a week you erased problems that 20 years of therapy and awful medications couldn't fix. I didn't realize it then, but I was working with some of the most experienced, gifted EFT Masters and practitioners, out there. It was an incredible opportunity and experience that no doubt saved my life. I learned tools that I can use forever to cope with life's challenges.” “Chip” Stanley, PFC, Medic Corp, US Army*

This was a wonderful opportunity for me. Working with my friends, Carol Look, Sophia Cayer and the other highly gifted practitioners was a genuine blessing. I remember virtually every moment of it and will treasure it the rest of my life.

*In the second part of this article, I'll tell a little bit more about how we all worked together to facilitate the growth of these brave and remarkable Vets and reveal another surprising and important commonality they shared.*

Good Luck and Good Tapping,

Lindsay Kenny  
[www.LKcoaching.com](http://www.LKcoaching.com)

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=8817:working-with-vets&catid=29:trauma-and-ptsd&Itemid=3128](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=8817:working-with-vets&catid=29:trauma-and-ptsd&Itemid=3128)

---

## Part 2 of 2

In my first installment of this series, I began by expressing how honored I felt to be included in the making of this documentary on Post Traumatic Stress Disorder. It has been almost three years since the project, yet it seems like three days ago. My gratitude goes out to Gary Craig and everyone involved in the creation and production of this amazing film, especially to Eric Huurre, the producer and director and the brave Veterans. They agreed to put their fate in our hands with this “weird tapping thing.” My hope is that we will be able to offer the healing tool of tapping to hundreds and thousands of other returning Iraq and Afghanistan Veterans and their families.

### Piling On

As I mentioned in Part 1 there were several things the Vets held in common; similar negative emotions, particularly anger, and a sense of betrayal. By the end of the first day another intriguing similarity began to surface among the Veterans:

***Just like other PTSD Vets with whom I've worked, most of these Vets had entered into the military with a great deal of existing emotional baggage. They were likely already suffering from their own form of PTSD.***

The Vets' history was apparent on their intake forms, but became even more obvious as we worked with them. By my estimate over 90% of those with PTSD had experienced *significant* physical, sexual or emotional abuse (or other traumatic experiences) *before* their active military duty. I'm certainly not a psychiatrist, but it appears to me that having existing, unresolved emotional wounds leaves a soldier more vulnerable to PTSD than those who entered the service without previous unresolved trauma.

When an emotional wound is left unresolved, it continues to block energy pathways in the body, leaving an “emotional scar”. For instance, when a civilian experiences the sudden death of a loved one, the grief can be

profound and traumatic. If another death occurs before the healing process is complete on the first one, the additional loss compounds the existing emotional wound, making the grief exponentially more intense. Other such loss within a few years can push someone over the edge into a depression or other disorders. That additional insult-to-injury is what I call “piling on.”

The piling on syndrome is highly applicable with war, except the traumas are often larger in scope, often losing several comrades at a time, more frequent and usually ongoing over a period of months or years.

**This phenomenon may answer the question that many PTSD Vets have, “Why have I been so dramatically impacted by PTSD while most of my buddies didn’t seem that affected?”**

Many soldiers involved in combat duty experience trauma and tragedy, horror, grief, sadness and more. Yet only a relatively small percentage continues to suffer from PTSD long after their discharge from the service. The commonality of those with long-lasting PTSD, as I see it, is that they entered the service already wounded. By enlisting, especially during times of war, troops are likely to experience trauma again, especially if sent into combat.

### **What to do**

One of the techniques I consistently used with these Vets was to begin the session by bundling together many or all of their war traumas.

Rather than dealing with them one at a time, I would attempt to diffuse the overall negative charge by putting everything together.

In other words I would have them put *all* of the horror or trauma they witnessed while in the service into a giant, imaginary, pile several yards in front of them. Then, while it’s indistinguishable and at a safe distance, we would tap away the trauma, sadness and grief...or at least make a huge dent in the pile. This greatly helped to reduce the overall intensity of their experiences.

Doing it this way reduces the likelihood of re-traumatizing them. That can happen if they are being specific about an event or reliving their traumas one at a time. While this “Bundling Baggage” technique is contrary to traditional tapping procedures of being specific, it is appropriate and highly effective when used correctly.

**When dealing with a *series* of traumatic events, as these Vets had experienced, it is efficient and less painful to bundle the events together initially, to reduce the overall negative charge.**

For instance, I would ask a Vet to imagine all of their war traumas together in a huge pile, many feet in front of them, as indistinguishable debris. I then asked them to tell me how big the pile was, equating it to a tangible object like a boulder, Volkswagen, bus, house or mountain. For most of them the pile was gigantic, warehouse-sized, or mountainous. I also asked them to describe other elements or dimensions such as smell, density, color, vibration, etc. We would then give the pile an innocuous name, such as “war traumas” or “my time from hell” and assign an intensity rating of 10-1. For most Vets the intensity of the pile was even larger than a 10.

We would then tap that pile down to a more manageable size by doing round after round, checking back in for a reduction in the size, transparency and smell, until the pile was either gone or significantly reduced. Often when a pile reaches a manageable size, like the size of a garbage can, one particular trauma may stand out from the heap.

The Vet would generally say something like “You know, what really bothers me was that time when ....” We would then take *that* event out of the pile and deal with it separately until it was neutralized. At that point, the

charge on the singular event would be at a lower number than if we had dealt with it singularly from the beginning.

This process worked very effectively for most of the Vets, allowing them to discharge the collective traumas before dealing with specific ones. By the time we got to those individual traumas they were often much lower in intensity and therefore less painful to deal with.

### **The Effect on us**

The final observation of this experience was how traumatic it was for the practitioners, film crew and others witnessing the procedures. At the end of each day, many of us were saddened and traumatized by what we had heard. And it's not as if we hadn't heard some pretty horrific stories in our own practices!

It's just that nothing had affected us in the past quite as profoundly as what we heard during those few days.

Many of the Vets' stories were so horrendous that I couldn't share them, even with my friends or husband. In fact, many of us were so shaken by what we had heard that we had to tap on ourselves, or each other, at the end of each day to stay clear. That said, it was nothing compared to what the Vets had actually lived through first-hand, and were still experiencing long after their military service.

It's fulfilling to know that the work we did was highly beneficial to both the Vets and us. I have a totally different perspective now about what it means to serve our country and what 'sacrifice' really means. I remain truly humbled and grateful to have played a role in this process and am so proud of the brave Vets who participated.

As mentioned in Part 1, my vision is that the healing tool of tapping can be offered to everyone, worldwide, not only with our Vets but with all others who are suffering. Thank you for the opportunity to share my experiences with you and thank you again, Eric Huurre for the making of this wonderful film.

Good Luck and Good Tapping,

Lindsay Kenny  
[www.LKcoaching.com](http://www.LKcoaching.com)

---

## **War trauma--no more nightmares**

(Follow-up at end)

Hi Everyone,

Very few traumatic events can compete with the horrors of war. The aftermath, for those who survive, include constant battlegrounds within the soldiers' psyche. Flashbacks. Deep anxiety. Nightmares. And on it goes.

EFT is often very effective with war trauma and, in my opinion, every soldier in the world should be given mandatory sessions. The effect on our veterans would be beyond awesome. Maybe someday....

Crystal Hawk expertly applies EFT to a soldier. Here is the story.

by Crystal Hawk

Dear Gary:

A young man named Kevin (not his real name) was brought to me by his Canadian live-in girl friend. He was a Peace Keeper in the UK Army for 18 months in Bosnia and has been suffering with terrible nightmares almost nightly since his release. For the 7 months he stayed in England and for the 5 years he's been in Canada he's suffered from these flashbacks and nightmares as well as deep anxiety. He is currently seeing both a psychiatrist and a therapist for various problems but has never dealt with this issue.



Kevin was born into a military family. With both parents serving as officers in various armies - one in the UK and one in Canada - he was raised by his maternal grandmother in the UK. She was a loving person and his early life was quite happy. To help him defend himself against his two younger, but much larger, brothers he was taught Judo at an early age and knew that he had the power to kill with his hands since that time. But he's never used this "skill" at any time.

He attended the finest Military Academy in England, possibly in the world, and upon graduation, with his two best friends, Jim and Joe, he enlisted in the Bosnia Peace Corps. His worst recurring nightmare was seeing Jim being demolished by a land mine. Other nightmares involved witnessing horrendous atrocities.

I followed your technique (on the "6 Days at the VA" tape) and he quickly came down from a 1000 to 10 to 7 to 1. At that point he could tell me about Jim's death without an emotional charge. And he could describe the other horrendous scenes as well.

Then I had him use the Tapas technique [TAT] to eliminate his core belief that he was meant to live a military life and that it was a good life for him. This allowed him to forgive all of the people/media/etc. who had given him this belief. At one point he called out "John Wayne!"

I realized the moment he left my office that now that he was free of this overwhelming memory and anxiety he probably would get in touch with his own guilt for some of the horrendous actions he took while in Bosnia. And that, of course, is exactly what happened. He says we don't realize that Peace Keepers are often in hand to hand combat. In the following session he dealt with his own guilt for actions taken to protect his men and his own life. He also dealt with some more personal family guilt and came to a 1 very easily.

At the third session he reported that he was sleeping wonderfully with no nightmares and that when he did wake he knew exactly where he was and what was going on. He was definitely in the present. He said he felt so much more creative, more focused with no distractions in his head and he felt he could get on with his life. Canada Day has just taken place on July 1st and for the first time he could watch and listen to the fireworks with enjoyment and without thinking it was possible artillery.

I felt really good about this but am thinking of all the Peace Keepers who have not received EFT.

Crystal Hawk

---

Follow-up

Several months after Crystal wrote the above, she received this letter from her client...

*"I want to thank you for the peace I feel every night when I close my eyes knowing that the memories of the terrible things I've seen and done in my tour in Bosnia will not bother me. Thank you for my peace of mind."*

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=1091&Itemid=936](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=1091&Itemid=936)

---

## **EFT goes to McAllen, TX -- Free help for Vets with PTSD**

**Press Release - November 28, 2007:** EFT Founder Gary Craig announces that he and three of the best EFT therapists in the world will spend 5 days in February of 2008 to help 15 war veterans with their Post Traumatic Stress Disorder.

"This is a momentous opportunity for all of our suffering veterans," says Craig, "because our high success rate will be captured on film for the world to see."

EFT (Emotional Freedom Techniques) is known worldwide for its unusually high effectiveness and has been successfully applied to trauma thousands of times. More information on EFT can be obtained at [www.eftuniverse.com](http://www.eftuniverse.com) ([www.emofree.com](http://www.emofree.com)).

The 5 day experience will be held at the El Rocio Retreat, 2519 Inspiration Rd., Mission, Texas 78572 [www.elrocioetreat.com](http://www.elrocioetreat.com). Interested veterans should contact Marsha Nelson, PhD at (956) 383-6045

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=4270:eft-goes-to-mcallen-tx-free-help-for-vets-with-ptsd&catid=33:articles-a-ideas&Itemid=3147](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=4270:eft-goes-to-mcallen-tx-free-help-for-vets-with-ptsd&catid=33:articles-a-ideas&Itemid=3147)

## **Understanding Post-Traumatic Stress Disorder (PTSD)**

After the American Civil War, veterans suffered from soldier's heart. During the World War I, there had been combat fatigue among veterans. Came World War II, gross stress reaction on soldiers emerged. Vietnam War soldiers had post-Vietnam syndrome. There were also incidences of battle fatigue and shell shock among those who fought in the war. These events occurred at different times, but veterans suffered the same fate which we know today as posttraumatic stress disorder (PTSD).

Post traumatic stress disorder affects the emotion of an individual who had been through life-threatening or traumatic experience like war, disaster, accidents and abuses. People with PTSD often re-experiences the past events which took place. They are surrounded with the feeling of intense fear, hopelessness and fright. They avoid the stimuli associated with the trauma. Knowing all this, it is understandable that the daily functions of a PTSD sufferer are affected as well.

Both children and adult can experience this mental illness. In children, PTSD is characterized by impulsiveness and overwhelmed behavior. The symptoms of PTSD are observable for more than a month and there is

existence of impairments at home, work or school. The current data today says that five million people suffer from PTSD in the US. This was caused by recent tragedies such as the 2001 terrorist attack and hurricane Katrina.

In addition, women have higher probability to develop PTSD than men. Almost 100 percent of children who are exposed to domestic violence, sexual abuse or who experienced death of loved one likely have PTSD. This mental problem can lead to more complicated health problems when left untreated.

However, it is not too late. There are available treatments for PTSD. Medication and therapy can help the patient overcome the trauma and live a normal life. People are talking about a new way to recover from PTSD, which is called EFT. According to those who have been using this, it has high success rate in diminishing the effects of trauma and abuses.

Download the [Free EFT Get Started Package](http://www.eftuniverse.com) right away. (www.eftuniverse.com)

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=4227:understanding-post-traumatic-stress-disorder-ptsd&catid=33:articles-a-ideas&Itemid=3147](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=4227:understanding-post-traumatic-stress-disorder-ptsd&catid=33:articles-a-ideas&Itemid=3147)

---

## **Transcript of a successful PTSD session with an Iraq Veteran after 3 tours in Iraq**

**Note:** This article assumes you have a working knowledge of EFT.

Hi Everyone,

Here is a detailed transcript from Sue Hannibal giving the language and many approaches that brought relief to a PTSD ridden Army Sergeant. Note how she tests her EFT work. Very important.

The Editors [www.eftuniverse.com](http://www.eftuniverse.com)

---

By Sue Hannibal



Session one: Joshua 1/27/09

History: Army Sgt. age 27, 10 years in, male, three tours in Iraq - first tour 2003: 18 months, second tour 12 months, 2005-6, third tour 9 months, 2007-08 at which point he was MEDEVACed out for PTSD. He was sent to Landstuhl Army Medical Center in Germany for one week, then to Ft. Bragg, N.C. At Bragg he was given various drugs including anti-psychotics and anti-depressants, none of which helped. He's not on any drugs at this date. He went to Army therapy for a year, most of which he described as "visualize about what happened and put a positive ending on it," which didn't help. Symptoms he described: nightmares, flashbacks of three or four specific scenes, chronic insomnia, irritable/angry, anxiety/can't relax, hypervigilant, avoids crowds. At this date he is non-deployable and is on medical board list to be separated from the Army due to PTSD. He wants to heal and might stay in the Army.

#### Summary:

Joshua was referred by an Army doctor at Ft. Bragg. Two standard PTSD scales were administered prior to our first 90-minute session on Tues. Jan 27<sup>th</sup>. PCL-M score 54, SA-45 score 99. The day after our session, Wednesday morning, he reported to the doctor and to me that he slept all night Tuesday without awakening and free of nightmares for the first time in over one year.

He came back for session two, three days later, on Friday. The first session was videotaped but there was a problem with the microphone, so an edited transcript is below. In the second session, we only did one round of tapping on a perception of never feeling safe in Iraq, but all other issues were already a zero. During treatment we addressed, in an indirect, non-retraumatizing way using the EFT Movie Technique, the worst memory of his entire time in Iraq, which occurred during the first tour - an ambush and fierce firefight where three soldiers were killed by RPGs in an unarmored humvee. His affect was nervous, subdued voice, shoulders forward, eyes down, fighting back tears and couldn't maintain eye contact with me. There was no flooding.

His job was convoy security which was once a day seven days a week. He estimated the convoy was attacked four or five times per week, ranging from a spray of AK-47 bullets by an insurgent to IEDs (roadside bombs) to RPGs, (rock-propelled grenades) to full on ambushes. The first time he was in an IED attack, the humvee flipped over and he was thrown out of the back, lost his weapon and he had only his 9 mm handgun.

Symptoms: hypervigilance, can't relax, chronic insomnia, nightmares/flashbacks, anger/irritability, avoiding crowds

I started in a general way, watching his affect carefully flooding or any signs of dissociation, which is when consciousness checks out of present time. During treatment we used the EFT Movie Technique to address, in an indirect, non-retraumatizing way, the worst memory of his entire time in Iraq, which occurred during the first tour--an ambush and fierce firefight where three soldiers were killed by RPGs in an unarmored humvee. His affect was nervous, subdued voice, shoulders forward, eyes down, fighting back tears and couldn't maintain eye contact with me. There was no flooding.

About 45 minutes into the session, we took a break. He reported that the charge on the ambush flashback/memory he titled "HELL" ("if that event was a movie, what would be the title?") was down to about a four-five from a 10+ on an intensity scale of 0 to 10. We continued treatment, his affect became more animated, he relaxed into the chair, smiled, eye contact began. At the end, when I asked what number on the 1-10 scale that HELL memory was now, he shrugged his shoulders, moved his head from side to side said, "I don't know, I feel really calm about it now, I think it's gone. I can remember what happened but I don't feel anything bad about it."

Here's how we did it:

Round 1:

KC: ( Karate chop side of hand) Even though I have this anxiety from Iraq, and even though it's been with me for a long time, I'm a good soldier and I did a good job over there and I'm doing the best I can now. Even though this thing has really got hold of me, I choose to do best I can and I'm open to releasing these old memories. I did the best I could at the time over there, and I'm doing the best I can now.

EB: Iraq: I thought I'd never get out of there alive.

OE: They came close to getting me several times.

UE: I thought I was a goner. I had a lot of close calls, I thought they were gonna get me for sure

UN: they tried to kill me. They tried to kill me a lot of times and a lot of ways

CH: I thought I was gonna die over there a few time s

CB: Even though I thought I was gonna die over there, and I lost friends over there, I didn't die, it wasn't my time

UA: I thought they were gonna kill me

TH: The ambushes, I never saw it coming . All of a sudden they were everywhere.

IF: The mortars, the IEDs, the RPGs,

MF: As soon as we were outside the wire we were at risk, the chaos began

LF: I could never relax, if I relaxed, that could spell my death and my soldiers.

Back to the EB

EB: this remaining anxiety from IRAQ

OE: I could never relax for a moment. If I ever relaxed, I could die and my soldiers could die

UN: It was never safe to let go. Even in sleep, I couldn't let go. Bad things could happen at night while we're sleeping. Never felt safe.

CH: I couldn't relax-- even now, I can't relax

CB: Even though not relaxing over there kept me alive, and there's part of me that still thinks if I don't relax, I'll stay alive, I choose to allow that part of me to go off-duty, I'm home now. There're no mortars and RPGs here. I'm a combat-hardened soldier, I know how to stay safe.

UA: If you relax you could die over there. If you relax, you don't survive.

TH: So many times I thought it was going to be my day to die.

IF: Other people died over there that I cared about, but it wasn't my time. I don't understand that, but it just wasn't my time. That's how the cards played out.

MF: Every day was filled with chaos. I could never relax.

BF: We always knew bad things would happen, we just didn't know what or when.

Gamut point: Just think about Iraq in general

Eyes down right: Everything that happened in Iraq

Eyes down left: Everything that happened in Iraq, I could never relax

Eyes circle. I could never relax over there. I never knew when bad things were going to happen, hum, count 1,2,3,4,5, hum

Tap on top of head: Everything that happened in Iraq - part of it stayed with me.

At this point, I noticed that his eyes were not able to follow my finger in a circle, no matter how slowly and deliberately I moved my finger. When a client's eyes move in a rigid manner sideways or up and down rather than flowing in a smooth circle, that indicates that there is stuck trauma energy in a part of the brain, apparently related to the direction(s) they were looking and what they saw at the time the trauma was imprinted.

Interestingly, clients will often confirm that they recall looking in a certain direction or multiple directions when a trauma happened. In this case, during the ambush Joshua was defending the convoy with a 50-caliber machine gun, shooting at dozens of insurgents who were attacking them from every direction. That may explain why he was unable to follow my finger in a smooth circle with his eyes.

I used a specific eye-movement technique to further release the charge. For a copy of the easy-to-follow instructions, please email Sue at [erasesptsd@aol.com](mailto:erasesptsd@aol.com) and put the words "eye movement" in the subject line.

After one round of EFT and treatment with the eye movement technique, his affect dropped about another 2-3 points, down to a 6-7 from 10+. As we proceeded with EFT, his eyes were able to follow my finger in a smoothly flowing circle.

Round Two:

KC: Even though I went through that day in hell, and it's still a part of me, I choose to call all the parts of myself back from Iraq. A part of me is still stuck there. I choose to call all the parts myself back from Iraq. I'm home there and I want to be here totally and completely. Even though that ambush changed me and I'll never be the same, I'm doing the best I can. I went through hell, all of us went through hell over there. I made it out alive and they didn't get me.

EB: The ambush. All my training is the only thing that kept me alive that day

OE: They hit us with overwhelming force.

UE: We fought back with everything we had

UN: All of a sudden they were everywhere.

UL: We drove into a trap

CB: The ambush in Iraq, We drove into a trap. Even though that happened to me, I survived it. They almost got me, but they didn't get me. I came close to dying that day but I made it out all right.

UA: The ambush, I thought I was gonna die for sure.

TH: Joshua: I remember we went down a dirt road, walls on both sides,

IF: and we were getting shot at from both sides of the road. They were behind high walls. If we hadn't had 50 Cals, we all would have gotten killed.

MF: so we had to use the 50 Cals to shoot thru the walls

BF: It was terrible

Back to EB: this remaining anxiety and terror about the ambush. I thought they were gonna kill us all.

OE: The got three of us.

UE: We blasted them with 50 Cals and we got away.

UN: We were out there alone.

UL: We had to fight for our lives.

CB: Even though I still have this ambush memory, I got out of it alive. They didn't get me and I'm ok now.

UA: I thought I was gonna die that day.

TH: they got three of us. We got a lot more of them

IF: those 50 Cals are what saved our ass.

MF: We never saw it coming. We walked into a trap.

BF: That day was hell

9-gamut: Sue: "Shut your eyes, keep tapping on the back of your hand and just breathe and run that movie of "Hell" through your mind."

Eyes down right. I thought they were gonna kill us all

Eyes down left: the ambush-- we never saw it coming

Sue: "Think about the ambush, keep tapping the back of your hand, eyes circle right. Eyes circle left, I thought they were gonna kill us all,

Eye roll 1(chin up, eyes down to floor, roll eyes slowly to horizon then to looking out top of head) The ambush, we never saw it coming.

Eye roll 2: The ambush, I thought they were gonna kill us, the didn't get us all.

Hum count hum

EB: I was shocked. All of a sudden they were just everywhere,

SE: We weren't armored up, we were helpless. Joshua: "All we had was body armor.

UE: We walked into a trap without being armored up! And we were real vulnerable.

UN: Somebody got on one 50 Cal and I got on another and

UL: we started shooting at everything."

CB: I was terrified, we were all terrified. We thought they were gonna get us all. Sue: What were you doing?  
Joshua: "I was directing the fire. Sue: "What happened next?"

UA: I was shooting for everything I was worth. Everyone was yelling and screaming. Bullets were flying everywhere

TH: It seemed like it took forever. I thought it was never going to be over.

IF: Joshua: "We called for MEDEVAC."

MF: I held it together and my training saved me, I did my job that day.

BF: Even though that was the day from hell, we all did a good job and most of us came home. We got out of it alive.

Sue: Back of hand... shut your eyes, think about it again. What's the worst part of it now?? Joshua: I had bullet holes in my uniform, but they didn't get me." Sue: I came close to dying that day, but they didn't get me. God protected me. There's no other explanation. It wasn't my time.

Eyes down right: I had holes in my uniform but the bullets didn't get me.

Eyes down left: I had holes in my uniform, but the bullets didn't touch me. God protected me.

Hum count hum

Eye roll 1: even those bullets couldn't touch me, God protected me

Eye roll 2: I got out of it alive.

Joshua leans back in his chair, smiles at me. Relaxes, drinks water.

He tells me again a summary of the ambush, leaving out the gory details. Sue: "What number is it now? "  
Joshua: "About a four-five."

Round three: KC: Even though I witnessed so much carnage in Iraq (his word) and especially the day of the ambush, that was then and this is now. I went through all that and I survived it. I wish I never saw it, but I did see it and it's over now and I'm safe. It did happen but it's over now and I made it out alive and I'm home. Even though some comrades died over there, I choose to trust God for how this played out. I don't know why I survived and they didn't, but I did.

EB: Everything bad happened that day

OE: the carnage, the shooting the screaming

UE: the smoke and the bullets, I thought it would never stop.

UN: I can still see what happened and it haunts me in my dreams.

UL: Even though I saw all those terrible things, I lived thru it. I did my job and I did the best I could at the time. I know that people survived because I did my job.

CB: These remaining scenes of carnage and chaos. Even though I still have these remaining memories, and that did happen to me, and it happened to all of us, we have to go on.

UA: I'm not gonna let that experience take anymore of me than it already has. I choose to take myself back

TH: I saw things that day that nobody should see

IF: It's part of the fabric of war.

MF: I wish I never saw it, but I did see it. I can let it go now.

BF: Even though that was the worst day of my life, I accept myself. I did what I had to do and I survived it.

9-gamut. The chaos and the carnage.

Down right: the chaos and the carnage I saw that day

Down left, repeat

Eyes in a circle "The things that I did that I wish I didn't have to do"

Hum count hum,

EB: this remaining anguish about what I saw and did that day

OE: I was on autopilot

UE: Nothing mattered but surviving for me and my people. Surviving is what mattered

UN: I did what I had to do to survive and protect my people

UL: Sue: "If you could do it again, would you do anything different?" Joshua: "No. Once we were in it, we had to fight our way through to the end."

CB: Even though it was the worst day of my life, and I did and saw things nobody should do or see, I did my job as a soldier. I did what I had to do. I performed according to the rules.

UA: It changed me as a person. Tragedy and trauma changes people but that's the fabric of war.

TH: We fought to survive

IF: Most of us made it out of there alive. We lost three guys.

MF: I tried to save them, but I couldn't

BF: They were too far gone..

At this point Joshua was fighting back tears so we took a break.

Round 4: The Aftermath of the Ambush

KC: Even though I had to pull wounded guys out of the wreckage, and it was horrible and gory and I'll never forget it, I did the best that I could at the time for them. I wish there was more I could have done but they were too badly injured. We got the MEDEVAC there as soon as we could.

EB: His skin came off in my hands, he was so badly burned. It was horrible.

OE: He was still alive

UE: the scenes of the battle

UN: the aftermath of horror

UL: the aftermath of horror

CB: Even though I saw the aftermath of horror, I did the best I could for those guys. It's over now and my job is done.

UA: Even though we lost some guys that day. I did the best I could at the time

TH: The horrible injuries. Blasting, shooting and burning.

IF: Nothing in my training prepared me for the carnage

MF: I want to forget that day ever happened. It won't happen again.

BF: Those guys that died are at peace now and I choose to accept what happened. It did happen, it's over now and I choose peace for myself.

EB : Sue: "Tell me what happened..Do you feel responsible?" Joshua: "No, we were ambushed."

UE: shock and horror

UE: guys died..

UN: guys died that day

UL: I couldn't do anything to save them. It broke my heart because I couldn't save them

CB: Even though that happened, I performed according to my training

UA: Even though these images are burned into my memory, I choose peace anyway

TH: it was horrible

IF: I thought I was gonna die for sure

MF: but I didn't die. I was one of the lucky ones

BF: the worst day of my life

9-gamut Eyes down right: that day in Hell

Eyes down left : can't get these images out of my mind

Hum count hum eye roll: these horrible images

Sue: "What # is it now?"

Joshua: "The burned guy is still a 10."

Sue: "Is that one of the flashback/nightmares?"

Joshua: "Yes."

Sue: "Ok, are you feeling any release from the "Day in Hell?"

Joshua: "Yes, that's less, but this one is still bad."

Sue: "Ok, let's try to be a little more specific about the guy that was burned. Can you tell me about that without getting too intense?"

Joshua: "Yeah."

KC: Even though I remember that graphic scene of the guy that was burned from the RPG, and even though I still have this horrible memory, I accept myself. I wish I never saw that, but I did see it. I'm doing the best I can.

EB: All of a sudden, the RPG ripped into the humvee and it was an inferno.

OE: He never had a chance

UE: the RPG got the driver, he never had a chance.

UN: we got there as soon as we could after the shooting stopped.

UL: he was still alive. I tried to get him out of the vehicle

CB: I couldn't help him. He was too badly injured. Even though I witnessed that guy's horrible suffering, I accept that it's part of the fabric of war. There's no answer. We were over there to do a job and this is what happened

UA: he died for his country. It was his job and it's what he signed up to do. Joshua: "We never should have been over there in the first place, but we did what we were ordered to do."

TH: A lot of good people died over there in "George's war".

IF: a lot of good people died for nothing and he was one of them

MF: I'm one of the survivors and I have to go on. Sue: "Do you want to go on?" Joshua: "I want to go on, but I don't know if I want to stay in the Army."

BF: Even though I have this conflict inside me, I choose to be at peace and close the book on these horrible memories. It's all over now and I'm home.

EB: This remaining conflict and horror. The guy in the humvee that got hit by the RPG didn't have a chance.

OE: he didn't have a chance.

UE: I got there and tried to pull him out and I ended up holding the skin of his arms in my hands

UN: that horrible memory.

UL: I did the best I could..nobody deserves to die like that.

CB: It was the worst day of my life but it's over now and I'm home. I survived it. I don't know why I survived it, but I did.

UA: I saw things nobody should see. I performed according to my duties.

TH: Whoever said war is hell was right.

IF: I'm not going to let them take anymore from me than they've already taken. I'm not gonna let them sink me with the PTSD.

MF: Even though I went through these horrible memories, I choose to accept them and put them in my scrapbook of things that have happened in my life.

LF: I choose to erase this horror from my body and my mind.

Back of hand, Sue: "Close your eyes, keep tapping, and look at the scene of the burned guy, what # is it?"  
Joshua: "It's not a 10 anymore, it's not gone, its somewhere in the middle."

Eyes down right: I reached for him but it was too late

Eyes down left: repeat

Hum count hum

Variation of eye movement: follow my finger very slowly in this horizontal figure-8 (8 times). Say: "I reached for him but it was too late. The RPG got him and I couldn't save him."

Top of head, tap.

Sue: "Ok, where are we now with the burned guy?"

Muscle test: Energy switched: KC: Even though my energy goes backwards when I think about the burned guy, because it still bothers me, I'm a good person, I'm a good soldier, I went thru hell, and I'm doing the best I can. I'm not going to let this PTSD sink my life.." Deep breaths.

M/T: The guy that got burned is a 5 or less? Yes. At this point about 45 minutes into the 90-minute session, we took a break. He reported that the charge on the ambush flashback/memory he titled "HELL" ("if that event was a movie, what would be the title?") was down to about a four-five from a 10+ on an intensity scale of 1-10. We continued treatment, his affect became more animated, he relaxed into the chair, smiled, eye contact began.

Sue: "Can you still see the details of the burned guy that you saw in your mind when we first started?"

Joshua: "I can still remember it, but it doesn't feel that bad now. It's less intense."

Sue: "We really didn't say it before, but the emotion we were working on was horror, is that true?"

Joshua: "Yeah."

Sue: "So take a moment and close your eyes and sort of review the tape of "Hell" in your mind and tell me if any of the scenes still bother you. Can you tell me the story in more detail now without much anxiety?"

Joshua tells me the story of the ambush again, without any noticeable emotional charge. At the end, when I asked what number on the 1-10 scale that HELL memory was now, he shrugged his shoulders, moved his head from side to side said, "I don't know, I feel really calm about it now, I think it's gone. I can remember what happened but I don't feel anything bad about it." We concluded the session and he went to dinner with his girlfriend and other friends.

The next day, he reported to his doctor and to me that he slept for 10 hours without awakening and without any nightmares or flashbacks.

He came back for a second session three days later. He has not had any nightmares or flashbacks since our first session and his other symptoms are "much better or gone." He feels "much less" irritation/anger--"How do you know? Because I don't get pissed at people that I did before Tuesday." Hypervigilance is down about 50%, and he hasn't been in any crowds yet to test that. He says he feels much more relaxed now.

I didn't give him the PCL-M and SA-45 again because I was expecting to do it before our next (third) session, which is now apparently not necessary. I will ask the doctor to give the tests to him at their next appt. and report the results in a week or so.

The morning of session 2, he was so relaxed (and of course sleep deprived) that he yawned almost continuously throughout the session. I was expecting to go back over the "HELL" memory we treated Tues. from the first tour in 2003, which he said was the worst thing that happened during all three tours in Iraq.

I asked him what charge he felt about it now, (0-10 intensity scale) and he said he didn't feel any anxiety about it at all. I had him tell me the complete HELL/ambush story from the beginning. ("Then what happened? What did you do next? What did you see? Show me where the bullet hole was in your uniform...etc) and there was no affect that I could discern in his face, voice or body language. He again shrugged his shoulders and noted that it was just a neutral memory now.

For the next 45 minutes I dug deeper, prodded, evoked with specific questions, ie "What about that part in the HELL movie where you went to pull that guy out of the burning humvee after the RPG hit and the skin on his arm came off in your hand? " NOTHING. What about the other guy who bled to death and you were trying to put pressure on his wound and your hand went inside him? NOTHING He was on convoy protection during the 18 months and they were attacked about four-five times a week. No affect on those times. I asked about his childhood, (stable, loving, safe, parents still together and happy) any prior brushes with death (none) any other difficult memories, and he couldn't come up with any.

I asked about the 2nd worst thing that happened in Iraq, that was one of the other three repetitive nightmare/flashbacks. He related that he drove over a trip wire for an IED in an unarmored humvee, and when he looked down there were 2 artillery shells in the ground "about as close to me as you are sitting right now" then he said the memory was "funny."

A client laughing or reflecting in a neutral or amused manner about a previous intense memory after EFT treatment is common. Sometimes to test, I will say, "how can you laugh about this? You were crying your eyes out a few minutes ago..." and they will insist that "it's funny now." Perhaps serotonin or some other feel-good chemical flooding the brain is producing the healing. Some of our researchers are looking at this question. For peer-reviewed studies and other papers see the research page on this web site.

Sunday 2-1-09 teleconference with Joshua: sleeping about 6-8 hours without awakening, no nightmares or flashbacks. Previously charged aspects of the ambush memory and his other war memories from other deployments are a zero.

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=4211:transcript-of-a-successful-ptsd-session-with-an-iraq-veteran-after-3-tours-in-iraq&catid=29:trauma-and-ptsd&Itemid=3128](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=4211:transcript-of-a-successful-ptsd-session-with-an-iraq-veteran-after-3-tours-in-iraq&catid=29:trauma-and-ptsd&Itemid=3128)

---

## Meeting with Loree Sutton, Commanding General, Defense Center of Excellence

Recently I had the opportunity to meet with Loree Sutton, Commanding General, Defense Center of Excellence for PTSD/TBI. She was speaking at a TBI (Traumatic Brain Injury) conference in San Francisco called The Brain at War, and I was one of the attendees. The conference brought together several hundred top researchers, academics, and military people. She was very warm and personable, though I don't think she made the connection between me and the letters I've been writing to the Defense Center of Excellence describing our research into EFT and PTSD. I gave her a copy of the abstract of the Randomized Controlled Trial that's currently in peer review at a top-tier journal. It shows that veteran PTSD and TBI symptoms reduce dramatically after EFT. Hopefully she'll read it and take action.

The conference program was opened by Marine General Jim Lukeman, who passionately declared that the Marines are desperately in need of mental health solutions to flow from research into the field. As serendipity would have it, I then found him alone in the hall afterwards waiting for a TV interview, and had some time with him. I then passionately declared to him that we have the solution, and it's EFT! He was very interested, and will look at the Stress Project web site as a resource for his marines.

Milena Fiore, a researcher at California Pacific Medical Center / CPMC was also at the conference, as was one of our wonderful veteran Stress Project coaches, Teri Pohl. I am collaborating with CPMC, which is a major research institution, on a NIH / National Institutes of Health grant application. We propose to study EFT versus cognitive therapy for PTSD and TBI in veterans, using genetic markers. On the way out of the conference, I joked to my friends that next year, EFT will be front and center at that conference, and they'll have to rename it



"The Brain at Peace!"

Dawson Church, 2010

---



## Sharing My Experiences with EFT - Eric Huurre, Producer

Eric Huurre, with 30 years' experience in film making, set out to provide the irrefutable proof needed of the effectiveness of EFT in bringing healing to the lives of people profoundly impacted by the horrors of war, and describes the years of followup that documented the lasting changes.

---

**by Eric Huurre**

I'm a fulltime, professional film maker. Most often I let my films speak for me and my subject matter, but the project that has become the main focus of my work over the past few years has grown in many ways far beyond a film for me and many others.

The implications for the EFT community and health and healing communities worldwide suggest that this is a story that can and should be put forward to those who might not be aware of the pilot project or my film that recorded it.

I'm honored to add my account to those of the individuals I had the even greater honor to work with and come to know for the past three years while producing *OPERATION: Emotional Freedom*. The shared experiences in the articles in this series is another way to ensure that what was documented remains significant in the growth and credibility of energy psychology and EFT.

### **My intro to EFT**

Almost five years ago I happened upon a reference to EFT on the internet. That 'chance' first encounter was to lead me into a subject that would occupy my time and attention ever since. With over three decades of documentary and broadcast television film experience, I've been witness to many unique and interesting people and events. Nothing prepared me for what my investigation into EFT would go on to become on the topics of 'dis-ease' and healing.

Having met and begun working with EFT founder Gary Craig in 2006 on a series of introductory videos on EFT "for everything" as we dubbed my plan to bring EFT video production into the 21<sup>st</sup> century, I was constantly open to what we could bring before my cameras that would showcase this technique in its best light.

Gary and others had produced a number of home video-style productions of successful session work, but as a film maker, my interest is the human story: the who, what, why, where and how EFT works. To me, the single



aspect that had not been covered also needed to be included in any true accounting – does the effect last in subjects who are given the technique and what, if anything, would their family and friends add to testimonials of any improvements?

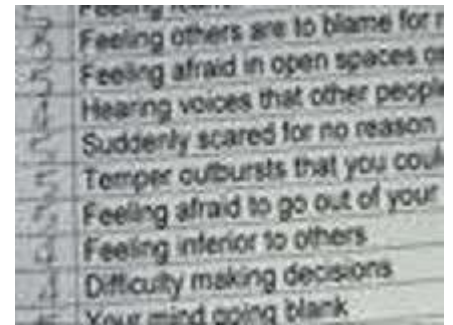
Since 2006, I have been across North America and as far afield as Africa to document the extraordinary effects of energy therapies. Driving my interest to share what I was recording was my own initial encounter with the power of EFT.

### **Why Combat Veterans as the Subject for a Major Film on EFT?**

Remembering back to my first look at EFT, I had been immediately impressed by a video that Gary had created called – *6 Days at the VA*, a short video produced at a Los Angeles, California VA hospital. In that simple movie were a few Vietnam War veterans with severe cases of PTSD. After just a few EFT sessions they could calmly recount combat stories that had haunted and handicapped them for decades.

After witnessing their apparent relief from the nightmares and anxiety that they'd lived with in spite of powerful medications and the talk and shock therapies they'd undergone for decades, I was convinced that an up to date and more thorough documentary would offer the EFT community and the world the “irrefutable” proof that was missing from earlier accounts. War trauma was to become the canvas for telling my story about EFT and the healing journey.

I made my case to Gary Craig that we focus on veterans with PTSD as the story that could take EFT to the public, the media and to the more than 23 million combat veterans in America. My idea was simple - “*if we can successfully demonstrate that this can work for these extreme cases, imagine what EFT can do for the rest of us!*” Gary came on board with his support and typically enthusiastic participation immediately. *OPERATION: Emotional Freedom* was underway.



A brief call for responses from veterans interested in joining a pilot project was placed in the *EFT Insights* newsletter. Within a week we had replies from veterans or vet family members from all over America. With little more than a brief phone call and Q&A with Gary, a dozen veterans signed up to come to San Francisco, California to experience EFT for themselves. The one caveat being – my cameras would also be there, so these brave men and women would not only be sharing their stories, stories that had haunted them in some cases for over thirty years, they'd be sharing them on camera with the world!

What I and the practitioner team weren't prepared for were the profound depths of pain, hurt and dysfunction that would show up for treatment. In the words of EFT Master Lindsay Kenny, “*what had we gotten ourselves into?!*”

After just one day on location with this unique assembly of subjects and therapists, it was clear to me that I was a part of something so significant that, if I could record it with both the therapy AND most importantly to me, follow-up meetings and interviews with each veteran chosen to appear in the film, I would have the ‘proof’ that had been missing.

Over the course of five full days, three camera crews in as many therapy rooms recorded the marathon sessions that were taking place allowing me time for scheduled and impromptu interviews with everyone “on set” -the meeting rooms in the San Francisco hotel where we all worked and lived together. Subjects, observers, practitioners and production people – everyone became caught up in a spirit of hope and then unqualified belief and optimism.



In order to bring in the experiences of younger veterans, a second intensive was planned and undertaken in California nine months after the first. In total, nine days of session work would be followed by two years of recording and editing hundreds of hours of footage, gathered over tens of thousands of travel miles.

*OPERATION: Emotional Freedom – The Answer* was released in June, 2010.

This film, like any film worth the name, needs to speak for itself. I believe that it does that and more. The other contributors to this series of articles will give you their personal accounts of the therapy. What was important to me from the outset and what I believe separates and validates this documentary over other attempts to illustrate EFT is that it comes with follow-ups, interviews and testimonials over time.

My own belief was that if I could present the full healing journey and recovery path of the veterans along with their family’s and friends’ testimonials to those recoveries, EFT would be seen by the mainstream as a viable complement to other protocols and nothing short of a miracle to those with similar issues to resolve.

### **The Need for Credibility**



In order to build credibility for this story I sought out the Who’s Who in energy psychology as well as a wide array of family and friends of the subjects in order to bring as much context to what happened in the sessions as possible. While audiences would clearly see and hear improvements taking place in the subjects from day one, how far did the improvements go? Would what appeared to be amazingly fast and thorough changes during the sessions hold once the subjects were on their own? What would those closest to the subjects say in the months and years that followed the initial therapy and what would health care professionals say about these results?

Over one hundred interviews were conducted with everyone I felt could and should add their voice to a better understanding of PTSD and its treatment. Every addition would have to answer one precondition – did it add to

the credibility of what appeared to be happening in just a few days of EFT therapy? Was the sign of light in the eyes of the veterans I recorded in March, 2008, long lasting?

### **Long Term – what were the results?**

The critical test for me and what would become the heart of *OPERATION: Emotional Freedom* was – how would the veterans behave when they had to face the same world that had overwhelmed and sickened them for years and in some cases decades? To get those answers would take me back and keep me in very personal contact with some of the veterans and their families to see what, if anything, was still working.

From Alaska, to the Vietnam Memorial Wall in Washington and dozens of places in between, my post therapy follow-ups with the subjects in the film and several ‘experts’ in PTSD therapy represent what I feel are the significant messages from this project. To suggest that any treatment option is valid requires the test of time and confirmation. What the subjects I revisited and still communicate with attest to is this – EFT made a difference and continues to make a difference to the extent that they apply it in their day to day, real world lives. No quick fix, or simple solution as some might prefer it. This work is a testimonial to the fact that even the most complex and troubling conditions can be reversed, but only with the active and ongoing participation of the subjects.

### **What does this “prove”?**



If the film does anything, I believe it is a record of what is clearly possible. EFT might not pass current scientific standards of proof, but what is undeniable when taken over the course of this project to date is this - addictions, pain, anti social and dysfunctional behaviors and feelings were changed and have remained changed in the subjects we documented. Audiences of the film see and hear what the subjects experienced as I witnessed and recorded it. Yes, some had set backs after their initial therapy which they subsequently overcame. I included those as a strength, not a blemish, on this project’s ultimate record of success.

In every case where adversity would have previously set a veteran back on a course of self destruction and suffering, ‘tapping’ brought them back to a place where they could effectively deal with the issues that came up AFTER their therapy with far less suffering and pain than previously. What I think is the greatest testimonial to the effectiveness of this technique is that while energy therapy is powerful in the moment, its value is that it provides a lifestyle tool for anyone willing to put it into practice in their day to day lives. The “answer’ to living a healthier life and to overcoming adversities, it would appear, is not in getting past issues that have appeared in our lives, but in doing the work that can prevent us from falling victims to whatever life presents to us – including the horrors of war.

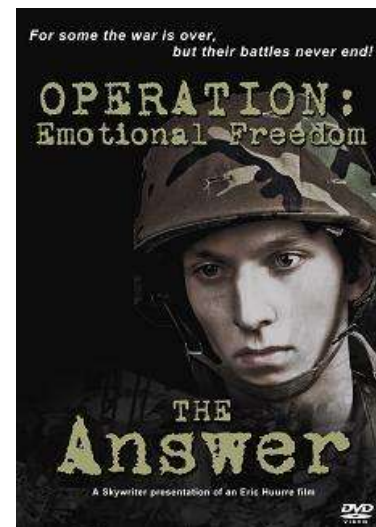
### **Beyond veterans – what about the rest of us?**

The notion that “*if this worked for them, imagine what it can do for the rest of us*” continues to motivate my

interest in promoting this story to as wide an audience as possible. My goal is that every veteran who is interested, will have the opportunity to see the remarkable subjects in the film undergo their journeys. If seeing is believing, I think *The Answer* can and will prove to be the message of hope and comfort that changes the fate of tens, if not hundreds of thousands of combat veterans and their families and through them, the lives of millions who see their story and are encouraged to try this simple to use, effective technique for themselves.

### Sharing my experience

Sharing my own experience with EFT through my film and this article are my way of inviting those of you who are new to EFT, or who were not aware of this significant project, the opportunity to hear about and offer these powerful examples to others. What might still be years away from formal acceptance in some health care circles is actively at work today changing lives and making a difference – often, where nothing else has.



### EFT Goes To Washington and beyond

After just the first six months since its release, the film has been sold and viewed all over the world. It continues to bring in comments attesting to "*The Answer*" as the most successful look at trauma treatment in combat veterans ever compiled. As headlines continue to feature PTSD levels skyrocketing among military service men and women and their families, *OPERATION: Emotional Freedom – The Answer* has been included in presentations to the U.S. House of Representatives and Senate Committees on Veterans' Affairs.

Although it still faces resistance, this story of comfort and hope is making its way to VA Centers, therapists and others in a position to learn about and use EFT. The message IS getting out; but we need the help of every user and practitioner to share this milestone in the history of EFT.

### Stories from Around the World

Other documentaries I've produced showing EFT in action in pediatric cancer wards in Mexico and orphanages in Rwanda, and what other producers may choose to showcase, owe their chance to be seen to the brave and dedicated participants of this project. These successes set the bar so high that whatever follows will have the *OPERATION Emotional Freedom Project* to build upon. This project truly gives every EFT supporter something of real significance to confidently share with others.



Change on any level comes at the pace of those seeking to improve the quality of our own lives and the lives of others in our care. We will see EFT grow in acceptance through our collective examples of change. If you want to support this public and community awareness effort to reach the larger audience beyond our own community, please pass along what you learn from the film and the articles that appear here. EFT is already making a tremendous difference. Imagine if the public at large understood the scope of what it can really accomplish in hundreds of thousands, or perhaps millions of lives of veterans and all of us!

Many thanks to everyone who was a part of this journey with me. Through your bravery and determination you changed my life.

Eric Huurre  
Producer

*OPERATION: Emotional Freedom – The Answer*  
[www.operation-emotionalfreedom.com](http://www.operation-emotionalfreedom.com)

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=8853:sharing-my-experiences-with-eft-eric-huurre-producer&catid=29:trauma-and-ptsd&Itemid=3128](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=8853:sharing-my-experiences-with-eft-eric-huurre-producer&catid=29:trauma-and-ptsd&Itemid=3128)

---

## Sharing My Experiences using EFT - Carol Look

EFT Master Carol Look speaks of her experience working with war veterans using EFT to reduce Post Traumatic Stress. In her words, "The intensity of the program schedule allowed for minimal downtime or rest, but I couldn't focus on that when I was witnessing such dramatic emotional changes in these veterans."

by Carol Look

### The Challenge of a Lifetime:



When Gary Craig invited me to be a part of the trauma team for the Veterans' retreat, my first thought was "Absolutely, I know we can help them and change their lives!" My second thought was "But... I'm not sure I can handle all the trauma, death, and stories about blown up bodies from the veterans..." and my third thought was "but I have EFT, of course I can handle it!" And I answered with a resounding "yes" to participating in the project.

## **Why PTSD Veterans for the Intensive Pilot Project?**

The biggest attraction to the pilot therapy project for me was my confidence that the team could provide significant healing to the veterans with PTSD. I had experienced enough results in my long term practice and more than a decade of providing EFT workshops, and I knew this group of veterans was in desperate need of help. I had been hearing how they had been underserved and inadvertently neglected by healing communities, and knew we could change this sad fact. If these veterans with severe symptoms of PTSD could be helped, I knew the project would encourage thousands of lay people who had not been in war battles to use EFT or ask their doctors and health care workers for this “new” and sometimes odd looking treatment.

Not only are the veterans overwhelmed when they return home, health care workers get overwhelmed by helping them and feeling inadequate to affect any real change. Medications have not proven that useful, and the therapeutic techniques available to date for them haven’t done enough to relieve their suffering in any measurable ways. (We heard even more grim stories about inadequate treatment from the veterans themselves during the retreat.)

After our team meeting where we read and discussed the bios of the participating veterans, I knew we had a very steep uphill battle! These veterans had been suffering for years, some of them for decades, and were on multiple medications with multiple diagnoses, and viewed, sadly, by the medical establishment as virtually incurable. The medications were used sometimes in desperation to “stabilize” the symptoms or the patient’s mental health, but the veterans often appeared to be barely hanging on.



I still felt confident we could make significant strides and reduce their suffering from PTSD syndromes and symptoms, but I knew we had a really tough job ahead of us.

I was bolstered by my hope that once people saw what EFT could do for these veterans, other traumatized clients might be open and willing to try this new treatment.

## **As the Therapy Week Progressed:**

In my sessions and in others, team members saw significant progress on Day One of the retreat. My remaining *yes but what if...* fears and doubts quickly subsided as I focused on the work ahead and on helping the veterans reduce the flashbacks, nightmares, and torturous visions they had been suffering from on a daily basis. What we witnessed was progressive improvement as the veterans reported feeling and looked incrementally better with each successive session.

The way I work is to tap on myself while the client sits in front of me and taps on him/herself. This of course greatly reduced the “secondary trauma” that I was exposed to during the sessions. I heard stories and witnessed pain I had never experienced before in my life, in spite of years of working with clients with trauma,

addictions, and abuse. So throughout the week, I continued to tap on myself during and outside of the sessions I was conducting. I often had to “clean up” leftover emotional trauma after having listened to the stories I heard. I am a “visual” and some of the scenes described to me left images that were horrific, anxiety provoking and stomach-turning.

The veterans’ emotional progress was visible immediately. Many veterans and their family members were astonished by the reduced symptoms and improved moods during the group gatherings. Several had called home and heard responses from other family members noting their obvious progress. Many reported sleeping better the first night after their initial introduction to tapping. The momentum of success and hope was building, as it always does with EFT. Small as well as significant successes encouraged each veteran and confirmed team members’ confidence that we could make huge inroads into these troubling symptoms that were destroying lives.

The 26 year old veteran, Carlin, who had completed two tours of duty in Iraq appeared “stone cold” the first night we all gathered. His stories were gruesome and haunted him nightly. He had admitted to basically trying to obliterate his life with alcohol. He was completely emotionless, and looked as if he wasn’t present at all. The observing psychiatrist present throughout the week long intensive said Carlin had what was known as the “thousand yard stare” of traumatized patients. He was visibly shaking during our first session on Day One, terrified that while we were offering him “help” it required that he revisit some or many of his wartime memories. During the first session, Carlin opened up and divulged several haunting memories. His affect, demeanor, voice and attitude was vastly improved after one short session. He reported sleeping without alcohol for the first time in months or years, and felt peaceful and relaxed. His mother, who also attended the retreat, said his progress was noticeable and uplifting.

Art Fritog, a Vietnam vet with severe PTSD issues, was also making significant progress; his emotional and physical pains had been reduced on the first day. Art’s wife Carole who suffered from debilitating migraines also showed immediate improvement. I watched as Art and his wife started tapping with and on each other in between the sessions provided by the team.



I knew that for Art and Carole to continue their progress and experience success at home after the week long retreat, they would need couples sessions as well, which proved to be very successful later in the retreat.

By Day Two of the Retreat, several other veterans were also looking different, their moods seemed lighter, some of them actually laughed or smiled for the first time since we met them Sunday night. The extreme hyper-vigilance, a hallmark of PTSD, had lifted.

The entire group had opened up emotionally and were able to give each other support and feedback about their behavior, their demeanor, mood, and interpersonal interactions. My fellow trauma team members seemed exhausted from the tough schedule, but determined to continue and elated by the signs of movement and progress. I know I felt that way. The intensity of the program schedule allowed for minimal downtime or rest,

but I couldn't focus on that when I was witnessing such dramatic emotional changes in these veterans.

## **The Legacy of the Project**

[The film](#) documenting this project, [OPERATION: Emotional Freedom](#), offers an extraordinary account of progress, success, hope and triumph over debilitating psychological and physiological symptoms as a result of witnessing or participating in trauma, torture, abuse and war. The film is at times painful, moving, touching and exciting – the “take away” is that in spite of the mental health field's history of providing inadequate tools for military veterans, there is now irrefutable evidence that a tool exists to restore them to mental and physical health.

The project accomplished more than I could have dreamed possible, even though we knew the value and strength of EFT for treating PTSD ahead of time. For veterans and their families, it offers hope and encouragement that there is “life after combat” – and not just a life of merely existing, but a life of joy and peace. For me as an EFT practitioner, I know I will never be the same again. The intensity, the trauma stories and the exhilarating success of reducing the veterans' PTSD symptoms has literally changed every cell in my body. I am truly grateful to the veterans for their vulnerability, willingness to share their pain, hard work and continuous tapping.

This work was not just important for the mental and physical health of the volunteer veterans, but for the future of EFT. The record of this pilot project, [now on film](#), gives the EFT population a tangible results-oriented success story to offer up as evidence of the possibilities this treatment protocol is capable of delivering. While the traditional therapy community continues to dismiss EFT and Energy Psychology as fringe or even useless therapies for PTSD and other challenges, the documentation of this work (including follow up interviews with the veterans and their family members) will be instrumental in spreading the word to the self help, therapy, as well as veterans' communities worldwide.



For health care workers, I hope the project is deeply inspiring – it's hard to believe that after viewing this film, any health care worker would ever give up on anyone with deep and supposedly “incurable” PTSD! EFT is a serious therapeutic tool that could literally change thousands of lives of returning veterans who are suffering from the disorientation of re-entering civilian life, as well as traditional PTSD. We know the extent to which tapping can relieve trauma, flashbacks, nightmares, violent memories, physical responses to trauma and constant hyper-vigilance. Healthcare workers deserve to have this tool available to them, and veterans and others suffering from PTSD deserve to have the tool available for self-help use as well as during sessions with their counselors.

The documentary has introduced EFT and tapping to thousands of newcomers who would never have heard of Energy Psychology unless they were interested in or related to someone in the veterans communities across the world. DVDs have been sold and donated to dozens of countries.

The film has of course attracted more interest to the EFT community, and I and the other trauma trained therapists have done radio interviews about the project, and have made important contacts for collaborating with VA therapists in our various states. The potential for follow up training for already established EFT practitioners as well as new mental health care workers is vast.

I had several follow up telephone sessions with Carlin as he navigated being back living with his father and working out his relationship with his girlfriend and fellow veterans. The most important point I made at the end of our sessions was that he needed to continue using this tool for the stressors in his life. He didn't need to be reminded, as he recognized how dramatically different he felt and behaved after the retreat. I also participated in one of the group calls with the veterans and have spoken to Bob on the telephone.

### **Working with PTSD**

While we were all taught to “try it on everything” with EFT there are some important cautions for practitioners. I consider the PTSD group of clients in the world among the most challenging to treat. First, the material they have been haunted by and bring up in sessions can be surprising and emotionally overwhelming for the practitioner. (As much as I had heard on the news about the wars over years, I had never talked to someone face to face who discussed and described body parts and death in this unique way.) Second of all, since a key feature of PTSD is not trusting outsiders and having a near phobic fear of addressing the old wounds, getting them to open up in the first place is difficult and problematic. Third, practitioners who do not have adequate trauma training may be unprepared for sudden and unpredictable reactions of someone with severe PTSD, such as sudden suicidal thoughts and feelings, rage, the sudden onset of physical symptoms, hostility, panic attacks). With this in mind, I collaborated with film director Eric Huurre to create the follow up PTSD series for advanced Energy Psychology students who want to pursue their training in the treatment of trauma.



### **Creating a PTSD Training Series**

While the film is a fantastic introduction to the potential for successful trauma treatment for veterans, I was passionate about exploring the PTSD training set with the Vietnam veteran Art Fritog and his wife, Carole. Not only had they suffered the longest out of the veterans in the group (4 decades) they had immediate concerns and at risk issues that needed addressing at home. They had 10 children and several grandchildren under their care, and the escalation of Art's symptoms was truly dangerous for the family. In addition, Carole's debilitating migraine syndrome and unhealthy patterns of trying to calm her husband down while in

the midst of a PTSD episode/reaction, were not and had never worked well for either of them.

In my opinion, serious trauma training has been missing from the available training products in the energy psychology world. Practitioners end up treating traumas “accidentally” – for instance, a smoker attends sessions for smoking cessation, and unbeknownst to the practitioner, deep and troubling traumas are right under the surface of the cravings and anxiety when cigarettes are taken away. We bump into traumas all the time, and while EFT is an exceptional tool, details about what trauma looks like, feels like, and how it affects the clients has been missing for most of us.

[The PTSD training set \(http://www.operation-emotionalfreedom.com/dvd.php\)](http://www.operation-emotionalfreedom.com/dvd.php) is a must see for and mental health practitioner serious about treating any kind of trauma – not just veteran trauma. The sessions portrayed in the 18 hours of DVD instruction are so powerful in their immediacy and as evidenced in the follow up videos, instrumental in saving this family from further hurt and pain. Practitioners will immediately advance their skills as trauma practitioners, and can learn the how-to’s of advanced trauma treatment with EFT on even the most challenging cases. While showing slightly different styles, hour by hour, the PTSD training set details how different advanced practitioners work to unpack a trauma gently, definitively and successfully so the clients are left with peace, forgiveness and insight into their own psyche and reactions to their environments.



### **Personal Thanks**

The success of the EFT sessions with the Fritog family are shown in subtle as well as obvious changes in their attitudes, behaviors, perceptions, and the follow up maintenance of their symptom reduction when they returned home to their family. I can’t express my gratitude enough to this family for allowing us a window into their pain, thereby allowing us a way to teach others how to relieve this pain and spread the effectiveness of EFT to treat PTSD throughout the veteran and trauma communities.

Carol Look, EFT Master

[http://www.eftuniverse.com/index.php?option=com\\_content&view=article&id=8846:sharing-my-experiences-using-eft&catid=29:trauma-and-ptsd&Itemid=3128](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=8846:sharing-my-experiences-using-eft&catid=29:trauma-and-ptsd&Itemid=3128)

---