

## **EFT? TFT? What's the Difference? Should I Care?**

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**The following paragraphs summarize the definitions, history, applications and differences between Dr. Roger Callahan's Thought Field Therapy® (TFT) – the original “tapping” therapy, -- and Emotional Freedom Technique® (EFT), the adaptation of TFT offered by Gary Craig, who learned TFT from Dr. Callahan.**

**Thought Field Therapy® (TFT) is a technique for rapidly reducing and often completely eliminating emotional distress. This technique consists of tapping on a *specific sequence* of one's own acupuncture meridian points for specific concerns, and making specific eye movements, while thinking about the problem. Done correctly, the client experiences a substantial and often complete reduction in the distress -- in minutes, as compared to hours. And these changes are permanent 90% of the time.**

**Emotional Freedom Technique® (EFT) is an adaptation of TFT. Using EFT, one also taps on meridian points and uses TFT's eye movements while thinking about the problem, using a “recipe.” However, it teaches that the sequence of meridians tapped upon is *not particularly significant* to the reduction of the distress. So while EFT, using a few TFT protocols, can also be effective, it does not offer the range of effectiveness possible with the broader TFT treatments.**

**TFT has about thirty (more are discovered regularly) algorithms or “recipes” for problems from trauma, anxiety, phobia, guilt, anger and rage, obsession, depression, and many more. These are used in a very specific protocol, which Dr. Callahan created through use of Applied Kinesiology, informally called muscle testing. This is a system of accessing the body's wisdom through testing a muscle such as the deltoid, to see what makes it strong or weak, and using that mechanism as feedback for the next action. These thirty algorithms were identified by using muscle testing on thousands of people during twenty-plus years of Dr. Callahan's practice. Advanced training available with Dr. Callahan teaches the practitioner to do that as well, for each individual client.**

**EFT offers a basic “recipe” and includes some of the protocols developed by Dr. Callahan. Gary Craig is a kind man, certainly a man of good heart, originally trained as an engineer. He felt the TFT work was valuable, but disagreed with the need for specific tapping sequences to eliminate the distress. He decided to *simplify* the protocols to *make them more accessible*, i.e., easier to learn and to use. He then offered it as Emotional Freedom Technique®.**

**Here I wish to relate my own experience: I first learned of “tapping” by being offered an EFT sequence, and I did find that it reduced my discomfort faster than other emotional healing techniques. After tapping a sequence of 14 points four**

times (56 taps), I could feel the difference. I was impressed. Soon after, I learned of Thought Field Therapy® and Dr. Callahan's work, which preceded Gary Craig's. I investigated, and learned more about the process – specific testing of meridians, etc. – that brought Dr. Callahan's work into being.

I also saw what *had been lost* in the *simplification* of TFT by Gary Craig. Yes, EFT is simpler to do than TFT, because it has eliminated powerful key elements of Thought Field Therapy® that, in my experience, contribute to TFT's often dramatic effectiveness.

When I speak of TFT or “tapping,” I often hear people say something like, “Oh yes, I tried that tapping. It didn't really do much for me.” Further questioning typically has revealed that their “tapping” was EFT from a less than optimally trained person, or from an EFT internet site, and I am saddened, because the sub-optimal experience with EFT has left the unfortunate and inaccurate impression that “tapping” isn't very effective.

On the other hand, if you are someone who has had good results with EFT, I am very pleased. Still, I would strongly encourage you to add to that success by trying the original, more comprehensive and complete tapping therapy -- Thought Field Therapy®.

In summary, there is no need for you to choose between TFT and EFT arbitrarily. Your specific need and application would suggest a choice. EFT offers easier learning and use, although to accomplish this it limits the functionality and effectiveness as offered by TFT. TFT requires more thorough training but is not difficult to learn. TFT training allows people to learn gradually, moving to advanced training if and as desired.

Both techniques offer free information on their websites, listed below. TFT has an association of practitioners who take opportunities to serve in traumatized situations, such as in New Orleans and Rwanda, and both EFT and TFT are used by Green Cross in its disaster service. The world needs all the healing it can get, and this paper has been offered to support you in making good decisions.

TFTRX.com	Official website of Thought Field Therapy
EMOFREE.com	Official website of Emotional Freedom Technique
ATFT.org	Website of the Association of TFT practitioners