

EFT TAPPING

To Improve Sleep

AUDIO COURSE

DR PETA STAPLETON

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IMPORTANT NOTE

This tapping tip outlines an impressive personal improvement tool. It is not a substitute for training in psychology or psychotherapy. The author does not assume responsibility for how the reader chooses to apply the techniques herein. The ideas, procedures, and suggestions in this book are not intended as a substitute for consultation with your professional health care provider. If you have any questions about whether or not to use EFT, consult your physician or licensed mental health practitioner.

This material is for your general knowledge only and is not a substitute for traditional medical attention, counselling, therapy or advice from a qualified health care professional. The information here is not intended to be used to diagnose, treat, cure or prevent any disease or disorder.

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What is EFT Tapping and how does it work?

Emotional Freedom Techniques (EFT) Tapping is a mind-body therapy that involves tapping on specific acupuncture points on the body while focusing on a negative emotion or physical symptom. Several studies have shown the efficacy of EFT Tapping in reducing symptoms of anxiety, depression, PTSD, and chronic pain^{1,2,3}. It is thought that EFT Tapping may work by reducing the activity of the amygdala, a part of the brain that is involved in the fight-or-flight response⁴. EFT Tapping has also been shown to reduce cortisol, a stress hormone⁵.

Explanation of the EFT Tapping points and how to tap

To begin EFT Tapping, find a quiet and comfortable space where you won't be interrupted. Take a few deep breaths to relax your body and focus your mind. Identify the issue you want to work on and rate its intensity on a scale from 0-10, with 10 being the most intense. Then, choose a setup statement that reflects the issue and the emotions associated with it, and tap the side of the hand point while repeating the statement three times. After that, move on to tapping on the specific acupressure points while repeating reminder phrases that focus on the issue. Tap on each point 5-7 times while breathing deeply and focusing on the issue. After several rounds of tapping, take a deep breath and check in with yourself to see if there's been any change in the intensity of the issue. Repeat the process until the intensity has reduced to a comfortable level or has been completely resolved. With practice, EFT Tapping can become a simple and effective tool for managing emotional and physical challenges.

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1. Church, D., & Brooks, A. J. (2010). The effect of a brief EFT (Emotional Freedom Techniques) self-intervention on anxiety, depression, pain and cravings in healthcare workers. *Integrative Medicine: A Clinician's Journal*, 9(4), 40-44.
 2. Karatzias, T., Power, K., Brown, K., McGoldrick, T., Begum, M., Young, J., ... & Adams, S. (2011). A controlled comparison of the effectiveness and efficiency of two psychological therapies for posttraumatic stress disorder: Eye movement desensitization and reprocessing vs. emotional freedom techniques. *Journal of Nervous and Mental Disease*, 199(6), 372-378.
 3. Brattberg, G. (2008). Self-administered EFT (Emotional Freedom Techniques) in individuals with fibromyalgia: a randomized trial. *Integrative Medicine: A Clinician's Journal*, 7(4), 30-35.
 4. Golling, A., Hilbert, A., & Kosakowski, M. (2016). Tapping for a better night's sleep: a randomized controlled trial. *Journal of Evidence-Based Complementary & Alternative Medicine*, 21(4), 271-278.
 5. Gaesser, A. H., & Karan, O. C. (2018). The Effectiveness of Emotional Freedom Techniques in the Treatment of Posttraumatic Stress Disorder: A Meta-Analysis. *Journal of Evidence-Based Integrative Medicine*, 23, 1-16.

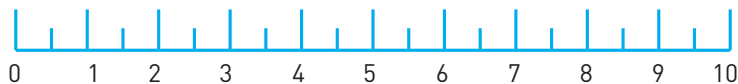


TAPPING – THE 5 STEPS

1. Acknowledge there is something to change and rate distress/discomfort out of 10

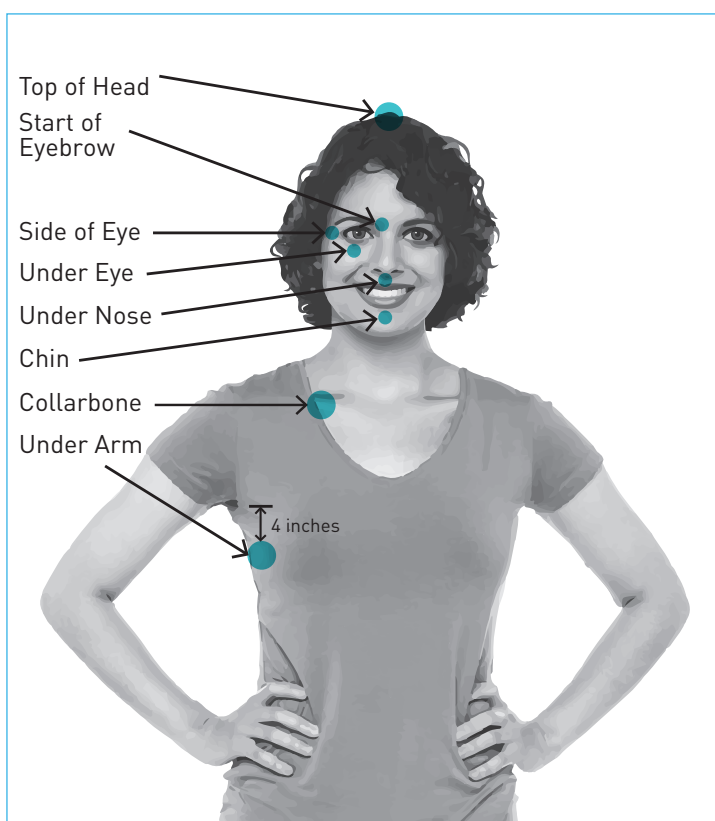
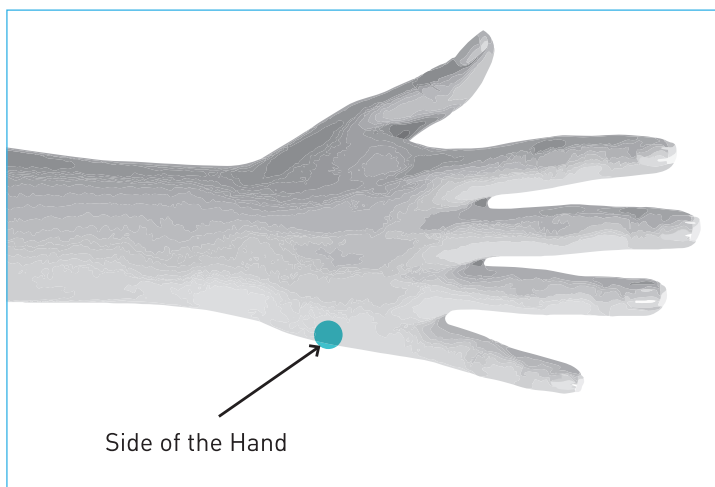
Your ratings are subjective – you can guess the number out of 10, or you just may feel a difference after tapping. The aim is to tap until you feel calmer, the number is 0-1 or you have achieved the shift you want for that tapping time.

2. State problem in setup statement while tapping on side of hand point (3 times).
3. Tap through all 8 EFT points **while saying a short reminder phrase, which is usually the main feeling or body sensation, or thought. This is to stay engaged and not drift off in your thoughts.**
4. Take a breath and re-rate your distress out of 10.
5. Tap again from the eyebrow point until rating is 0. You only need to start again with the setup statement if you want to change the topic you are tapping on.



(10 = most distress, 0 = no distress).

Tapping Points





EFT Tapping to Improve Sleep audio course

This audio course teaches you how to tap for two common areas associated with sleep issues, and insomnia.

1. Beliefs about Not Sleeping Well
2. Common behaviours that interfere with Sleeping Well

A script for going to sleep more easily, as well as getting back to sleep if you wake, is included. It can be downloaded to use on your phone and you can imagine tapping on the acupoints instead of physically tapping. Two studies using functional MRI imaging has shown imagining tapping on the acupressure points in your mind works as well as physically tapping.

There is a bonus here as well –

- Tapping for Self Care

There is space to write your own notes at the end, and keep a track of what you tapped on and what you thought about. As you listen to the audio tracks, tap along and write your notes. Remember, if you experience any unusual symptoms practicing the technique you should seek the advice of a health professional. Although the results of our research indicated that many people benefiting from the use of EFT with their food cravings, weight loss, anxiety and depression, the responses to the technique are individual. A lack of result or progress may mean you need professional assistance.

You can visit any of the organisations below for worldwide practitioners trained and certified in EFT. Evidence Based EFT (<https://evidencebasedeft.com/>) in Australia and worldwide – A list of trained practitioners is here <https://www.evidencebasedeft.com/practitioners>

EFT Universe contains the archives of the international EFT community - practitioners can be accessed here <https://www.eftuniverse.com/eftu-practitioners-2>

The Association for Comprehensive Energy Psychology – to find a practitioner visit <https://www.energypsych.org/page/Findpractitioner>

EFT International (previously known as AAMET International, The Association for the Advancement of Meridian Energy Techniques) – a list of practitioners is here <https://eftinternational.org/discover-eft-tapping/find-eft-practitioners/>



EFT Tapping to Improve Sleep audio course

There are several issues that people may have with sleeping well, some of which include:

Insomnia: This is a condition where a person has difficulty falling asleep or staying asleep, even when they have the opportunity to do so. Insomnia can be caused by various factors such as stress, anxiety, depression, and medical conditions.

Sleep Apnea: This is a disorder where a person's breathing is interrupted during sleep. It can cause a person to wake up frequently during the night and feel tired during the day.

Restless Leg Syndrome: This is a condition where a person experiences an uncomfortable sensation in their legs, which can cause them to move their legs frequently during sleep and interrupt their sleep.

Narcolepsy: This is a neurological disorder that affects the brain's ability to regulate sleep-wake cycles. People with narcolepsy may fall asleep suddenly and unexpectedly during the day.

Sleepwalking and Sleep Talking: These are parasomnias, which are abnormal behaviors that occur during sleep. People who sleepwalk or talk in their sleep may not realize that they are doing so and may wake up feeling tired or confused.

Shift Work Sleep Disorder: This is a condition that affects people who work night shifts or irregular schedules. It can disrupt the body's natural sleep-wake cycle and cause difficulty sleeping during the day.

Environmental Factors: Environmental factors such as noise, light, and temperature can affect a person's ability to fall asleep or stay asleep. For example, a noisy bedroom or a room that is too warm can make it difficult to get a good night's sleep.

Some of these may need professional assistance and medical intervention and you are encouraged to pursue further investigation about your sleep issues if this program does not help or you experience further concerns.

For the ones where EFT Tapping may help, we will explore soon.



Beliefs

1. EFT Tapping for Beliefs About Not Sleeping Well

There are many common beliefs about not sleeping well that adults have, some of which include:

"I can catch up on lost sleep on the weekends." Many people believe that they can make up for lost sleep during the week by sleeping in on the weekends. However, this is not entirely true, as irregular sleep patterns can disrupt the body's natural sleep-wake cycle.

"I only need a few hours of sleep each night." While some people may be able to function on very little sleep, most adults need between 7-9 hours of sleep per night to function at their best.

"Sleeping pills are the only way to get a good night's sleep." While sleeping pills can be effective for some people, they are not always the best solution. They can have side effects and can be habit-forming.

"If I'm tired during the day, it means I didn't get enough sleep the night before." While this is often true, daytime fatigue can also be a symptom of other health problems, such as sleep apnea or depression.

"It's normal to have trouble sleeping as you get older." While it is true that sleep patterns can change as we age, it is not normal to consistently have trouble sleeping. This can be a sign of an underlying sleep disorder or other health problem.

"Alcohol helps me sleep better." While alcohol may help you fall asleep faster, it can actually disrupt your sleep cycle and lead to poor quality sleep.

"I can work more efficiently if I sacrifice sleep." While it may seem like sacrificing sleep will give you more time to work, it can actually lead to decreased productivity and a decrease in overall health and wellbeing.

What beliefs / thoughts do you tell yourself about not sleeping well?

Let's target some of these with EFT Tapping.

Always remember to be specific to your own physical sensation, words to describe your situation or feelings/ thoughts. Tapping works best when you are VERY SPECIFIC.

The reminder phrases used in EFT Tapping are intended to focus on the negative statements or feelings that you are trying to release, rather than positive statements. The purpose of the reminder phrases is to maintain your focus on the issue being addressed while tapping on the specific acupoints.



In EFT Tapping, it is important to acknowledge and address the negative emotions and beliefs in order to release them and create a more positive mindset. Then change can happen.

Example Setup Statements and reminder phrases for these beliefs above (for your own, create some new ones):

Remember to rate each each feeling or belief out of 10 before you start and check in with that as you tap.

10 = highest level

0 = calm or neutral

"I can catch up on lost sleep on the weekends."

- Even though I believe I can catch up on sleep during the weekends, I deeply and completely accept myself and my body's need for a consistent sleep schedule.
- Even though I believe that sleeping in on the weekends will make up for lost sleep during the week, I choose to honor my body's need for a regular sleep pattern and give it the rest it needs.

Reminder phrases = this belief, I can make up lost sleep, I truly believe this

"I only need a few hours of sleep each night."

- Even though I believe I can function on very little sleep, I deeply and completely accept myself and acknowledge that my body needs a minimum of 7-9 hours of sleep each night to function at its best.
- Even though I believe I don't need much sleep, I choose to give my body the rest it needs and allow myself to prioritize sleep for optimal health and wellbeing.

Reminder phrases = I can still function, this belief I am holding onto, I don't need much sleep

"Sleeping pills are the only way to get a good night's sleep."

- Even though I believe that sleeping pills are the only solution for my sleep problems, I deeply and completely accept myself and am open to exploring alternative solutions for better sleep.
- Even though I believe that sleeping pills are the only way to get a good night's sleep, I choose to release this belief and trust that my body has the ability to naturally achieve restful sleep.

Reminder phrases = pills are the only solution, I have no choice, this belief about sleeping well, I can't sleep well ever

"If I'm tired during the day, it means I didn't get enough sleep the night before."

- Even though I believe that daytime fatigue is solely due to a lack of sleep, I deeply and completely accept myself and am open to exploring other possible causes for my fatigue.
- Even though I believe that being tired during the day means I didn't get enough sleep, I choose to listen to my body and address any underlying health issues that may be causing my fatigue.

Reminder phrases = this belief about being tired, I'm always tired, I never sleep well, this fatigue



Behaviours

2. There are many common behaviours that adults may engage in to delay sleep, some of which include:

- **Using electronic devices before bed:** Many adults use their smartphones, tablets, laptops, or other electronic devices before bed, which can disrupt their sleep patterns due to the blue light emitted by these devices. The light can suppress melatonin, a hormone that helps regulate sleep.
- **Consuming caffeine or other stimulants:** Drinking coffee, tea, or energy drinks containing caffeine, or consuming other stimulants such as nicotine or sugary snacks, can keep you alert and awake, making it difficult to fall asleep.
- **Engaging in stimulating activities:** Adults may engage in stimulating activities such as watching a thrilling movie or TV show, playing video games, or participating in a heated discussion, which can keep the brain active and make it difficult to wind down and fall asleep.
- **Engaging in stressful activities:** Stressful activities such as working, checking emails, or having a difficult conversation can cause an increase in cortisol levels, making it difficult to relax and fall asleep.
- **Napping during the day:** While a short nap during the day can be beneficial, napping for too long or too late in the day can make it difficult to fall asleep at night.
- **Irregular sleep schedules:** Going to bed and waking up at different times each day can disrupt the body's natural sleep-wake cycle, making it difficult to fall asleep at night.

What behaviours do you have that might interfere with sleeping well?

Let's target some of these with EFT Tapping.

Always remember to be specific to your own physical sensation, words to describe your situation or feelings/ thoughts. Tapping works best when you are VERY SPECIFIC.

The reminder phrases used in EFT Tapping are intended to focus on the negative statements or feelings that you are trying to release, rather than positive statements. The purpose of the reminder phrases is to maintain your focus on the issue being addressed while tapping on the specific acupoints.

In EFT Tapping, it is important to acknowledge and address the negative emotions and beliefs in order to release them and create a more positive mindset. Then change can happen.

Example Setup Statements and reminder phrases for these beliefs above (for your own, create some new ones):

Remember to rate each feeling out of 10 before you start and check in with that as you tap.

10 = highest level

0 = calm or neutral



"Using electronic devices before bed"

- Even though I habitually use electronic devices before bed, I deeply and completely accept myself and am open to finding alternative activities to help me wind down before sleep.
- Even though I believe that using electronic devices before bed is the only way to relax, I choose to release this belief and prioritize healthier bedtime routines for better quality sleep.

Reminder Phrases = I have to use my device before bed, I don't get any other time, I know this is bad but I do it anyway, this is the only way to relax

"Watching TV or working in bed"

- Even though I have a habit of watching TV or working in bed, I deeply and completely accept myself and am open to creating a separate work area and limiting TV time for better sleep hygiene.
- Even though I believe that watching TV or working in bed is the only way to relax, I choose to release this belief and prioritize a designated relaxation space for better sleep quality.

Reminder Phrases = this bad habit, I don't want to miss out, only way to relax

"Drinking caffeine late in the day"

- Even though I rely on caffeine to stay awake during the day, I deeply and completely accept myself and am open to finding alternative ways to boost my energy levels.
- Even though I believe that drinking caffeine late in the day won't affect my sleep, I choose to release this belief and prioritize caffeine-free alternatives for better sleep quality.

Reminder Phrases = I have to have coffee to stay awake, I rely on it, I can't stop it, I believe it helps me

"Eating heavy meals close to bedtime"

- Even though I enjoy eating heavy meals close to bedtime, I deeply and completely accept myself and am open to finding lighter meal options for better sleep hygiene.
- Even though I believe that eating heavy meals close to bedtime won't affect my sleep, I choose to release this belief and prioritize a lighter evening meal for better sleep quality.

Reminder Phrases = I enjoy eating heavy meals, I don't think it hurts my sleep, I don't want to change this

"Taking naps during the day"

- Even though I enjoy taking naps during the day, I deeply and completely accept myself and am open to creating a consistent sleep schedule for better sleep hygiene.
- Even though I believe that taking naps during the day won't affect my sleep at night, I choose to release this belief and prioritize a consistent sleep schedule for better sleep quality.

Reminder Phrases = I enjoy my naps, I don't think it hurts, I can't stay awake in the day, I won't cope without a nap



Two Extra Ways to use Tapping for Sleep Issues

1. You can tap at night before going to sleep or if you wake in the night –just tap on the physical sensations or beliefs (e.g., head is racing, can't get comfortable, worry about sleeping well) to introduce some calm. You can simply tap and breathe (tap on each point but just say the words 'breathe' or 'relax' as you tap – this is to just introduce a physiological calm, rather than address any problem). You may then be in a position to start tapping on what is actually happening to interfere with your sleep.

There is a script next that you can use and the audio file to download and play too

2. Have a think about WHEN you might have started having sleep issues in order to track the pattern of WHEN it started. If it is an adult behaviour, try and pin point when it started and what was happening in your life (the that will become the issue to tap on). If you had sleep issues as a child, think about how it was handled by your parents. You can tap on memories with the Movie Technique in EFT.

Script for Going to Sleep or Getting Back to Sleep

Listen to the audio track while imagining tapping on the acupoints. Don't worry if you drift off (that is the goal) and if you forget which point you are tapping on. Just pick up from any acupoint and tap along.

The first few rounds of tapping will focus on the general problem of inability to sleep.

On side of hand point imagine tapping while you repeat –

“Even though I can't get to sleep easily I deeply and completely accept myself.”

“Even though I can't switch off my thoughts, I deeply and completely accept myself.”

“Even though I feel anxious and stressed, I deeply and completely accept myself

“Even though I have too many worries I deeply and completely accept myself.”

“Even though I can't get back to sleep after I wake, I am open to becoming a good sleeper.”

Tapping through the points:

EB: I can't sleep

SE: I can't switch off my thoughts

UE: I'm too stressed

UN: I feel uncomfortable

CH: I'm too anxious

CB: I have too many worries

UA: I'm too stressed

TH: I can't sleep



EB: I can't sleep easily
SE: I can't switch off my thoughts
UE: I'm too stressed and uptight
UN: I don't feel relaxed
CH: My mind is racing
CB: I have too many thoughts
UA: I'm too stressed
TH: I can't sleep

EB: I am allowing myself to let go of these thoughts
SE: I could allow myself to relax
UE: What if I let my muscles relax
UN: I am calming down and relaxing now
CH: What if I released this tension
CB: I am releasing all racing thoughts
UA: I can let go slowly
TH: I am letting my muscles relax

EB: My muscles are relaxing
SE: All the muscles in my body are relaxing
UE: I am allowing myself to drift into a restful sleep
UN: I am allowing myself to fall into a deep and satisfying sleep
CH: As I relax I feel myself getting more and more sleepy
CB: I feel peaceful
UA: I am allowed to feel peaceful and good
TH: I feel sleepy

EB: I am feeling very sleepy
SE: I am feeling very peaceful and very sleepy
UE: I am feeling very relaxed and sleepy
UN: I am ready to fall asleep now
CH: As I relax I feel myself getting more and more sleepy
CB: I feel peaceful
UA: I am allowed to feel peaceful and good
TH: I feel sleepy

Note:

- EB – eyebrow
- SE – side of eye
- UE – under eye
- UN – under nose
- Ch – chin
- CB – collarbone
- UA – under arm
- TH – top of head



BONUS

EFT Tapping for Self-Care

Remember to rate each feeling out of 10 before you start and check in with that as you tap.
10 = highest level
0 = calm or neutral

Sleeping well could be considered a type of self-care activity. Prioritizing your sleep behaviours, habits and hygiene may have these amazing impacts:

- Improved physical health: Getting enough sleep has been linked to improved physical health, including a stronger immune system, a lower risk of obesity, and a reduced risk of developing chronic diseases such as diabetes and heart disease.
- Improved mental health: Getting enough sleep can also have a positive impact on mental health, helping to reduce symptoms of anxiety and depression and improving overall mood and emotional regulation.
- Better cognitive function: Sleep is essential for optimal brain function, including memory consolidation, learning, and problem-solving skills. Prioritizing sleep can help to enhance cognitive function and improve productivity and performance in daily activities.
- Reduced stress: Lack of sleep can increase stress levels, leading to a negative impact on overall well-being. Prioritizing sleep can help to reduce stress levels and promote relaxation.
- Self-love and self-respect: By prioritizing sleep, we show ourselves that we value and prioritize our health and well-being. This sends a powerful message of self-love and self-respect, helping to improve self-esteem and overall quality of life.

With all of that in mind, have a look at the following EFT Tapping statements and see which ones ring true for you – tap along of course!

Example setup statements

- Even though I struggle to prioritize self-care, I deeply and completely love and accept myself.
- Even though I feel guilty taking time for myself, I choose to release this guilt and prioritize my own needs.
- Even though I often put others' needs before my own, I deeply and completely accept myself and choose to make time for self-care.
- Even though I feel overwhelmed and stressed, I choose to prioritize my own well-being and engage in self-care practices.
- Even though I have limiting beliefs around self-care, I deeply and completely love and accept myself and choose to create a positive relationship with self-care.



Example Reminder Phrases

- I don't deserve to take care of myself
- I struggle to prioritize myself
- I feel guilty
- This self-criticism and judgment
- I put everyone else first
- I feel selfish
- I feel overwhelmed
- I can't relax
- I am not worth it
- I feel stressed taking time out

The Personal Peace Procedure for Sleep Issues!

The Personal Peace Procedure is a technique used in EFT Tapping to address multiple emotional issues or traumas in a systematic way. If any of the above topics rang true for you more than the others, take the time to do this process.

Here's an outline of what to do.

Make a list of specific events, situations, or memories that cause you distress about your sleep area / not sleeping well. You might think of feelings, physical sensations, thoughts or beliefs and even family sayings about sleep. Write them down.

Rate each item/idea you wrote on a scale of 0-10, with 10 being the most intense emotional discomfort and 0 being no discomfort/neutral.

Choose the item with the lowest rating to begin with and tap on the acupoints while focusing on the negative emotion or memory.

Continue tapping on while repeating reminder phrases related to the specific issue, until the intensity of the negative emotion is reduced to a 0-2 on the scale.

Move on to the next item on your list and repeat the process until all items have been addressed.

Remember to personalize your reminder phrases to fit your specific issues, and seek professional help if needed.



My Tapping Notes

Date: _____

Issue/Feeling or Problem I need to work on:

My Setup statement:

My Reminder Phrases:

Intensity rating 0 to 10 where 10 is worst I can imagine and 0 is none:

Round 1:

Round 2:

Round 3:

Round 4:

Round 5:

If you get stuck at any particular intensity rating for several rounds then ask yourself whether something else has come up, or another aspect has become more important that you may need to focus on first. If so start again with a setup statement for this issue.

Other things I became aware of during this tapping:



My Tapping Notes

Date: _____

Issue/Feeling or Problem I need to work on:

My Setup statement:

My Reminder Phrases:

Intensity rating 0 to 10 where 10 is worst I can imagine and 0 is none:

Round 1:

Round 2:

Round 3:

Round 4:

Round 5:

If you get stuck at any particular intensity rating for several rounds then ask yourself whether something else has come up, or another aspect has become more important that you may need to focus on first. If so start again with a setup statement for this issue.

Other things I became aware of during this tapping:



My Tapping Notes

Date: _____

Issue/Feeling or Problem I need to work on:

My Setup statement:

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Round 4:

Round 5:

If you get stuck at any particular intensity rating for several rounds then ask yourself whether something else has come up, or another aspect has become more important that you may need to focus on first. If so start again with a setup statement for this issue.

Other things I became aware of during this tapping:



My Tapping Notes

Date: _____

Issue/Feeling or Problem I need to work on:

My Setup statement:

My Reminder Phrases:

Intensity rating 0 to 10 where 10 is worst I can imagine and 0 is none:

Round 1:

Round 2:

Round 3:

Round 4:

Round 5:

If you get stuck at any particular intensity rating for several rounds then ask yourself whether something else has come up, or another aspect has become more important that you may need to focus on first. If so start again with a setup statement for this issue.

Other things I became aware of during this tapping:



My Tapping Notes

Date: _____

Issue/Feeling or Problem I need to work on:

My Setup statement:

My Reminder Phrases:

Intensity rating 0 to 10 where 10 is worst I can imagine and 0 is none:

Round 1:

Round 2:

Round 3:

Round 4:

Round 5:

If you get stuck at any particular intensity rating for several rounds then ask yourself whether something else has come up, or another aspect has become more important that you may need to focus on first. If so start again with a setup statement for this issue.

Other things I became aware of during this tapping:



About the Author

Peta Stapleton, PhD, has 28 years of experience as a registered clinical and health psychologist in Queensland, Australia. Peta has also spent the last 25 years in academia and is associate professor in psychology at Bond University. She is a published author, certified practitioner of Neuro-linguistic Programming, Timeline Therapy, and Emotional Freedom Techniques. Peta is the Hay House author of *The Science Behind Tapping: A Proven Stress Management Technique for the Mind and Body*, which won Best Self-Help Book (2019 Best Book Awards, American Book Fest).

Peta is Australasia's leading EFT researcher and academic and in 2014 was awarded the Harvey Baker Research Award for meticulous research in Energy Psychology, and also became a Gold Coast Business Events Ambassador for Gold Coast Tourism. In 2015, she received the Global Weight Management Congress Industry Professional Award of Excellence, and was named the Gold Coast Women in Business-Woman for Change Winner. In 2016, she was awarded the greatest contribution to the field of Energy Psychology by the Association of Comprehensive Energy Psychology. In 2018 Peta was named the Gold Coast Women in Business Innovation and technology winner for her online therapy trials and work. In 2019 Peta was named Psychologist of the Year (Australian Allied Health Awards).

Peta is on most social media and would love to connect!

Website: www.petastapleton.com

Training: www.evidencebasedeft.com

Email: admin@evidencebasedeft.com

Facebook: <https://www.facebook.com/drpetastapleton>

Twitter: <https://twitter.com/PetaStapleton>

LinkedIn: <https://www.linkedin.com/in/petastapleton>

Research publications:

<https://research.bond.edu.au/en/persons/peta-stapleton>

Dr. Stapleton's clinical food craving program based on research trials:

<http://www.weightmanagementpsychology.com.au/onlinecourses/tappingforweightmanagement>





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Tapping in the Classroom

Tapping in the Classroom is designed to equip teachers with the skills to use EFT Tapping in a typical classroom setting. The combination of a short-term intervention, easy to master technique, and immediate results contribute the hypothesis that EFT may be an effective tool for students in classroom situations.

This 11-module training (20 professional development hours) will give teachers the skills to help students:

- Recognise and understand their emotions
- Discover how to become confident, resilient and adaptable
- Improve well-being, self-esteem and academic success

Based on clinical trial research, this course is self directed and presented by world leading EFT researcher, Dr Peta Stapleton. It is designed to be understood and applied by anyone new to EFT or Tapping. This is lifetime access so you can visit whenever you need.

The training is a combination of movie files where Dr Peta teaches the lessons, extra videos to watch and learn, practical exercises to do during the training and in between modules, and handouts and sample letters for parents/principals. We have included example tapping scripts for common concerns and the latest research in a comprehensive training manual.

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