



Jean Manz, MA, LMFT



505-716-7995



[jean@jeanmanz.com](mailto:jean@jeanmanz.com)



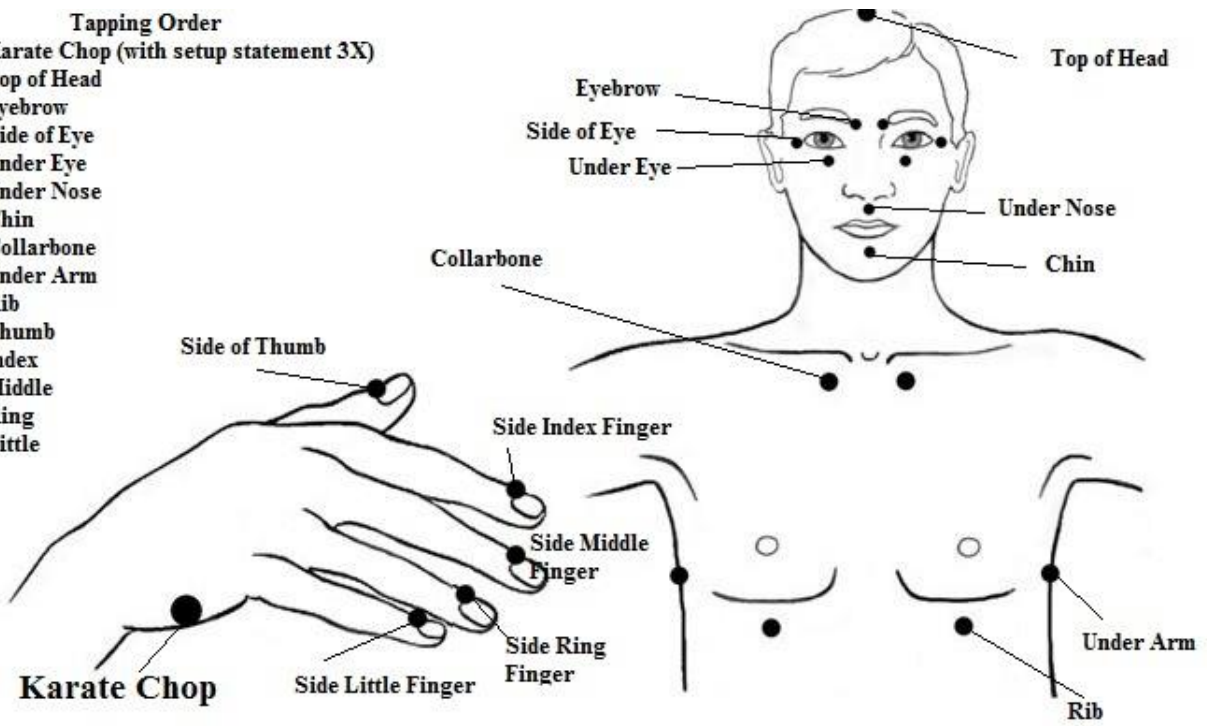
[www.jeanmanz.com](http://www.jeanmanz.com)

5101 College Blvd, Suite 5044  
Farmington, NM, 87401

# Reboot Your Wellbeing with Tools from Energy Psychology

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By Jean Manz, LMFT

**Tapping Order**  
 Karate Chop (with setup statement 3X)  
 Top of Head  
 Eyebrow  
 Side of Eye  
 Under Eye  
 Under Nose  
 Chin  
 Collarbone  
 Under Arm  
 Rib  
 Thumb  
 Index  
 Middle  
 Ring  
 Little



# The 5 Steps

## 1. Identify the Issue:

All you do here is make a mental note of what ails you. This becomes the target at which you "aim" the tapping sequence.

## 2. Test the Initial Intensity:

Here you establish a *before* level of the issue's intensity by assigning a number to it on a 0-10 scale where 10 is the worst the issue has ever been and 0 is no problem whatsoever. This serves as a benchmark so we can compare our progress after each round of The EFT Tapping Basic Recipe.

## 3. The Setup:

The Setup is a process we use to start each round of Tapping. By designing a simple phrase and saying it while continuously Tapping the KC point, you let your system know what you're trying to address.

When designing this phrase there are two goals to achieve:

- 1) acknowledge the problem
- 2) accept yourself in spite of it

We do this by saying:

"Even though I have this \_\_\_\_\_, I deeply and completely accept myself".

## 4. The Sequence:

This is the workhorse part of tapping that stimulates/balances the body's energy pathways. To perform it, you tap each of the points shown in the Sequence Points diagram (see above) while saying a Reminder Phrase that keeps your system tuned into the issue.

Top of the Head (TOH)

Beginning of the Eyebrow (EB)

Side of the Eye (SE)

Under the Eye (UE)

Under the Nose (UN)

Chin Point (CH)

Beginning of the Collarbone (CB)

Under the Arm (UA)

Under the Rib

On the side of each finger (thumb, index finger, middle finger, ring finger, little finger)

## 5. Test the Intensity Again:

Finally, you establish an "after" level of the issue's intensity by assigning a number to it on a 0-10 scale. You compare this with the before level to see how much progress you have made. If you are not down to zero then do 1 of the following:

- repeat the process, adding in the words "even if I have this remaining..."
- unfold aspects by asking yourself "what about this problem" and see what

comes to you, get a sud level on that, then do this process on that aspect  
-do the 9-gamut

## **9 Gamut Procedure**

The 9 Gamut procedure is part of EFTs Full Basic Recipe. It involves 9 actions performed while tapping the "gamut" point on the Triple Warmer acupuncture meridian on the back of the hand. It includes behaviors designed to engage both the left and right hemispheres of the brain, as well as eye movements.

Often the EFT Basic Recipe is effective in clearing the negative feeling. If it does not, add the 9-Gamut.

While tapping the gamut point, (on back of hand between fourth and fifth fingers)

1. Close eyes
2. Open eyes
3. Look down hard right
4. Look down hard left
5. Circle eyes in circle 1 way
6. Circle eyes in circle the other way
7. Hum for 5 seconds
8. Count to 5
9. Hum for 5 seconds

## **Heart Focused Breathing**

1. Slow Breath
2. Heart Focus
3. Feel a Positive Emotion for Someone or Something that you feel Care, Compassion, Appreciation or Gratitude for.

## Resources

### **Audio and Video Resources:**

Jeanmanz.com: Under resources, you will find 2 audios: Prepare to Perform 5 min guided exercise and 3 ½ min Introduction to Stress Techniques for Students

Dan Siegel's Hand Model of the Brain:

<https://www.youtube.com/watch?v=gm9CIJ74Oxw>

### **RESEARCH:**

Association for Comprehensive Energy Psychology:

[www.energypsych.org/](http://www.energypsych.org/)

**Energy Psychology Studies**

**with Abstracts Organized by Category**

*Updated: April 4, 2016*

**Heartmath Institute:** [www.heartmath.org](http://www.heartmath.org) (the research and programs) and [www.heartmath.com](http://www.heartmath.com) (products). TestEdge is the program for students.

### **Most comprehensive review of the Efficacy of Energy Psychology to date:**

Church, Dawson. Clinical EFT as an Evidence-Based Practice for the Treatment of Psychological and Physiological Conditions. 2013. Vol.4, No.8, 645-654 Published Online August 2013 in SciRes (<http://www.scirp.org/journal/psych>) <http://dx.doi.org/10.4236/psych.2013.48092>

**Jain, S., & Rubino, A. (2012). The effectiveness of Emotional Freedom Techniques (EFT) for optimal test performance: A randomized controlled trial. *Energy Psychology: Theory, Research, & Treatment*, 4(2), 13-24. doi:10.9769.EPJ.2012.4.2.SJ**

### **Website for Emotional Freedom Technique:**

Emofree.com

Eftuniverse.com

### **BOOKS:**

Genie in Your Genes by Dawson Church

Biology of Belief by Bruce Lipton

The Heartmath Solution by Doc Childre and Howard Martin

Brainstorm: The Power and Purpose of the Teenage Brain by Dr. Daniel Siegel