



Discover the
Power of EFT
Tapping
with Kar Waters

Discover the Power of EFT Tapping

With Kaz Waters

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Gratitude for my children and grandchildren, may they know a world where love reigns.

A monograph dedicated to all the amazing mental health nurses I have worked with over the years who go above and beyond to deliver trauma-informed, patient centered, recovery focused care, in high risk environments, while going through their own stuff.

You are amazing.

You are valued.

Thank you for all that you do.



Hi! My name is Kaz,

Alongside my clinical work, I trained as an Integrated Life & Wellness Coach, NLP Practitioner, and Clinical EFT Practitioner (since 2013). Supporting health care workers to reconnect with their wellbeing isn't just my passion, it's personal.

Before I ever became a coach, burnout took me out more than once. In the early days of my nursing career, I was juggling double shifts, late-earlies, night duty, renovating a house, navigating a divorce, and becoming a newly single parent to two incredible kids. I pushed until my body couldn't push anymore, to the point where I began experiencing visual hallucinations. That was my wake-up call. My nervous system was done.

That moment changed everything.

It's what led me down the path of nervous-system-based coaching, Emotional Freedom Techniques, Sound Baths and supporting others to recognise the signs long before their body has to scream.

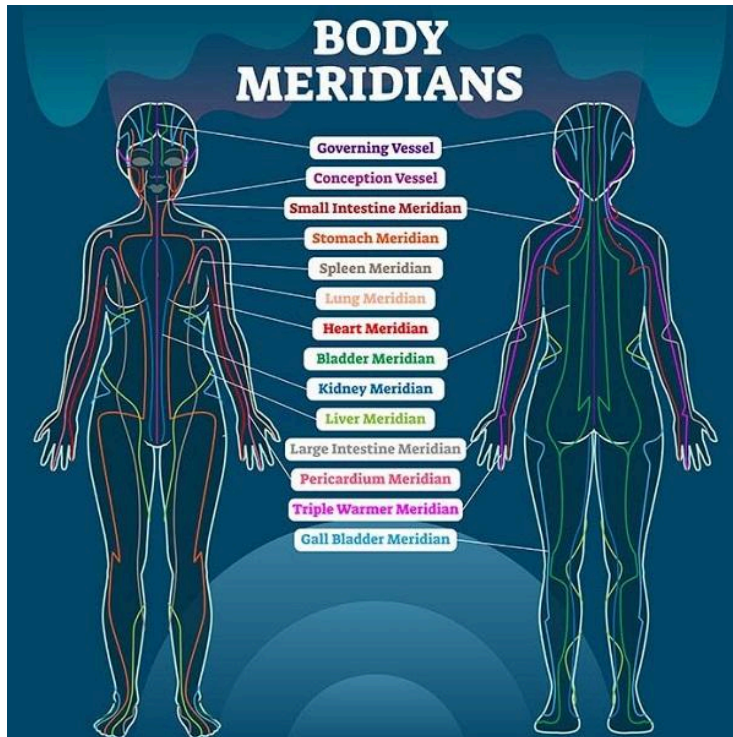
My hope is that through this simple, evidence-informed process, **you rediscover your capacity, your steadiness, your vitality, and the aliveness that stress has never been able to take from you.**

Much Love

Kaz x

Discover the Power of Emotional Freedom Techniques!

EFT (Emotional Freedom Technique) or Tapping as it is also known, is a powerful evidence-based technique that has been used to help people reduce burnout. It is a form of energy psychology combining cognitive therapy and acupressure, based on the same energy meridians used in traditional acupuncture, but without the use of needles.



EFT is like a reset button and helps people manage the symptoms of burnout. By tapping on the meridians and releasing the energy blockages that have been causing the burnout, the person can reset their energy system and start to feel better. This can be a powerful tool for people who have been struggling with burnout and need a way to reset their energy and find relief. EFT can be used in combination with other treatments, such as counseling or medication, to help people manage the symptoms of burnout and find relief.

EFT helps a person to experience an emotion safely rather than suppressing or avoiding it, which in turn calms the nervous system, creating emotional flexibility and increasing emotional intelligence.

To perform EFT, the practitioner will begin by having the client focus on the issue that they are trying to address, and giving it a Specific Units of Distress (SUD) score usually between 0-10. 0 being no emotional charge, 10 being highly charged. They will then tap on specific meridian points on the body while repeating a set up phrase.

This phrase is usually related to the issue that the client is trying to address. For example, in the issue of burnout, the set up phrase might be, "Even though I have this burnout from working on the mental health unit, I deeply and completely accept myself." The practitioner will then guide the client through a series of tapping points, focusing on the issue and repeating the reminder phrase "This burnout".

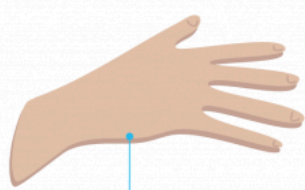
After the tapping session is complete, the practitioner will ask the client to assess how they are feeling using the SUDs rating again. This will help to determine if the EFT session was successful in reducing or eliminating the distress associated with the issue and identifying any underlying issues.

THE BASIC RECIPE

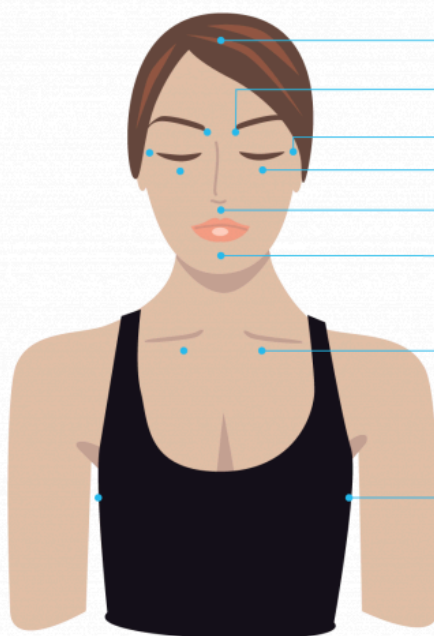
As you've discovered, EFT tapping is a type of psychological acupressure that is used to help people with emotional issues. Let's face it, as mental health nurses we see and experience a lot that can affect us deeply. It is a simple technique that can help to resolve the issue quickly.

The basic recipe for EFT involves tapping on the body while focusing on the issue or problem. See Image on previous page. Starting at the Karate Chop point (KC) then Eyebrow (EB), Side of Eye (SE), Under eye (UE), Under Nose (UN), Chin (CH), Collarbone (CB), Under Arm (UA) and finally Top of Head (TH), this is one round.

EFT Tapping Points



● KC: karate chop



● TH: top of head

● EB: eyebrow

● SE: side of eye

● UE: under eye

● UN: under nose

● CH: chin

● CB: collarbone

● UA: under arm

1. Start by focusing on the issue and rating the intensity on a scale from 0 to 10. Notice where you feel it in your body, are there any sensations, colours or shapes associated with the feeling?. What is the emotion present? Trust the first thing that comes up here. Our subconscious mind loves to relate things metaphorically.
2. Begin tapping on the karate chop point on the side of the hand (can be either hand) while repeating the set up phrase such as *"Even though I have this _____, I deeply and completely accept myself."* Repeat this statement 3 times while tapping KC.
3. Then, starting at the eyebrow point, begin gently tapping 7-10 times on each of the 8 points of the body while repeating a reminder phrase such as *"This _____."* completing the round at the top of the head. REPEAT two more rounds repeating the reminder phrase while tapping.
4. Finally, take a deep breath and check in with the intensity of the issue using SUDs score. If necessary, repeat the process until the intensity is reduced to at least a 2 or 3.
5. Check In with yourself. Did something else come up? If so, write it down, and repeat the process.

Set Up Statement Examples with Reminder Phrases

Even though I feel burnt out, I deeply and completely accept myself... This Burn Out

Even though I feel anxious about going to work, I deeply and completely accept myself... This Anxiety

Even though I feel frustrated about the lack of support at work, I deeply and completely accept myself... This Lack of support

Even though I have this sensation in my throat that feels like a cold rock and makes it hard to speak, I deeply and completely accept myself... This cold rock

Even though I have this tightness in my shoulders, I deeply and completely accept myself... This tightness

A few setup statements to get you started and help you familiarise yourself with the process. Take a few minutes to really feel into what's there for you as you tap. This is YOUR #1 tool, after all.

I love tapping for its simplicity and effectiveness, and I use it most days in my own life. If you've enjoyed this eBook and would like support from an EFT practitioner to address burnout or anything else that's draining your vitality, you're so welcome to reach out. We can explore what's happening for you, and how EFT can gently help you reconnect with your energy, clarity, and sense of self.

Thank You :)

The Science

[Emotional Freedom Technique \(EFT\): Tap to relieve stress and burnout](#)

[The Emotional Freedom Technique: Finally, a Unifying Theory for the Practice of Holistic Nursing, or Too Good to Be True? - PubMed](#)

[Clinical EFT \(Emotional Freedom Techniques\) Improves Multiple Physiological Markers of Health](#)

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