**August 2022 Betsy’s List of OUTSTANDING EFT Tapping Resources**

**Peta Stapleton’s Published Study fMRI STUDY- EFT for Chronic Pain**

This clinical trial investigated the effect of an Emotional Freedom Techniques (EFT) intervention on brain activation in chronic pain sufferers using functional magnetic resonance imaging (fMRI). EFT is a brief stress reduction technique which combines stating a cognitive statement with somatic tapping on acupressure points. Twenty-four adults were allocated to a six-week online group EFT treatment and underwent resting-state fMRI pre and post the intervention. A repeated measures MANOVA indicated significant differences in the levels of pain severity (−21%), pain interference (−26%), quality of life (+7%), somatic symptoms (−28%), depression (−13.5%), anxiety (−37.1%), happiness (+17%), and satisfaction with life (+8.8%) from pre-to post-test. Cohen's effect sizes ranged from small (0.2) to large (0.75) values suggesting significance for the intervention. fMRI analysis showed post-EFT treatment significantly decreased connectivity between the medial prefrontal cortex (a pain modulating area) and bilateral grey matter areas in the posterior cingulate cortex and thalamus, both areas being related to modulating and catastrophizing of pain. There were no brain areas that showed significantly increased connectivity post-EFT treatment. Coupled with the psychological measures the findings support the effects of the EFT intervention in reducing chronic pain and its impacts. Recommendations for future research are discussed.

Ref - Stapleton, P., Baumann, O., O’Keefe, T., & Bhuta, S. (2022). Neural Changes after Emotional Freedom Techniques Treatment for Chronic Pain Sufferers.*Complementary Therapies in Clinical Practice, 49*, <https://doi.org/10.1016/j.ctcp.2022.101653>

**Gene Monsterasteli’s 24 Hours of Tapping Replay Playlist**

In case you missed it, all 30 interviews are available to replay individually on YouTube. He’s asking for a suggested donation of $10 to access the mp3s, with 100% of all donations going to the Peaceful Heart Network. BUT we do not want to deprive anyone of the opportunity to learn from these wonderful conversations, so we've set up a "name your own price" at checkout.

They have been gathered into a handy playlist that you can access right here: [https://24hoursoftapping.com/playlist](https://NeftTI.us4.list-manage.com/track/click?u=0ec86e4151d1d060f4284ed0d&id=09a07e8e21&e=4184b1d77d)

**ACEP - Energy Psychology Healing Week (ends soon)**

Free foundational energy psychology and energy healing training week It’s **free**for you to access! It’s our way of celebrating Energy Psychology & Energy Healing Week together.

Every day you'll get a new, 2-hour training that you can watch at your convenience any time during the week.  All you need to do is reserve your free access here: [Get my free access](https://clicks.aweber.com/y/ct/?l=MAbNv&m=3fUo4.ymH0MYKV6&b=Kvt4LiiE1lkoZ7VEJzgiQA)

 **Tapping into Calm Facebook Group for Teachers**

Do you know any teachers who could benefit from more calm in their lives and classrooms? Please check out the new facebook group. <https://www.facebook.com/groups/2999494543601769>

**Tapping Out Trauma Video Class - Trauma Support for Ukranian Refugees – Aug 17 on Zoom**

The broadcast will go live on **Wednesday August 17 at 9 am Seattle Pacific Time** (5 PM BST/UK time) please check your relative time zone at [www.worldtimebuddy.com](https://clicks.aweber.com/y/ct/?l=5xIOl&m=3kjdrqCndb8rhEE&b=NhUWDaooeP.hcw5DHKj7Ww))

 Register on the link  [https://www.tappingoutoftrauma.com/support-for-slupsk-trauma-support-for-the-ukrainian-refugees-in-poland/interview/](https://clicks.aweber.com/y/ct/?l=5xIOl&m=3kjdrqCndb8rhEE&b=EZ1_AQ.d_dtXKtuMs9m4yw)

**August is International EFT Tapping Month – Daily topics and experts**
Visit the ITM website to read, learn and share resources about EFT Tapping. Items include videos of Tap-Alongs with EFT experts, worksheets, PDFs of tapping guides, MP3 audio files for listening, links to videos, and information about events online.

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

**Integrated Review finds EFT Effective for Public Speaking**

The authors conclude: “*This review indicates that even with little resources, EFT can be implemented successfully. EFT programs should be offered early in the curriculum for 1st year university students….”*

<https://oamjms.eu/index.php/mjms/article/view/7919>   <https://doi.org/10.3889/oamjms.2022.7919>

**New Forbes Article on Anxiety includes EFT as a solution**

<https://www.forbes.com/health/mind/how-to-deal-with-anxiety/?fbclid=IwAR0ced63JsmfLV342_lg4eQubVxuBRdEpMPUlKoUrZzpgb4ugzuvl5KRQZg>

**Work with one of Betsy’s EFT Certification Students – Free or discount rates**

**Send email to** **Betsy@createandconnectbrilliantly.com** **to request connection**