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EFT - Emotional Freedom Techniques

« The cause of all negative emotions is a disruption in the body's energy system ».

What is EFT?

EFT is a technique developed by Gary Craig in California in 1991. Many of the concepts of EFT can be found in American psychologist, Dr. Robert J. Callahan's *Thought Field Therapy*.

EFT is a form of needle-less acupuncture which acts on the body's energy system, in other words, the meridians of the body. Under direction, the client stimulates certain points by pressing on them with their fingers while concentrating on the issue at hand.

I use this technique to treat various physical and emotional ailments such as trauma, phobia, anxiety, grief, guilt and anger, as well as acute or chronic pain. By balancing the meridians, the body is realigned and negative emotions dissipate.

- Relief is immediate. EFT is known to produce results where other methods have not.
- The technique is easy to learn and can be practiced on your own.

It is a simple healing method which leads to improved health, well-being and fulfillment.

What happens during an EFT session?

I centre the session on the client's needs.

The goal of EFT is to uncover a particular emotion. Emotions play an important role for everyone, and a specific emotion may be hidden behind physical pain or a traumatic event.

The client's needs may be fulfilled in just one session or a series of sessions. Once the emotional root of an issue is identified, the emotion that is specific to that issue no longer occurs with the same intensity. Other related issues may emerge during the process.

Telephone consultations may be held where client and my schedules permit.

Individual sessions

**Consultation by appointment only,
in Paris (11th arr.)
60-minute consultation**

Telephone consultation
Phone call at my expense to any landline
in France and many other countries
(USA, Canada, United Kingdom, etc.).

Payment by cheque drawn on a French bank
or secure online payment via [PayPal](#).