

HOW TO DO EFT WITH CHILDEN AND ADOLESCENTS

1. Begin by identifying the feeling (e.g., anxious, frustrated, angry, disappointed, sad, afraid, stressed) or problem and rate how intense it is using a scale of 0 – 10, with 0 being no intensity and 10 being the worst it could be.
2. A set-up phrase is often used for adults, but not always needed for children. A set-up phrase pairs the feeling or problem with a positive statement that the individual easily identifies with about the situation or themselves. Examples of set-up phrases for children include, “Even though I am worried they won’t like my idea, I am excited to put it into action!” or “Even though I don’t like to write, I am an awesome kid!”. There is no right or wrong wording to use. The most important things to keep in mind are that the words are the child’s and specific to the child’s experience. The more specific the statement, the better EFT works. These words may change as the person taps and uncovers or releases different layers of the feeling or situation. Trust the child and the words that they choose to use.
3. Tap on the **Side of Hand** point while repeating your set-up phrase 3 times. When tapping throughout the EFT process, use 2 – 3 fingers of your dominant hand and a medium to firm pressure.
4. Next, tap on the remaining EFT points using a brief reminder phrase. From the examples above, a reminder phrase could be “worrisome class project” or “writing yuck!”. Tap each point about 7 – 10 times repeating the reminder phrase. Again, there is no right or wrong wording to use. The most important aspects are that the words are the child’s and specific to the child’s experience. These words may change as the person taps and uncovers or releases different layers of the feeling or situation. Trust the child and the words that they choose to use throughout. The remaining EFT points include (see Figure 1 for a visual aid) :
 - a. **Top of Head** (at crown of head)
 - b. **Eyebrow** (at the inner edge of either eyebrow)
 - c. **Side of eye** (on the bony area beside either eye)
 - d. **Under eye** (on the orbital bone under the center of either eye)
 - e. **Under nose** (halfway between nose and upper lip)
 - f. **Chin** (halfway between lower lip and point of chin)
 - g. **Collarbone** (From the collarbone, find the U-shaped notch [about where a man ties his tie]. From this notch, move right or left approximately 2" to a small depression immediately below the collarbone.)
 - h. **Under arm** (under the arm on either side of the body, halfway between the front and back of the body, usually right on the seam of one's shirt and about 4" below either armpit.)
5. When you have finished the first sequence of tapping, again rate the intensity of the feeling or situation. Continue the tapping sequence in step 4 until the intensity has gone to zero. Remember –the wording may change as the person taps and uncovers or releases different layers of the feeling or situation. Trust the child and the words that they choose to use throughout the process.

Source: Gaesser, A. H. (2019). Emotional freedom techniques (EFT): Stress and anxiety management for students and staff in school settings. In M. A. Bray & C. Maykel (Eds.), *Promoting mind-body health in schools: Interventions for mental health professionals*. Washington, DC: American Psychological Association.