



October 2024
ISSN:1538-1080

Volume 24 Number 4
<https://doi.10.78717/ijhc.2024451>

Tapping: Self-Healing with the Transformative Power of Energy Psychology **By David Feinstein, PhD and Donna Eden**

Reviewed by John Freedom

Tapping is a phenomenon.

Tapping has become a populist movement, as thousands and even millions of people are tapping on themselves to relieve aches and pains, fears and phobias, cravings and addictions, anxiety and depression, and many kinds of negative emotional and psychosomatic issues. It is both a powerful technique used by many therapists, as well as a self-help and self-empowerment tool that people can use for themselves and their families. A recent paper in the prestigious journal *Frontiers in Psychology* estimated that acupoint tapping is “used as self-help by tens of millions of people each year,” noting that one tapping app alone has more than two million documented subscribers. And tapping does not require any fancy equipment, wherever you go, the power is at your fingertips.

I recently returned home from the annual Energy Psychology Conference in Phoenix. The keynote speaker for our EP Research Symposium was David Feinstein. David and his wife Donna Eden will need no introduction to this audience. The dynamic duo of Eden Energy Medicine have recently published a new book entitled *TAPPING: Self-Healing with the Transformative Power of Energy Psychology*.

Feinstein and Eden are both prolific and masterful writers, and this latest book does not disappoint. They describe the details of Tapping: what it is, how it works, and how to use it effectively. Beginning with the Basic Recipe, they provide a clear description of the different tapping protocols including the reminder and acceptance phrases, uncovering aspects, reversals and tail-enders, and the 9-gamut procedure. They also delve into “detective work,” how to adjust the EFT protocol to discover the hidden roots of issues.

But *Tapping* is much more than a book on tapping! As you might expect, it is very comprehensive, and liberally sprinkled with insights from Energy Medicine, including Eden's Daily Energy Routine. The layout is user-friendly, and contains excellent charts and illustrations. It also includes numerous anecdotes and brief case studies of people successfully using tapping with different issues. There are chapters on specific applications: Worry, Anxiety and PTSD; Sadness and Depression; Habits and Addictions; Relationships and Peak Performance. A final chapter discusses the hope of bringing EP to a world in distress.

A couple caveats: *Tapping* at times seems to equate energy psychology with acupoint tapping, when of course the field is much broader than tapping alone. There are other forms of tapping besides TFT and "EFT," including "Clinical EFT," "Evidence Based EFT," "Gold Standard EFT," "Optimal EFT," and "Energy EFT," to name a few. (To their credit, Feinstein and Eden have not branded their style of EFT). Similar to the Christian church, tapping has morphed into different schools and styles. It is a testament to the robustness of the method that these variations on a theme continue to proliferate.

There are active debates in the field regarding, for example, the necessity of the 9-gamut sequence. Also, some believe that "parrot phrasing" ----- using the client's exact words ----- is "cleaner" and more effective than paraphrasing, which can distract clients from their own "guiding models." With a little tapping and patience, I find that clients will often generate their own reframes spontaneously. Feinstein and Eden are very creative in demonstrating the use of Choices and Acceptance phrases; however, reframes from a therapist, no matter how creative, sometimes do not fit the client as well as their own internal words and maps.

Tapping is both a treasure and a treasure chest, and contains much more than can be described in a brief review. It is a work of great depth and intelligence, as well as great compassion and generosity. Reading it is like having a conversation with two of the leading luminaries in the field. EFT beginners will discover a useful introduction to the field, and serious practitioners and trainers will find it an indispensable addition to their tapping libraries.

https://www.amazon.co.uk/s?k=Tapping+david+feinstein&crd=VDCX20NZHJK6&sprefix=tapping+david+feinstein%2Caps%2C274&ref=nb_sb_noss_2

Bio:

John Freedom serves as chairman of ACEP's research committee, and as executive director of FREA, Finding Recovery and Empowerment from Abuse. He is the author of *Heal Yourself with Emotional Freedom Technique*.

TERMS OF USE

The International Journal of Healing and Caring is distributed electronically as an open access journal, available at no charge. You may print your downloaded copy of this article or any other article for relaxed reading. We encourage you to share this article with friends and colleagues.

The International Journal of Healing and Caring
31907 South Davis Ranch Rd.
Marana, AZ 85658

Email: ijhcjournal@earthlink.net Website: <http://www.ijhc.org>
Copyright © 2024 IJHC.org, John Freedom. All rights reserved.
DISCLAIMER: <http://ijhc.org/disclaimer>