

*I am excited to offer EFT/
Tapping as a new holistic
healing technique to
integrate into my practice!
If you have any questions,
would like more
information, or are
interested in exploring this
holistic healing technique
together, please contact
me. I would be happy to
speak with you.*

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Introducing: The Emotional Freedom Technique (“EFT”)

**A HOLISTIC TECHNIQUE TO
HELP THOSE FEELING
“STUCK” IN THEIR
HEALING JOURNEY DUE TO
MEMORIES, SYMPTOMS,
OR EVENTS**

*Available at
Inner Peace Counseling, PLC*

○ What EFT Can Offer ○

The Emotional Freedom Technique (commonly called “Tapping” as you’re simply tapping on parts of the body with your fingers) has been documented to be effective for:

- Depression
- Trauma and Posttraumatic Stress Disorder (PTSD)
- Anxiety
- Food cravings
- Addictive behavior
- Chronic pain
- Reducing symptoms of mental health
- Creating lasting effects of healing not able to be achieved elsewhere (e.g. with traditional therapy)

For more information on the research that supports EFT, go to: www.energypsych.org/?Research_Landing

○ The Power of “The Emotional Freedom Technique” ○

Given that the mind and the body are interconnected, “stuckness”, whether an emotion like anxiety or a symptom like a headache, reflects a short-circuit in the mind-body matrix. Dan Siegel, a well-respected and well-known physician who has written much on the mind-body connection, describes that “The cause of all negative emotions is a disruption in the flow of energy and information in the system”. Therefore, the goal of EFT is to address underlying causes of symptoms (e.g. anxiety) so that it’s not just about managing it – it’s about treating it and creating lasting changes by removing such blockages/short-circuits!

EFT is powerful technique on the “cutting edge” of neuropsychology for three reasons: 1) Tapping acupuncture points with the EFT protocol down-regulates the Vagal System, which is responsible for our arousal response to stress and trauma.

2) EFT re-consolidates and re-codes memories in the mind-body system so that, even when thinking of overwhelming events, our memory shifts. 3) Because EFT changes the way events are coded and stored in our memory, EFT can create lasting changes as it fully treats a memory. This allows for the anxiety/trauma to never come up again!



The good news is that EFT is versatile! You can do Tapping on your own or it can be used in conjunction with longer-term traditional therapy to address the stress associated with specific memories or events.

The even better news is that Tapping is easy! You just tap on certain acupuncture points on the face and torso. One round of Tapping takes only a minute and you just continue rounds of tapping until you feel relief! It’s that simple!

For more information on this holistic healing technique and to watch a brief demonstration video on my blog, visit my website: www.kalamazoo-counseling.com.