Welcome!

<Disclaimer and Informed Consent>

The self-help techniques to be demonstrated and shared are presented simply as information, on new ways to calm down stress and other emotions. It is not offered as a treatment or advise for any medial, mental health or psychological care. Choosing to take part in this workshop indicates you are taking responsibility for your own well being. We hope the session will contain some helpful information to you.
Increasing Resiliency

~ Tapping into Calm ~

Feb. 24, 2021
Support

Chats
Q&As
Back up
Calm & Safety Zoom Room

-> tinyurl.com/calm-safety

Thank You!!

Chaplain +++
Kelvin Foster

TedTalk&Trainer
Katie Nall, PhD

EFT Master&Trnr
Andy Bryce

EFT MasterTrainer
Silke Johnson
Question 1 & 2

1. How do you know that you are stressed?

2. What do you do when you are stressed?
Question 3

On a scale of 1-5, how stressed have you been this year compared to last year this time?
Restoring the balance of the Nervous System utilizing Somatic elements

Mind-Body Connection
(Off-Campus Me)

Certified Medical Translator (WA)
Licensed Massage Therapist
Certified Neuromuscular Therapist
Eastern Bodywork and Healing Modalities
TMJ / Pelvic / Myofascial Pain
Interest in Pain, Fascia & More
(San Deigo Pain Summit)
(Fascia Congress)
(Acupuncture)
Accredited, Certified Advanced EFT Tapping Practitioner
Pain Relief BodyWork
Chronic stress & tension relief

REVIEWS for my Bodywork or Coaching service

⭐⭐⭐⭐⭐
by Anonymous on Feb 24
I enjoyed my session with Mitsuko Ito. She was knowledgeable and recommend her to other people that I know. I am grateful to her.

⭐⭐⭐⭐⭐
by Anonymous on Jul 06
I found the experience interesting and helpful. During the session, I look forward to another session.

⭐⭐⭐⭐⭐
by Katharine on Mar 20
Mitsuko is professional and highly educated in TMI and EFT.

⭐⭐⭐⭐⭐
by Terri on Feb 21
Mitsuko is the best.

⭐⭐⭐⭐⭐
by Elda on Feb 14
Mitsuko is a gentle soul. I love and honor her profession. Her skills as a practitioner help me find and heal through the pain.

⭐⭐⭐⭐⭐
by Emma on Feb 07
She made me feel at ease to discuss my range of issues.

⭐⭐⭐⭐⭐
10 months ago
Mitsuko is very nice and knowledgeable.

⭐⭐⭐⭐⭐
by Martin G on Jul 20
I would highly recommend checking her out.

⭐⭐⭐⭐⭐
I had an excellent experience here.

⭐⭐⭐⭐⭐
She is extremely knowledgeble.

Thank You Sponsors for Bringing the Conversation Regarding Anxiety to Decatur High School and the Community

Angst: Raising Awareness Around Anxiety

IndiePop presents
My Journey & Search

- Bridging of East & West / Traditional & Modern
- Self-healing stress, tension, pain, immunity challenges, anxiety, depression, panic attack, PTSD-ish symptoms
- Personal Growth & Continued Learning deep seated subconscious fears, generational traumas, post betrayal recovery etc.
US Corona cases increasing but deaths still declining

Deep Shock

- 7-d avg new cases (LHS)
- 7-d avg new deaths (RHS)
Dr. Stephen Porges

Polyvagal Theory

Hierarchy of Nervous System Response

- Fight/Flight
- Social Engagement
- Shutdown

Based on polyvagal theory by Stephen Porges

Copyright 2015 Dee Wagner
Stress Causing Disregulation (Not Resilient)

- Unexpected
- Dramatic
- Isolated
- No Strategy

https://www.efttappingtraining.com/the-trauma-moment-understanding-the-udin-elements/
What Is Tapping

- Tapping is a powerful balancing technique based on the combined principles of ancient Chinese acupressure and modern psychology.
- Tapping can be applied therapeutically by professionals.
- Tapping can also be an effective self-regulation tool
Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health

- CORTISOL DOWN 37%
- IMMUNE SYSTEM MARKERS UP 113%
- PAIN DOWN 57%
- ANXIETY DOWN 40%
- DEPRESSION DOWN 35%
- PTSD SYMPTOMS DOWN 32%
- RESTING HEART RATE DOWN 8%
- HAPPINESS UP 31%
- BLOOD PRESSURE DOWN 8%
- FOOD CRAVINGS DOWN 74%


Helps Manage Stress
Regulate and Balances the Nerves
Increases Resiliency
Group EFT Tapping Reduces Cortisol by 43%

Outside the Box Thinkers

Pioneers

Dr. George Goodheart '60s
Dr. Roger Callahan TFT '80s
Dr. John Diamond '70s
Gary Craig EFT '90s
In the West / Study-Evidence Based Culture

1\textsuperscript{st} wave:
Curious, experimenting, producing results

2\textsuperscript{nd} wave:
Sharing, adapting, publishing
Questionable quality, skepticism & discussion

3\textsuperscript{rd} wave:
-> Refined safety guidelines (for practitioners)
-> Clinical studies, Evidence Based EFT
-> Theory evolutions and validations

Currently: on the way to being widely accepted in the public very rapidly
Vegas Nerve
Brain Waves
Hormone &
Neurotransmitters
(+ Feeling Better)
fMRI Studies on Food Cravings (with EFT)

"An Initial Investigation of Neural Changes in Overweight Adults with Food Cravings after Emotional Freedom Techniques"
http://www.lidsen.com/journals/icm/icm-04-01-010
In the East & Traditional Societies

- Old traditional methods
- Has worked, did not need a lot of explanation
- Early adapters learn the secrets before the public
- Might have even been best kept secrets
Cupping Marks on Athletes
It IS Possible to
Reverse Engineer
Stress Response in our nerves
Disrupt the
negative feedback loop
Some Nerve Balancing, Resilience Increasing Tools

1. Butterfly Hug
2. Soothing Arm Strokes
3. OMG & Eye Rolls
4. Thumps & Ah.....
5. “Tapping” – TTT style

Response in the Chat Box, greatly welcome 😊 ->
Optional Gentle Exercises

Please join & try!

Results may be so subtle and hardly noticeable and that’s OK 😊
Butterfly Hug

Cross hands over chest.

Index and middle fingers on collarbone points

Tap collarbone points alternatively.

Take slow, deep breaths.

Calming and comforting.

“Effects of Group Drumming Interventions on Anxiety, Depression, Social Resilience and Inflammatory Immune Response among Mental Health Service Users”

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4790847/
Soothing Arm Strokes

Gently and firmly stroke your arms
+
slow exhalation

Calming Effects of Touch in Human, Animal, and Robotic Interaction
—Scientific State-of-the-Art and Technical Advances
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7672023/
OMG & Eye Rolls + 😅

One hand on forehead – one on base of spine
Look up – circle eyes clockwise
Circle eyes counter-clockwise
Close your eyes
3 slow abdominal breaths

“The Role of Eye Movement Desensitization and Reprocessing (EMDR) Therapy in Medicine: Addressing the Psychological and Physical Symptoms Stemming from Adverse Life Experiences”
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3951033/
Lastly – “Tapping”

*For this workshop’s purpose...

A self-help tool to help manage stress

A Systematic Review and Meta-Analysis of Randomized and Nonrandomized Trials of Clinical Emotional Freedom Techniques (EFT) for the Treatment of Depression

Why & How Tapping Works

Studies show and Theories indicate:
- Acupuncture points are higher in electro conductivity
- Stimulating acupuncture points affect the amygdala (the fear and stress response center)
- As the Amygdala sends a different signal to the Vegas Nerve (that goes to different glands and organs), it causes shifts in hormone productions etc (less stress hormones, more happy hormones, for example)
- Research is growing very rapidly, includes meta-analyses
- Tapping has been practiced for thousands of years in traditional cultures – time proven method
- It Works 😊 and it’s Free 😊
What Could Happen with Tapping

- Wanting to yawn
- Feeling tired (relaxed) <- cortisol drop
- Reduced stress or tension
- More spaciousness & ease
- Increased stress (possible)
- Feeling overwhelmed (possible)
- Unwanted memory resurfacing
- Sudden new awareness

No Right or Wrong response – Just IS
CALM & SAFETY
ZOOM ROOM

Calm & Safety Zoom Room
-> tinyurl.com/calm-safety

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TedTalk&Trainer
Katie Nall, PhD

EFT Founding
Master & Trnr
Andy Bryce

EFT International
Master Trainer
Silke Johnson
Variations of “Tapping”

**EFT (Emotional Freedom Techniques):**
Developed by Stanford Engineer Gary Craig
- Uses carefully crafted phrases
- Often used in therapeutic settings, also in business & coaching
- Research based on strict algorithms shows efficacy
  (i.e. “Evidence Based Clinical EFT” by Dr. Peta Stapleton.)

**TTT (Trauma Tapping Technique)**
Synthesized by Gunilla Hamne
- Tapping is combined with breathing, stroking etc.
- Intention is to calm the nervous system first and foremost.
- Safely applied in most any situation and in groups.
- Utilized in Rwanda and more.
- No verbal affirmations or phrases

**TFT (Thought Field Therapy)**
Predecessor for EFT and TTT above

And so many more!!
Top of the Head
Eyebrow
Side of Eye
Under Nose
Under Eye
Chin
Tarzan Thump
Tickle Point
Back of Hand
Side of Hand

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Tapping Exercise – with Awareness

1. Where do you tend to carry stress?

2. Give a Rating: 0-10 how high is it? (10 being the most)

3. Tap & Breath

4. Revisit Rating
Tapping Exercise (Clinical EFT) – with Stimulation & Awareness

1. Exploration & Connection to Stress?

2. Give a Rating & Describe

3. **Tap** while triggering stress (often using word)

4. Revisit Rating
"Rather than targeting just one aspect of health — like an aspirin for a headache — yoga and tai chi movements address many health systems and work synergistically"

- Peter Wayne
Faculty editor of the Harvard Special Health Report in "An Introduction to Tai Chi"
CREATIVE EXPANSIONS

Constantly evolving Adaptation, Experimentation, Organic Blending Case-by-Case Hard to Standardize

Experiment for Yourself, on Your Own Stress!
Campus Resources

<GT / GA Mental Health & WellBeing Resources>
Mental Health Resources @ GT
Mental Health Support Events via the Counseling Center @ GT
GA Emotional Support Line information (pdf)
RESILIENCE Employee Resource Group
GT Mental Health Resources in Canva

<GT Tapping Resources>
TECHTimonial Video (7min Summer 2020)
Tapping Circles (more to be rolled out)
MS TEAM - "Polyvagal Perspective (& Tapping)"
Team Building / Tapping Mini-Workshops / Pre-exam DestressTapping
(available from 10 ~ min)
Contact: mitsuko.ito@ece.gatech.edu
Other Mind-Body Resources

<Mindfulness, Tapping, Polyvagal Theory, PsychoSomatic Resources etc>

• Studies: "The effect of Emotional Freedom Techniques on nurses' stress, anxiety, and burnout levels during the COVID-19 pandemic: A randomized controlled trial"
• Studies: "Emotional Freedom Techniques for Anxiety - A Systematic Review With Meta-analysis"
• Studies: "The polyvagal theory: New insights into adaptive reactions of the autonomic nervous system"
• Studies: "Clinical EFT Improves Physiological Markers of Health" - Donna Bach, ND, et al.
• Studies: "Evaluating a 3-Week Model for Reducing Symptoms of Stress in Traumatised Youth Using the Trauma Tapping Technique (TTT) for Self-help: A Pilot Trial" - Dr. Peta Stapleton, Ulf Sandstrom, & Gunilla Hamne
• Research Collection: EFTTappingResearch.com
• Book: "The Science Behind Tapping" - Dr. Peta Stapleton
• Book: "The Body Keeps the Score" - Dr. Bassel van der Kolk
• Book: "Waking the Tiger" - Dr. Peter Levine
• Video: Dr. Stephen Porges - "What is the Polyvagal Theory"
Thank You for Joining!!

Also acknowledging the many support from other practitioners and the rich network who are behind the outreach effort with summer/fall 2020 "Lunch Time Tapping" etc.

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