

Introduction to Emotional Freedom Technique

EFT is one of the best ways I have found to take control of negative emotions. It is better known as “tapping” because we use our fingertips to tap on meridian points to free up physical discomfort, painful memories and negative emotions. It is based on the principles of acupuncture but there are no needles!

EFT, otherwise known as Emotional Freedom Technique, combines ancient Chinese acupressure and modern psychology with incredibly quick, powerful and long-lasting results. Tapping can help with pain relief, healing past traumas and painful memories, clearing limiting or negative beliefs, emotional eating and drinking, weight loss, food cravings, fears and phobias, negative thinking patterns and habits.

The EFT journey began in the 1970's quite by chance and is now used all over the world.

Dr. Roger Callahan, a clinical psychologist in the US, was looking for ways to help his clients eliminate fears, phobias, habits and painful memories. He was interested in how acupuncturists used the meridians to help relieve pain.

If you have ever been to an acupuncturist, you may recall posters on the wall showing the meridian system. They look like lines running throughout our bodies from top to toe. Take a moment to Google body meridians in Images and you will see what I mean.

Reflexologists massage the meridian points in your feet which are all connected to the major organs of the body. The meridians carry our energy round our bodies, just like veins

and arteries carry blood. By tapping on identified places on the upper body and face, blockages can be cleared.

It sounds a bit bizarre but EFT is the most powerful self-help technique I have come across. After all, we have our fingertips and feelings with us all the time, so we can deal with emotions as they arise.

Dr. Callahan was working with a woman called Mary who had an irrational fear of water. He had tried everything in his tool box but as he was studying the meridians, he asked Mary where she felt the fear. She said it was in her stomach. The meridian point for the stomach is under the eye so she was asked to tap under her eye with her finger tips. This she did and her fear was released.

With this success, Roger Callahan went on to develop a series of sequences to use to different issues. This was known as TFT (Thought Field Therapy). However, it was rather complex and involved tapping all over the body by a practitioner.

He went on to train others, and one of his students in 1991 was a guy called Gary Craig who developed a simple and easy to remember sequence called EFT - Emotional Freedom Technique.

A calm mind creates a calm body and what the mind suppresses, the body expresses.

Think of being anxious before an exam – do you feel sick and shaky? The mind /body connection is invisible but it is there, just like our meridians.

So what can cause a blockage? Negative emotions, negative memories, negative beliefs and thoughts – in other words – STRESS!

EFT has grown rapidly in the USA since its creation and it is used with soldiers and others suffering from post traumatic stress from 9/11 and other traumatic events in peoples' lives with amazing results.

By tapping on meridian points – you can clear your baggage quickly and easily. If you have had a bad day then a couple of rounds of tapping will help you feel relaxed and calm.

Our minds are in two parts – the conscious and the subconscious. The amygdala is the part of the subconscious mind that acts as the gatekeeper, on the lookout for external threats. It alerts you by triggering the stress response as well as releasing cortisol and adrenaline which prepares the body for fight or flight.

When you are upset, fearful or stressed about anything, you can't think straight. EFT helps bring both parts of your mind onto an even keel as well as calming your body and the amygdala down. It's a win win all round.

Continuous fear and stress weaken the immune system and makes us more vulnerable to infections, so it is a good investment in your own health and wellbeing to learn how to tap.

As we now know, the subconscious mind is *very* powerful.

Try this.... Imagine a plank of wood lying across your hallway; if I asked you to walk along it, you would have no problem at all. If, however, I asked you to imagine this same

plank of wood stretching across a crevice, one hundred feet up, I am sure that your reaction would be different! Although you know this isn't a REAL situation, your own experiences, memories and beliefs trigger your imagination and the emotion that caused distress, which in turn, in this instance, recreates fear, shortage of breath, shaking and so on. The negative emotion that is triggered by the memory or thought prevents energy flowing through certain meridians. Tapping on these meridians releases the negativity, neutralises the emotion, and stimulates the meridian energy points, which allows the physical symptoms to disappear.

*EFT cannot change what's happened, or what is happening around us, but it **DOES** change the way you feel about it.*

The sequence below is very general, but it will become more specific with examples later in this chapter.

First of all you need what is called a "set up statement" where you acknowledge the problem. Let's use a fear of heights as an example.

Even though I am scared of heights

Now we choose a solution

I choose to release my fear

The original EFT "basic recipe" uses "I deeply and completely love and accept myself" but many people find that hard to say, especially at first because they don't love and accept themselves at all, and that's why they feel so bad! (The "Choices" method was developed by Dr Pat Carrington in 2000.)

However, you can say that if you wish.
By saying it out loud, both your conscious mind and subconscious mind are hearing the same thing at the same time – usually they are saying different things to you. Your subconscious is going round like a hamster on a wheel whilst your conscious is saying things like “pull yourself together” or “you’re just being silly.”

Now, how strong is that fear? How intense is it?
Can you measure it on a scale of 1-10 with 10 being the highest?

Now we say our statement out loud three times whilst we tap on the “Karate Chop” point on our hand. It doesn’t matter which hand you use. Use all your fingers of one hand to tap on the other as in the diagram.



You may find that your hand tingles a bit when you have done this, but that’s fine. The technical term for this is “psychological reversal” but simply put, it’s making sure that your batteries are in the right way. (Think of a torch which won’t work if the batteries are not put in correctly.)

Using two fingers, index and middle fingers, and say out loud as you tap on the following points ***“This fear of heights” (about 5 taps)***

Eyebrow - EB

At the beginning of the eyebrow, just above and to one side of the nose

Side of Eye - SE

On the bone at the side of the eye, level with your eyeball

Under Eye - UE

On the bone under an eye about 1 inch below your pupil

Under Nose - UN

Between the bottom of your nose and the top of your upper lip

Chin - Ch

Middle of your chin

Collarbone - CB

To the right or left of where a man would tie his tie (trace your collar bone towards your throat until you find a knobbly bit – your clavicle)

Under the Arm - UA

About 4 inches below the armpit.

Top of Head - TH

Centre of scalp

Take a deep breath in and out

Now we focus on the positive choice.

Go through the tapping points again but this time you say:-

“I choose to release my fear” or “I’m cool” or “I accept myself anyway”

Eyebrow

Side of Eye

Under Eye

Under Nose

Chin

Collar bone

Under arm

Top of Head

Take another deep breath (this shifts the energy and clears the emotion).

Now reassess your score – feel any better? Has the fear come down on your scale? Maybe it's harder to find? I am sure it does feel different! Follow the diagram on the next page.

However, there may be a reason for your fear, like a fall, so we need to work on the memory to clear the fear completely.

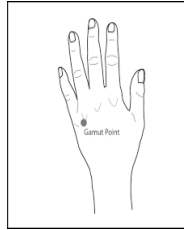


www.thetappingsolution.com

Before we do that, there is another short sequence that should help to reduce the fear a bit more.

It may seem a bit weird but go for it and I will explain afterwards.

It's called the Gamut and we start by tapping on the gamut point which is on the back of the hand between the ring finger and little finger.



Tap this point as you:

- Close your eyes
- Open your eyes
- Keep your head still and look hard down to the right
- Keep your head still and look hard down to the left
- Roll your eyes all the way round anti – clockwise
- Repeat clockwise
- Hum the first line of “Happy Birthday”
- Count from 1-5 aloud
- Hum “Happy Birthday” again
- Take a deep breath

Eye movement is very important in terms of messages to the brain. Happy Birthday usually triggers happy memories (but you can choose another tune if you wish). Memories and rhythm represent your subconscious and the 1-5 counting, represents your conscious, so it's like they are agreeing to work together. Somehow this procedure brings down the feeling even more!

I am not really sure how my car works but as long as it does, I don't worry.

Reassess your score once again. If it is now zero or a low number that feels comfortable then you can stop.

5 is obviously the halfway point – any emotion that is above 5 is in control of you. Below 5, then you have more control of the emotion. The lower you get it, the better you feel
If you need to reduce the issue even more then this time your statement will be

“Even though I have this remaining (fear of heights) I choose to let it go.”

Continue to tap using the word “remaining.” “This remaining fear of heights...”

Whilst you are tapping, a new thought or a memory may pop into your head – this is part of the de-layering process which your subconscious is responding to as you tap and release those emotions. Remember that your subconscious mind is like a filing cabinet which contains all your baggage. It’s all in there! All your experiences, memories, all that you have learned in your life, behaviour patterns, habits, emotions and all your automatic body functions like breathing, blinking and swallowing

The chances are that if you have a fear of heights – there is a reason for it. Maybe you had a bad experience or saw something on the TV or a film which has caused your fear.

Have a think.

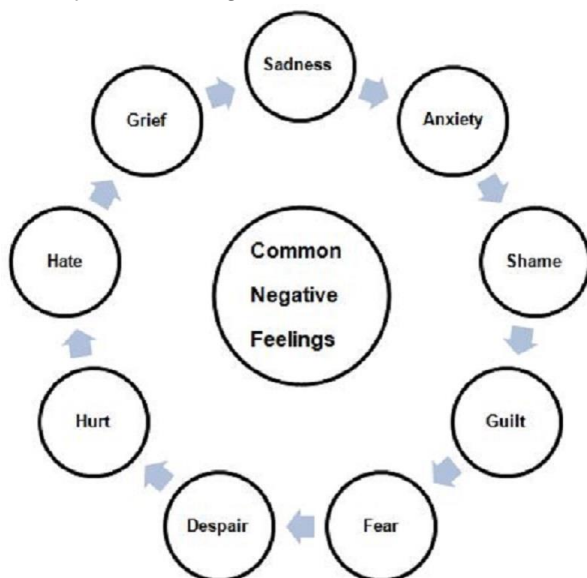
“Even though I have this horrible memory of.....” (be as specific as you can) “I choose to let it go, I accept myself anyway.”

There are loads of negative feelings, thoughts and memories that can hold you back. However, you do not have to go on living with them. By using EFT you can neutralise negative thoughts and feelings, and even change them to positive ones. Awareness or identifying the feeling is the first step to change.

Think of an orange. When you remove the skin, there are lots of segments.

The peel holds them together but which segment do you eat first? It's the same with tapping; you may start with one issue and that leads you to the next. They are all connected. Another way of looking at your issues is to imagine a jig saw puzzle where you need to find the missing pieces to complete the picture. These are called aspects in the EFT world.

Have a look at the common negative emotions below and identify the ones that resonate or mean something to you and work your way through them. Take note of any memories that may emerge that have had an impact upon you. Work on those too. Every uncomfortable memory we have (as well as good ones) is stored in the subconscious. Subsequent events that are similar trigger the same emotions, so if you clear the original memory, the feelings will not come back.



This is known as the perfect peace procedure Write down every event or memory that has upset you, imagine it's a movie and give it a name, like "When I was teased about

my jumper when I was 8.” Measure its intensity and tap it out.

Even though I have this horrid memory of being teased when I was eight, I choose to let it go now.

If something else comes into your mind as you are going through this process, tap for that next. It is your subconscious giving you a connection.

Remember that you can't change what has happened but you can change how you feel about it!

Put a number beside the emotion and then create your statement. It is a good idea to write it down so that you can monitor your progress. Be as specific as you can. You can use the past or present tense, whichever is appropriate, For example

Even though **I worry** (insert what you worry about). I choose to release the feeling

Even though I am **impatient** when....

Even though I **hate**....

Even though I feel/felt I am not **good enough** ...

Even though I feel/felt **anxious** about.....

Even though I feel /felt **hurt** when

Even though I feel/felt **scared** of

Even though I feel / felt **desperate** when....

Even though I feel /felt **angry** with (or when).....

Even though I feel / felt **sad** when

Even though I feel / felt **lonely**...

Even though I don't feel **loved** ...

Even though I feel /felt **rejected when**

Even though I feel / felt **ashamed**

Even though I feel / felt **hopeless**

Even though I feel / felt **miserable**

You can also release stress and tension which is trapped in your body. Where do you feel it when you are nervous or anxious?

Even though my stomach is churning..... I choose to relax and let go.

Even though my chest is tight and tense..... I choose to release the feeling

Get rid of anything and everything holding you back. Clear all that unwanted and unneeded baggage!

You can use your other senses for tapping too. You might recall a smell or colour that is attached to the situation you are trying to clear.

For example *Even though I can remember the smell in the old house, I choose to release it now.*

Even though I have this hot red anger inside, I choose to release it.

“The Tapping Solution” by Nick Ortner invites you to imagine a tree. The symptoms are the leaves, the branches are your emotions, the trunk represents events and the roots are your limiting beliefs.

Your symptoms are where you feel the discomfort in your body

Even though: *My stomach is churning, I have a headache, I am irritable, edgy*

Going down the tree, after dealing with your emotions, events (memories) that caused the issue are next, followed by your limiting (negative) beliefs.

Most problems or issues start somewhere so allow old memories to surface – there is almost inevitably a link between an old stored memory and the feelings you are

having now.

A memory is like a picture or a movie in your mind and the more you think about it, the stronger it gets. If a memory picture, song or movie causes upset then it needs to be cleared. Obviously nothing can change what has actually happened but we can change the intensity of the emotion which is linked to that memory.

We can give the picture or movie a name like “That horrible day” or break it down into “scenes” and work through them.

You can work on it in two ways –

E.g. *Even though I have this hurtful memory of that horrible day*

Even though I feel angry with.... When I think of that horrible day

I choose to release the memory or I choose to let it go.

Or – Just bring up the picture in your mind like a photo

Even though I have this horrible picture in my mind

Even though I can remember that horrible day clearly

I choose to let the picture fade or I choose to let it go.

Either way, you will find that the memory or picture recedes, and when you do the gamut as well it fades even more. It is comparable to the difference of seeing a film in black and white instead of colour. It loses its impact and fades into insignificance.

The subconscious is very accommodating and you may find that a random thought pops into your mind when you are tapping for something else. This is your subconscious telling you that this thought, memory or feeling is connected to the

issue you are working on. Capture it and work on this next. Most issues are not isolated from other life experiences.

Make time for yourself and sit quietly with a notebook and jot down whatever needs to be cleared so that you can achieve “peace of mind” as far as possible. The emotions have been stored for a long time so just work your way through them.

The following sequences are related to the current situation, but you can tap at any time for anything – release everything that is holding you back or makes you feel uncomfortable.

Work through the ones that are relevant to you.

Remember, a clam mind is a calm body – don’t let stress and anxiety weaken your immune system.

Whenever you sense that you may be getting a sore throat, cold or headache, tap immediately and you can prevent the symptoms taking hold.

I have done this on numerous occasions and have had three colds in twelve years. (When I wasn’t quick enough!)

EFT for STRESS and ANXIETY

Create a statement that describes how you feel (or work through all of them, one at a time). Look at the choices below and choose the best match or add your own. Measure the intensity of the feeling on a scale of 1-10

Even though

I feel stressed, overwhelmed, edgy, irritable, anxious, I can't cope, I'm tearful, I feel defensive, I lack motivation, I've lost my mojo, I can't be bothered with anything, I forget things all the time, I can't switch off, I can't relax, my stomach is churning, I feel shaky, my throat / chest feels tight and tense....

I choose to

- ❖ Be calm and relaxed
- ❖ Let it go
- ❖ Take back control
- ❖ Release the feeling
- ❖ Feel more energetic
- ❖ Remember important things
- ❖ Relax my body
- ❖ Clear my head

What is the intensity of the feeling now? **Do the Gamut.**
Tap for any memories or events which are contributing to or triggering your stress. When did you start to feel like this?
What was going on your life?

THE GAMUT

Tap between the valley or join of your ring finger and little finger

- ❖ Close your eyes
- ❖ Open your eyes
- ❖ Keep your head still and look hard down to the right
- ❖ Keep your head still and look hard down to the left
- ❖ Roll your eyes all the way round anti – clockwise
- ❖ Repeat clockwise
- ❖ Hum the first line of “Happy Birthday
- ❖ Count from 1-5 aloud
- ❖ Hum “Happy Birthday” again
- ❖ Take a deep breath

Now reassess your score – don’t forget to tap for anything else that comes into your mind. This is your subconscious telling you that there is a connection with the original issue.

EFT for Coronavirus Fear

Create a statement that describes how you feel (or work through all of them, one at a time). Look at the choices below and choose the best match or add your own. Measure the intensity of the feeling on a scale of 1-10

Even though I am scared of: -

catching the virus, being ill, losing a loved one, being a carrier, not being able to cope, being isolated

(Whatever the current fear is)

I choose to

- ❖ Stop thinking about it
- ❖ Release the fear
- ❖ Believe I can cope
- ❖ Stay calm and relaxed
- ❖ Break the pattern
- ❖ Feel calm and in control
- ❖ Accept what I can't change.
- ❖ Release my panic
- ❖ Remain healthy

What is the intensity of the feeling now? **Do the Gamut**

Tap for any memories or events when you had similar feelings and clear them.

EFT for FEARS (General)

Create a statement that describes how you feel (or work through all of them, one at a time). Look at the choices below and choose the best match or add your own. Measure the intensity of the feeling on a scale of 1-10

Even though I am scared of:-

Failure, rejection, not being good enough, not being loved, dying, losing (a loved one), change, speaking in public / class, heights, snakes, creepy crawlies, being in a small space, crowds, pain, flying, needles, injections, doctors and dentists, cats, dogs, mice and birds, the dark.

I choose to

- ❖ Release the fear
- ❖ Believe in myself
- ❖ Trust myself
- ❖ Take things in my stride
- ❖ Overcome my fear
- ❖ Concentrate
- ❖ Be calm and confident
- ❖ Feel in control
- ❖ Be in control

What is the intensity of the feeling now? **Do the Gamut**

Tap for any memories or events which are contributing to how you feel. When did you start to feel like this? What was going on your life?

EFT for COMFORT EATING / DRINKING

Your choices here are slightly different but again choose the one that is the best match (or choose your own)

Even though I really want / need (Score 1-10 for the strength of your craving)

A cigarette, a glass of wine, caffeine (coke, tea, coffee) chocolate, sugar (biscuits, cake, ice cream), fresh bread, a beer, crisps, a MacDonald's (your favourite food), Others?

For these be as specific as you can – if your chocolate craving is for Galaxy or Dairy Milk then say so! Likewise, if your craving is for a Pinot then say so!

I choose to

- ❖ Resist
- ❖ Do without
- ❖ Break the pattern
- ❖ Cut down
- ❖ Be satisfied with one
- ❖ Release the craving
- ❖ Have water instead
- ❖ Take control

Do as many rounds as you need to bring the craving down and break the pattern

What is the intensity of the feeling now? **Do the Gamut**

EFT for MILD DEPRESSION

Create a statement that describes how you feel (or work through all of them, one at a time). Look at the choices below and choose the best match or add your own. Measure the intensity of the feeling on a scale of 1-10

Even though

I feel low / sad / bad / miserable / lost / unwanted / lost / worthless / desperate / hopeless / powerless / drained / exhausted / suicidal

I choose to

- ❖ Heal the emotional pain
- ❖ Move on with my life
- ❖ Learn from this experience
- ❖ Take care of myself
- ❖ Believe things will improve
- ❖ Look forward
- ❖ Feel more positive

What is the intensity of the feeling now? **Do the Gamut**

Tap for any memories or events which are contributing to how you feel. When did you start to feel like this? What was going on your life?

EFT for SLEEP

Create a statement that describes how you feel (or work through all of them, one at a time). Look at the choices below and choose the best match or add your own. Measure the intensity of the feeling on a scale of 1-10 Tap before you try to sleep

Even though

I am worried that I might not sleep, I can't stop thinking about, my mind is racing, I am too wound up to sleep, I am wide awake, I am overtired, I expect to wake in the night

I choose to

- ❖ Relax and let go
- ❖ Switch off
- ❖ Sleep through the night
- ❖ Sleep soundly
- ❖ Break the pattern
- ❖ Relax my body
- ❖ Sleep until 7.00 (whatever time you wish to wake)

What is the intensity of the feeling now? **Do the Gamut**

Tap for any memories or events when you had sleep problems which are contributing to how you feel now.

EFT for PANIC

Create a statement that describes how you feel (or work through all of them, one at a time). Look at the choices below and choose the best match or add your own. Measure the intensity of the feeling on a scale of 1-10

Even though

My heart is racing, I am shaking, I am having palpitations, I am scared I am having a heart attack, I think I am dying, I expect to be panicky when....., I panic when I think about.....

I choose to

- ❖ Stay calm and relaxed
- ❖ Breathe deeply and slowly
- ❖ Release the feeling
- ❖ Believe I am healthy
- ❖ Release my fear of dying
- ❖ Break the pattern
- ❖ Feel in control
- ❖ Slow my heart rate
- ❖ Not to panic

What is the intensity of the feeling now? **Do the Gamut**

Tap for any memories or events when you had panic attacks which are contributing to how you feel now.

EFT for ACHES and PAINS

Create a statement that describes how you feel (or work through all of them, one at a time). Look at the choices below and choose the best match or add your own. Measure the intensity of the feeling on a scale of 1-10

Even though

I have a headache, my shoulders are tight and tense, my stomach is churning, my jaw is locked, my chest is tight, my throat feels restricted.....

I choose to

- ❖ Be calm and relaxed
- ❖ Release the tension
- ❖ Let go of the tightness
- ❖ Heal
- ❖ Believe I am healthy
- ❖ Break the pattern
- ❖ Feel in control
- ❖ Slow my heart rate
- ❖ Not to panic

What is the intensity of the feeling now? **Do the Gamut**

Tap for any memories or events when you had similar "symptoms" which may be contributing to how you feel now.

EFT for SMOKING

Create a statement that describes how you feel (or work through all of them, one at a time). Look at the choices below and choose the best match or add your own. Measure the intensity of the feeling on a scale of 1-10

Even though

I can't imagine not smoking, I need cigarettes to cope / stay calm / relax / socialise, I'm scared I will put on weight I stop, I won't know what to do with my hands, I need a cigarette after a meal / with a drink / when i am on the phone / driving, I have smoked since I was..., I smoke when I am bored / tense / as a reward, I have tried before, it is too hard to give up, I don't believe I can stop, I am addicted.

I choose to

- ❖ Believe I can stop
- ❖ Release the craving
- ❖ Relax without them
- ❖ Cut down slowly
- ❖ Break the link with tea, coffee, beer wine
- ❖ Break the habit

What is the intensity of the feeling now? **Do the Gamut**

Tap for any memories or events linked to smoking which may be contributing to your habit.

Please note that smoking may take a bit longer than other things, but it can be done. Use the same process for wine, beer, spirits, crisps, chocolate, biscuits or any other food or drink habit

THE GAMUT REMINDER

Tap between the valley or join of your ring finger and little finger

- ❖ Close your eyes
- ❖ Open your eyes
- ❖ Keep your head still and look hard down to the right
- ❖ Keep your head still and look hard down to the left
- ❖ Roll your eyes all the way round anti – clockwise
- ❖ Repeat clockwise
- ❖ Hum the first line of “ Happy Birthday
- ❖ Count from 1-5 aloud
- ❖ Hum “ Happy Birthday” again
- ❖ Take a deep breath

Now reassess your score – don't forget to tap for anything else that comes into your mind. This is your subconscious telling you that there is a connection with the original issue.

When the intensity or strength of an emotion is over 5 then it feels as if the emotion is in control. When it is below 5 then you feel in control of the emotion. It feels more manageable and matters less. The lower the score, the better you will feel.

After following the above procedure, if the emotion is still bothersome but has come down a little then say “Even though I *still* have this fear, craving, anxiety about.....” I choose to let it go.

As you tap – say “This remaining fear, craving anxiety about...” and proceed as before.

BLOCKAGES and SELF SABOTAGE

Whatever you are tapping for, try to identify when it first started.

What was going on?

Where were you?

When was it?

Who were you with?

How did the situation develop?

Why does it upset you?

Tap for the memory and why it upset you – deal with all the aspects of the situation. Some may be deep rooted but when you think of a plant, it's those with the deepest and strongest roots that grow more.

If you know there is something holding you back but have no idea what it is, have a look at old photos and see if they trigger anything for you.

You can also say

“Even though I don’t know what the problem is”

“Even though I don’t know how I feel “

“I choose to let it go”

“I accept myself anyway”

Remember that the subconscious is aware and may have blocked a memory in order to protect you, and the conscious mind may not have a clue!

COMMON NEGATIVE FEELINGS TO CLEAR WITH EFT



If you are struggling – feel free to contact me

ruth@stressworx.co.uk

WHAT are the key issues?

WHY are they upsetting me?

WHEN did they start?

HOW can I share this with others?

WHERE can I see tapping on YouTube?

WHO has done any research into EFT?

www.youtube.com/watch?v=pAclBdj20ZU

www.emofree.com

www.thetappingsolution.com

www.eftuniverse.com

www.eftuniverse.com/research-studies/eft-research

[www.staffs.ac.uk/assets/A_narrative_systematic%20Review_of_the_effectiveness_of_Emotional_Freedoms_Technique_\(EFT\)_tcm44-45500.pdf](http://www.staffs.ac.uk/assets/A_narrative_systematic%20Review_of_the_effectiveness_of_Emotional_Freedoms_Technique_(EFT)_tcm44-45500.pdf)

www.evidence.nhs.uk/search?q=emotional%20freedom%20technique



Ruth Fogg

Therapist Trainer Professional Speaker Author

Ruth specialises in providing practical skills and solutions to understand and manage stress in both personal and professional situations.

As a **THERAPIST** - She offers individual therapy to adults, teenagers and children to explore and address the wide range of issues that result in stress, including negative behaviour patterns, habits, fears, phobias, cravings and addictions, low self-esteem, lack of confidence, exam nerves, panic attacks – anything that holds people back at home or work.

As a **TRAINER** - Ruth offers workshops in the workplace, school or college which include compliance with the law, stress audits and practical solutions to manage and control stress

As a **SPEAKER** – Ruth speaks about stress “The Invisible Enemy” “Happy People – Happy Places “ “Too Much Monkey Business” “Is Stress Self Inflicted? “and “Ephophobia”.

As an **AUTHOR** – Ruth has written “Stress Tips for Busy People”, “Tapping for Teens” and “Stress n’ Stuff - Tackling Teenage Mental Health”. Coming soon “Stress n’ Stuff – Tackling Tough Times

Her qualifications include a Diploma and MSc in Counselling Psychology, Teaching, Coaching, Reiki, Hypnosis, Emotional Freedom Technique and Stress Management. She has been in business since 2002.

Ruth has a background in teaching and youth work. She was Head of the Youth Service in the London Borough of Ealing for twelve years and is an Honorary Fellow of Brunel University. She was the chairperson of the Centre for Youth Work Studies at Brunel for ten years. As a freelance trainer and qualified Assessor, she has delivered qualifications in youth work for Brunel, Richmond College, YMCA London South West, Surrey County Council, Lifetrain and London Youth. As an Ofsted Inspector she

has undertaken inspections and numerous pre – inspection checks for youth services all over the country. Until recently she was a Director of YMCA London South West and Middlesex Young Peoples Clubs. She was also a Trustee for MIND in Ealing and YMCA Training.

After taking early retirement in 2002, she developed her stress consultancy but continued youth work training and assessment.

Ruth is a member of the General Hypnotherapy Standards Council; Spelthorne Business Forum; The Complementary and Natural Healthcare Council and the Professional Speakers Association. She is a Stress Advisor and Fellow of The International Stress Management Association. She is married with two adult sons and lives in Wraysbury, near Windsor where she is an Associate Governor at the primary school and a founder member of “**wraysbury matters**”, promoting wellbeing in the community.

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