

EFT and Trauma Informed Care

Since Trauma leaves physiological imprint in our bodies, talk therapy is not enough to heal trauma. Leading Trauma experts have an increasingly widely shared view that it is necessary to use a mind body technique to release the trauma*

Emotional Freedom Technique (EFT) is quickly becoming one of the most desirable tools for Trauma Informed Care for several reasons.

- a. EFT (also called Tapping) is an evidenced based body and a cognition technique. Tapping is a combination of talking about what is causing anxiety or stress in a life, client while incorporating the body by tapping on meridian points that act as natural calming agents.
- b. Clients can use EFT to lower anxiety and learn to self-regulate thus building competence and confidence before they even begin Trauma work in addition to the actual recovery process. It also aids in reducing Hypo/Hyperarousal.
- c. EFT allows you to work on trauma without having to relive the events. Clients have power and are in control and can ease into the memories gradually while tapping on acupressure points that ease the body into a natural state of relaxation
- d. EFT builds cognitive bridges. A person with a history of trauma may not think of himself or herself as a trauma survivor and may not even be fully aware of how the trauma is impacting one's life. Tapping calms the amygdala and allows the frontal lobes to come back on line so a survivor can think clearly. "I see now, I am not setting a boundary with my coworker because of the trauma with my dad when I was seven" Once it is safe to be in the body these cognitive bridges occur with ease.

*Peter Levine, PhD, Bessel van der Kolk, M.D.



ABOUT TIJANA COSO: Using Emotional Freedom Technique (EFT) also called Tapping Tijana offers live experiential professional development programs, continuing education and corporate retreats. In addition she also specializes by offering her EFT expertise to assist with trauma informed care, secondary trauma, unconscious bias and with those battling addiction. Her corporate work revolves around unconscious bias as it relates to successful work teams, attitude and managing people. Tijana is one of the only certified EFT professionals who offers live EFT training within the Midwest for continuing education and corporate engagements.

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Help me to help others: I am interested in facilitating with EFT, Trauma and Addiction research. Who do you know who would love to learn about EFT?

