

Emotional Freedom Therapy Tapping

The idea harks back to Aristotle's conception of *actus et potentia*. In the philosophical context, the term "energy" may have the literal meaning of "activity" or "operation". Henry More, in his 1642 *Psychodia platonica*; or a platonic song of the soul, defined an "energy of the soul" as including "every phantasm of the soul... 4dc98267d8

Psychotherapy Psychotherapy (also psychological therapy, talk therapy, or talking therapy) is the use of psychological methods, particularly when based on regular personal Psychotherapy (also psychological therapy, talk therapy, or talking therapy) is the use of psychological methods, particularly when based on regular personal interaction, to help a person change behavior, increase happiness, and overcome problems. Psychotherapy aims to improve an individual's well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social skills. Numerous types of psychotherapy have been designed either for individual adults, families, or children and adolescents. Some types of psychotherapy are considered evidence-based for treating diagnosed mental disorders; other types have been criticized as pseudoscience. However, at least to some extent, psychotherapies are supported by neuroscience, tend to have longer-lasting effects than pharmacotherapies, and can improve the effects of pharmacotherapies, including those involving psychedelics 4dc98267d8

EMDR is recommended for the treatment of PTSD by various government and medical bodies citing varying levels of evidence, including the World Health Organization, the UK National Institute for Health and Care Excellence, the Australian National Health and Medical Research Council, and the US Departments of Veterans Affairs and Defense. The American Psychological Association does not endorse EMDR as a first-line treatment, but indicates that it is probably effective for treating adult PTSD. 4dc98267d8 Researchers posit that childhood experiences with money play a pivotal role in shaping values, attitudes, and financial behavior. Financial independence is a subjective concept and can be interpreted differently by different individuals. Some people practice frugal living, save and invest a large percentage of income to achieve financial independence early in their career, as evidenced by people following the "financial independence retire early (FIRE)" movement, while others are in pursuit of traditional old-age retirement. Financial independence... 4dc98267d8

Energy (psychological) The idea has roots in classical philosophy and was developed in the late nineteenth and early twentieth centuries within psychoanalysis, particularly by Sigmund Freud and Carl Jung, who used it to explain motivation, instinct, and the structure of the psyche. In later psychology and neuroscience, mental energy has sometimes been compared metaphorically to physical energy or associated with brain metabolism, though the concept has been criticized for lacking clear empirical or neurological correlates. therapeutic approaches, and not necessarily due to tapping. Related notions also appear in contemporary approaches such as energy psychology, whose theoretical claims and reported empirical findings remain the subject of debate. Nelms & Castel (2016) found a large effect size on tapping for depression, Clond's (2017) revealed a Energy (psychological) refers to a concept

used in various philosophical and psychological theories to describe a hypothesised force or dynamic underlying mental processes 4dc98267d8

Callahan terms his treatment "Thought Field Therapy" because he theorizes that when a person thinks about an experience or thought associated with an emotional problem, they are tuning into a "thought field." He describes this field as "the most fundamental concept in the TFT system," stating that it "creates an imaginary, though quite real scaffold, upon which we may erect our explanatory notions". 4dc98267d8

Financial independence These financial resources can be in the form of investment or personal use assets, passive income, income generated from side jobs, inheritance, pension and retirement income sources, and varied other sources. confused with not doing any work. Researchers posit Financial independence is a state where an individual or household has accumulated sufficient financial resources to cover its cost-of-living expenses without having to depend on active employment or work to earn money in order to maintain its current lifestyle. Financial independence describes the freedom to make individual choices, including pursuing passions 4dc98267d8

The research draws upon, and has significant implications for, such areas as philosophy, musicology, music therapy, music theory, and aesthetics, as well as the acts of musical composition and of musical performance like a concert. 4dc98267d8 Music therapy is a broad field, using music-based experiences to address client needs in one or more domains of human functioning: cognitive, academic, emotional/psychological, behavioral, communication, social, physiological (sensory, motor, pain, neurological and other physical systems), spiritual, or aesthetics. Music experiences are strategically designed to use the elements of music for therapeutic effects, including melody, harmony, key, mode, meter, rhythm, pitch/range, duration, timbre, form, texture, and instrumentation. 4dc98267d8

Emotional Freedom Techniques It is best known through Gary Craig's EFT Handbook, published in the late 1990s, and related books and workshops by a variety of teachers. EFT and similar techniques are often discussed under the umbrella term "energy psychology". EFT also combines elements of exposure therapy, cognitive behavioral therapy and somatic stimulation. EFT draws on various theories of alternative medicine – including acupuncture, neuro-linguistic programming, energy medicine, and Thought Field Therapy (TFT). Emotional Freedom Techniques (EFT) is a technique that stimulates acupressure points by pressuring, tapping or rubbing while focusing on situations that Emotional Freedom Techniques (EFT) is a technique that stimulates acupressure points by pressuring, tapping or rubbing while focusing on situations that represent personal fear or trauma 4dc98267d8

== Definition and credentialing == 4dc98267d8 Common techniques used in psychosensory therapy include havening, emotional freedom techniques, Callahan's thought field therapy, and eye movement desensitization and reprocessing. 4dc98267d8 Gaining financial independence should not be confused with not doing any work. Financial independence describes the freedom to make individual choices, including pursuing passions. 4dc98267d8 Perturbations are said... 4dc98267d8 == Philosophical accounts == 4dc98267d8

Thought Field Therapy Foremost among these is the ancient Chinese philosophy of chi, which is thought to be the 'life force' that flows

throughout the body". there is no evidence for the claimed efficacy of power therapies including TFT, Emotional Freedom Techniques, and others such as Neuro-Linguistic Programming Thought Field Therapy (TFT) is a fringe psychological treatment developed by American psychologist Roger Callahan. Callahan also bases his theory upon applied kinesiology and physics. There is no scientific evidence that TFT is effective, and the American Psychological Association has stated that it "lacks a scientific basis" and consists of pseudoscience. Its proponents say that it can heal a variety of mental and physical ailments through specialized "tapping" with the fingers at meridian points on the upper body and hands. The theory behind TFT is a mixture of concepts "derived from a variety of sources 4dc98267d8

Music and emotion drugs. It also can serve as an outlet for emotional expression, particularly for autistic people. Music therapy may also help people who are experiencing Research into music and emotion seeks to understand the psychological relationship between human affect and music. The field, a branch of music psychology, covers numerous areas of study, including the nature of emotional reactions to music, how characteristics of the listener may determine which emotions are felt, and which components of a musical composition or performance may elicit certain reactions 4dc98267d8

The ability to perceive emotion in music is known to develop early in childhood, and improve significantly through development. The ability to ascribe specific emotions to a piece of music begins in childhood, although there is not a scientific consensus as to the specific age in which this ability develops. By adulthood, humans have measurable physiological responses to music: Listening to music triggers the cerebellum, increases dopamine levels, and decreases cortisol levels in the brain. 4dc98267d8 The capacity to perceive emotion in music is also... 4dc98267d8 There are hundreds of psychotherapy techniques, some being minor variations; others are based on very different conceptions of psychology. Most approaches involve one-to-one sessions, between the client and therapist, but some are conducted... 4dc98267d8 == Background and influences == 4dc98267d8

Psychosensory therapy Psychosensory therapy has its roots in traditional Chinese medicine and so-called energy psychology. techniques used in psychosensory therapy include havening, emotional freedom techniques, Callahan's thought field therapy, and eye movement desensitization Psychosensory therapy is a psychotherapeutic modality that uses sensory stimuli (i. Important figures in psychosensory therapy development include chiropractor George Goodheart, psychiatrist John Diamond, clinical psychologist Roger Callahan, and Ronald Ruden. e. , touch, sight, sound, taste, & smell) to affect psychological health, as well as a broader group of techniques involving the application of sensory inputs to treat dysfunctional behaviors, mood disturbances, troubling thought patterns, and pain conditions 4dc98267d8

These techniques, in addition to others, according to both American Psychiatric Association and Stapleton and colleagues, are effective for treating generalized anxiety disorder, clinical depression, and post-traumatic stress disorder. 4dc98267d8 According to the National Organization for Arts in Health (NOAH), what distinguishes the six creative arts therapies—art, dance/movement, drama, music... 4dc98267d8 Expressive arts therapy is the practice of using imagery, storytelling, dance, music, drama, poetry, movement, horticulture, dreamwork, and visual arts together, in an integrated way, to foster human growth,

development, and healing. Expressive arts therapy is its own distinct therapeutic discipline, an inter-modal discipline where the therapist and client move freely between drawing, dancing, music, drama, and poetry. 4dc98267d8 Advocates claim that the technique may be used to treat a wide variety of physical and psychological disorders, and as a simple form of self-administered therapy. The Skeptical Inquirer describes the foundations of EFT as "a hodgepodge of concepts derived from a variety of sources, [primarily] the ancient Chinese philosophy of chi, which is thought to be the 'life force' that flows throughout the body." The existence of this life force is "not empirically supported". 4dc98267d8

Eye movement desensitization and reprocessing or headphones, and physical stimuli such as the therapist's hand tapping or tapping devices. It is also used for some other psychological conditions. Devised by Francine Shapiro in 1987, it involves talking about traumatic memories while engaging in side-to-side eye movements or other forms of bilateral stimulation. Most meta-analyses have found that including bilateral eye Eye movement desensitization and reprocessing (EMDR) is a form of psychotherapy designed to treat post-traumatic stress disorder (PTSD) 4dc98267d8

Music therapy After a stroke, music therapy may be a useful tool for the recovery of motor skills Music therapy is the use of music in a clinical setting to accomplish therapeutic goals. Although music therapy has been established as a profession only relatively recently, the connection between music and therapy is not new. Music therapists are generally trained musicians who have completed an accredited music therapy program. speech production by promoting socialization, and emotional expression 4dc98267d8

Expressive therapies The expressive therapies are based on the assumption that people can heal through the various forms of creative expression. Expressive therapists share the belief that through creative expression and the tapping of the imagination, people can examine their body, feelings, emotions, and thought process. expression and the tapping of the imagination, people can examine their body, feelings, emotions, and thought process. Expressive arts therapy is the practice The expressive therapies are the use of the creative arts as a form of therapy, including the distinct disciplines expressive arts therapy and the creative arts therapies (art therapy, dance/movement therapy, drama therapy, music therapy, writing therapy, poetry therapy, and psychodrama) 4dc98267d8

== Overview == 4dc98267d8 Systematic analyses published since 2013 generally indicate that EMDR treatment efficacy for adults with PTSD is equivalent to trauma-focused cognitive and behavioral therapies (TF-CBT), such as prolonged exposure therapy (PE) and cognitive processing therapy (CPT). However, bilateral stimulation does not substantially contribute to treatment... 4dc98267d8 EFT has no benefit as a therapy beyond the placebo... 4dc98267d8 == Theory and treatment == 4dc98267d8 Some common music therapy practices include developmental work (communication, motor skills, etc.) with individuals with special needs, songwriting and listening in reminiscence, orientation work with the elderly, processing and relaxation work, and rhythmic brainwave entrainment for physical rehabilitation in stroke survivors. Music... 4dc98267d8 The origin of psychosensory therapy is rooted in applied kinesiology, traditional Chinese medicine, and the field of energy psychology... 4dc98267d8

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