

7 Major Differences Between EFT and FasterEFT

And Why I Chose To Work With FasterEFT

Before exploring the differences between EFT¹ (which I originally studied) and FasterEFT, I want to make it clear to you that, although my personal preference is FasterEFT, I have immense respect for EFT and all other energy therapies, their founders and their practitioners. I also have immense respect for the people who blazed the trails along the way for Robert G. Smith, founder of F-EFT: Dr. Roger Callahan (TFT), Gary Craig (EFT), Dr. Larry Nims (BSFF), Richard Bandler and John Grinder (NLP) who codified the work of Dr. Milton H. Erickson.

There. Now that this is out of the way, let's look at what the two modalities have in common.

EFT and FasterEFT have much in common. But each method approaches tapping and healing from a totally different mindset or perspective.

First . . .

How EFT and FasterEFT (F-EFT) Are Alike

1. Both are universal healing tools that are based on the belief that the mind and body are one.
2. Both involve tapping. In a moment, I'll discuss the differing viewpoints as to why tapping works and what tapping accomplishes.

¹ Note #1: To make for easier, faster reading, I have used the acronyms: EFT (Emotional Freedom Techniques), F-EFT (FasterEFT) (Faster Emotionally Focused Transformations), BSFF (Be Set Free Fast: "Behavioral & Emotional Symptom Elimination Training For Resolving Excess Emotion: Fear, Anger, Sadness & Trauma."), NLP (Neuro-Linguistic Programming), and TFT (Thought Field Therapy).

Note #2: This is by no means an exhaustive list of meridian therapies. If you want to learn more, go to <http://www.meridiantappingtechniques.com>.

3. Both are relatively painless. Any emotional discomfort is minimal and lasts only a few moments. There is no need to relive all of the horrid details of earlier experiences that shaped our lives. Even if it does hurt, it's no worse than what we are doing to ourselves in our heads on a consistent basis. Done correctly in a session, a client relives the bad memory for the very last time.

4. Both approaches address the natural resistance that most people have to giving up familiar patterns and belief, although they do so in dramatically dissimilar ways. I'll have more to say about that in a moment.

5. Both have "stunning" success rates and produce profound and lasting results. Now, here's one of the reasons for my bias: EFT produces lasting results *if you get to all the aspects associated with a troubling experience*. F-EFT produces results because you're changing how the subconscious mind encodes, processes and reproduces events from the past. You're not just doing away with a negative experience, but rather you're getting rid of the way your mind keeps *re-creating* the problem.

6. Both empower people to take responsibility for their own healing, to tap on their own and not become dependent on therapists or practitioners for their healing.

7. Both were born of genius and gutsⁱ. I think of *genius* as the ability to see through and simplify the complex. Most people would agree it takes *guts* to be able to challenge and break away from accepted belief systems, risking the scorn of one's mentors and peers.

Gary Craigⁱⁱ, founder of EFT, said he looked forward to a time that EFT would become obsolete because an even more elegant way of releasing issues had been discovered. Then, he said, he could retire. I don't know if F-EFT is the "more elegant way" he referred to.

Let's see what you think . . .

How EFT and Faster EFT Differ

Difference #1: Core Principles

Essence of EFT

The EFT I studied is based on the belief that *"The cause of all negative emotions is a disruption in the body's energy system."* It is *"a literal disruption in the energy flow."*

According to EFT, memories may contribute but are not the direct cause of the negative emotions. The cause is the emotional charge or disruption. When the energy system is disrupted, we experience physical, mental or emotional symptoms.

Gary Craig was objecting to common practices in conventional psychotherapy, which believes that memories are the cause of our problems. In order to treat a person, traditional therapy requires a person to relive the memory of an emotionally painful event in vivid detail. (Often without resolution, I might add.)

Having studied various forms of psychotherapy in the past few decades, including an intensive three-year Gestalt Therapy practitioner program . . . and having spent over \$100,000 in pursuit of relief from the pain of my own sad past, I can assure you that traditional therapy is painful and does not necessarily cause positive changes or make one happier in the process.

So, when I first encountered EFT and finally began to see results in my own life, I totally bought into the belief that the reason we have problems is a disruption in the energy system. And that tapping works because it clears the disruption by restoring the free flow of energy. It made all the sense in the world. And I was deeply appreciative of Gary Craig's insights and brilliance.

And then . . . along came Robert Smith.ⁱⁱⁱ

Essence of FasterEFT in a Nutshell

Robert's FasterEFT system operates from the belief that there is no disruption in the energy system. In fact, he says, that is physically impossible because if our energy were blocked with a negative emotion such as anger for example, we would be stuck with anger. But, if in the next moment we can experience a positive emotion such as love for a small baby, then obviously the meridian isn't blocked.

"It is not a disruption but a creation. It's about subconscious imprints recorded in the brain in childhood and our emotional attachments to what we have perceived."

~ Robert G. Smith, Founder, FasterEFT

If the cause of all negative emotions is a disruption in our energy system, then that means something inside of us is broken . . . something isn't working correctly. But, Robert insists, there are no broken people. All of us are successfully producing whatever it is we know how to produce based on what we have encoded within us. F-EFT puts a big emphasis on empowering ourselves by taking responsibility for everything that we create in our lives. If we have the power to create it, then we have the power to change it or cure it.

CHILDHOOD IMPRINTS

The source of our problems, he says, is birth! From the moment of birth (indeed, from the moment of conception) we're recording our experiences of the world as subconscious imprints in the brain. We have problems because we were born into a world where the people around us had problems, and we learned how to cope . . . from them.

He teaches that the real cause of all our problems is perception, meaning that we see and interpret what's happening to us now through the filters and recorded information from our past. We "know" how to interpret and deal with what's happening to us now based on what we learned from past memories and references.

IT'S A CREATION

The past does not exist . . . it's over. However our past seems real to us because of the emotional charge that is still present when we remember things. The future likewise doesn't exist, except that we take our emotional programming from our past experiences and project it onto the future. Nothing is real except the present moment. All else is re-creation, based on what is in the subconscious mind.

While EFT treats physical, mental and emotional symptoms as a disruption in the energy system, F-EFT treats these symptoms as a skillful creation of the subconscious mind. We're doing something *right* in order to create and re-create an emotion over and over again. We're doing something *right* in order to have a problem and in order to keep producing it. If we're doing something *right*, then we are not broken, we are skillful.

"You're not broken, you're doing something right. You're successfully manifesting what you have been imprinted with. If you're the creator of your memories, you can change your life by changing your memories."

~ Robert G. Smith, Founder, FasterEFT

If our subconscious is the cause of our own problems, then we can address the whole subconscious system that produced those problems. Here we see the influence of Dr. Larry Nims and BSFF^{iv}.

Our task as F-EFT practitioners is to figure out what people are doing inside their mind to *create, manifest and produce* the problem. I'll have more to say about that in the discussion of the role of NLP (next up).

IT SEEMS REAL BECAUSE OF THE PHYSICAL REACTION

"Stress is the body's reaction to negative perceptions." Since the mind and the body are one, our thoughts manifest as symptoms or emotions in the physical body. Whatever we think, our body naturally follows. It's the physical manifestation that makes it seem real.

This means that at any moment, you and I can create sadness or anger if we know how. We just have to think a sad or angry thought. Our mind will trigger our body and make it *seem* real somewhere in the body.

IN ROBERT'S WORDS

"Both systems are operating from two different models of the world. One believes that 'energy is out to get you.' The other is, 'you're creating the energy and you can change how you feel. You can change your mind. You can change your life.'"

Now get this . . .

Where EFT says that our problems are caused by an energy disruption, F-EFT says what we want to do is *create* a disruption in the communication system. We want to temporarily disrupt the message of stress from reaching the body. When we create a disruption, then we create changes.

So the tapping actually breaks the pattern that has been creating chaos in the body's central nervous system. This causes a positive mind/body shift.

Difference #2: The Role of NLP (Neuro-Linguistic Programming)

In simple terms, NLP is the study of how we think, how we structure our thoughts, how we communicate, and how we internally process our experiences.

While Gary Craig studied NLP, its influence is not nearly as evident in EFT as it is in F-EFT.

NLP is a major component of F-EFT. Its ultimate goal is to change the past and the future through restructuring a person's thinking in the present.

INTERNAL STATES OF MIND

So, the F-EFT emphasis is on the structure of the thinking and the structure of the problem itself. How does the person internally represent and hold in memory the things that happened in his past? How does she process thoughts and memories (visual, kinesthetic, auditory) of the things that happened to her? And how do they repress or replay them in their minds? What are they doing inside their mind to keep past memories alive and make them seem real today?

When we step into a person's mind using the skills taught in NLP, we start to understand how they produce their world. And once we are able to access these internal states of mind it's easier to make the desired changes.

TRANCE

Don't let the "t" word scare you. You and I automatically go into hypnotic trances many times each day. How many times have you had this experience . . . you've been driving your car and you are daydreaming, and you arrive home safely? You know you've been on the road. You may even have been driving in the dark. You know you must have stopped at red lights and stop signs. But you have no conscious recollection of the drive. It's like your car knew the way and drove itself home. That's what a trance is like.

When we're feeling bad, we're slipping out of the present tense and into that old, familiar, negative hypnotic state or trance. It takes no effort at all to get there. Our unconscious takes over. That's how we keep the past alive. As Robert says, "memories buried alive never die." (Until you aim at them and tap them away, of course.)

When you look at Robert's FasterEFT videos on YouTube you can actually see the client go into a hypnotic trance. Sometimes their eyes glaze over as the person relives a past experience. It's like a past event has come alive again, in the present moment. You can see the emotion in their face and eyes and their whole physiology changes.

Whenever we are not fully engaged right here in the present, we are in a trance. These trances seem real but they aren't, because only the present moment is real. The past is past and the future isn't here yet.

The moment we go back to any point beyond this present moment, it's all made up. We feel it to be true because we're in a trance and experience real sensations in our body. Someone might have hurt you or me in the past, but it isn't happening in the moment, except in our minds. And by the way, when we remember something and re-experience all of the details and pain, all of the actors in that memory are actually us. (The perpetrator isn't here now.) This is why Robert says, "When you remember something from the past and it causes you pain, it's now you doing it to you."

The effective practitioner is pulling the person in and out of the trance state. Into the trance, then back into the moment, into the trance, then back into the present moment. Each time this happens, the practitioner is allowed deeper access to the client's subconscious model of the world, where they can pull out interlocking threads.

***"If we take control of our mind, we take control of our life.
Otherwise, we train our children to have our problems."***

~ Robert G. Smith, Founder, FasterEFT

Difference #3: Meridian Tapping

Tapping works, no matter who does it, because it addresses the mind|body system via electrical impulses that travel along the meridian system.

BUT HOW?

Viewed from their two very different perspectives, tapping is effective for very different reasons.

EFT uses tapping to remove "static" from your electrical system. I think the EFT practitioner might say that the most powerful part of EFT is the tapping and the words that accompany the tapping.

Not so with FasterEFT.

FURTHER INFLUENCE OF NLP

F-EFT believes you get quicker results when you incorporate NLP understandings of how the mind works with the tapping. Knowing how a person encodes and processes information through their five senses and working with the way that information is encoded and communicated makes deep, deep changes. For example, rather than searching for the right words to use, or labeling the feelings, F-EFT will tell the client, "Go inside and notice how you know that you have a problem," and then we tap. Notice that we are allowing the client's subconscious mind to do all of the work, and we are tapping at subconscious structure or process rather than content.

In terms of F-EFT, tapping doesn't make sense until you know that problems are created within us, based on our body's reactions. Once we understand the *structure* of a problem, we can change it.

"The tapping process is just one of many tools we use and the least important because you can tap and get no results."

~ Robert G. Smith, Founder, FasterEFT

Meridian tapping is *one* (and one extremely effective) way to do it. Tapping just happens to make changes faster, deeper and quicker than other methods.

Robert Smith says, "The most powerful part of FasterEFT is what we believe to be true, and what we AIM at. It's not the tapping process. The tapping process is just one of many tools we use."

FasterEFT uses tapping to *break a bad trance* and *cause a disruption* in the mind/body system and in the creative process.

"Tapping disrupts the message."

~ Robert G. Smith, Founder, FasterEFT

As you start tapping, the structure of problems starts to crumble and disintegrate. The brain changes.∨

WHAT DOES THE TAPPING ACCOMPLISH?

Modern science shows us that tapping has some pretty spectacular effects. We now have proof that tapping . . .

- destroys the neurological connections in the mind | body.

- restructures the brain.
- rewires neural pathways.
- causes the brain to recode itself.
- changes the emotional attachments we have within us.

As you can imagine, this creates changes at a deep, unconscious, cellular level.

F-EFT maintains that tapping breaks bad trances and creates a new trance of peace. The effectiveness of the tapping depends on the person and the depth of their trance. Some people get right into it. Others need to be prompted to move into their internal process

All the tapping modalities cause chemical changes in the brain. Clients consistently report that they feel "lighter." You can see their entire physiology lighten up with an onrush of feel-good endorphins.

Tapping creates changes that feel so natural that a client often forgets how bad things once were. That can only mean that profound changes have taken place in the person's creative process.

Whether you prefer the EFT or FasterEFT philosophy, tapping liberates you from your problems, increases your freedom to choose, and makes life a lot more fun.

THE MOST OBVIOUS DIFFERENCE

As you probably know, Faster EFT simplifies the tapping protocol and pares it down to just 5 points: forehead, outer eye, under eye, under collarbone, and wrist. So it is faster in that the tapping sequence is shorter. I agree with people who feel that the name FasterEFT is therefore misleading.^{vi}

Whether it was conscious or not, and whether you agree with it or not, naming it FasterEFT was a brilliant strategy from a marketing standpoint.

Difference #4: The Psychological Reversal^{vii}

"If someone has Psychological Reversal and you haven't corrected it, then you can tap all day long and it aint goin' anywhere."

~ Gary Craig, Founder, EFT

The EFT I studied taught that "Your energy system is a set of electrical circuits and psychological reversal is like your batteries are in backwards."

So in order for the rest of the process to work, you had to take care of any interfering energy blockages in the system by setting up the tapping with an "even though" statement or affirmation (said three times while tapping on the Karate Chop point or the sore spot).

F-EFT does not believe in psychological reversal.

"If you understand and eliminate the structure of problems there is no psychological reversal."

~ Robert G. Smith, Founder, FasterEFT

And if there is no psychological reversal there is no need for set-up statements for tapping to be effective.

F-EFT focuses on disrupting the brain's repetitive patterns of reconstructing and replaying negative memories and sensations, thereby keeping them alive.

One of the prime directives of our subconscious mind is to keep us safe. And one of the ways the subconscious does this is by resisting change because, from a childlike perspective, how we learned to approach life when we were young is how we stay safe. So certainly, one needs to neutralize or overcome the natural resistance to change. Fortunately, since we are working directly with the subconscious mind and all its resources, if there is any fear or resistance, we need only tap and say some reassuring words: "Let go of the resistance." "It's safe to let it go." "I made it through that event and I'm here now safe." "It's no big deal." "And I'm okay." "Peace."

EFT psychological reversal affirmations look clumsy by comparison. Their elimination makes FasterEFT cleaner and – in that respect at least – faster. The word that comes to mind is streamlined.

Perhaps you will agree.

Difference #5: Emotions

No matter which modality we're working with, we have to address the emotions. They are the juice behind the memories and they are what make memories seem real. Emotions drive our behavior without our consciously knowing why we act the way we do.

If you know anything about tapping you know that if you don't aim the tapping at an emotion, you can tap until the cows come home and you will

not make the deep significant changes. After all, the inability to deal with emotions lies at the heart of all the matters we work with, from addictions to Post Traumatic Stress Disorder (PTSD) to an endless list of lifelong themes such as abandonment, struggle and betrayal.

My EFT training stressed the importance of identifying and naming specific emotions and treating them as separate aspects of a memory. If we failed to do that, we would not succeed in erasing the negative experience.

With FasterEFT, there is no need to be precise and no need to name the emotion.

FasterEFT aims at collapsing the *entire program* of the memory (how a person recorded and replays an event over and over). That way, we capture all aspects at one time.

THE UNCONSCIOUS PROVIDES THE ANSWERS

The unconscious does all the work. It's not just letting go of emotions, but pictures in the mind's eye, sensations in the body, voices in one's head. (I'll cover this in more detail in Difference #7.)

F-EFT asks you to notice what you are doing inside your mind to produce the feelings and *feel* the emotions while you tap. Just follow the emotions and the physical sensations.

You don't need to know where the emotions came from or who gave them to you. That is, you don't necessarily have to find the "root cause event." All you have to do is have the client "*notice how they know that they have a problem.*" (This pulls them into trance.) And then your tapping aims at the structure or process of the problem. You say to the client, "Let the feeling bother you, and then notice how you know it bothers you." Then tap and say, "Let it go." "Let go of everything that supports this memory or feeling."

How great is that?

JUST AIM AND RELEASE IT

The F-EFT practitioner might tell you to notice what you're doing in your mind. They might say, "What do you have to think about in order to get this feeling or create this problem? How do you know you feel afraid? Where do you feel it in your body? Do you have tightness in your stomach or your throat or your heart?"

These questions are asking you to recall your experiences in the way you recorded them in memory. What is your perception? What are you doing inside your head to make the problem real? That way, we can aim directly at the problem and its creation.

With FasterEFT's Super Power Tap™, you can stack memories and negative emotions and let the unconscious mind do the work of collapsing all of them in one fell swoop. Again, you can see the ease and simplicity of this method.

Difference #6: Words

Almost all of my clients are already familiar with EFT by the time they contact me. They have used the EFT or F-EFT process on themselves, are more or less convinced that it works, but haven't achieved the success they were hoping for. They often tell me they don't know what to say when tapping. As though there is some sort of magic in saying the right words or having the right script.

In fact, my EFT training told me that the words you use while tapping are important. When I was practicing EFT and working with a client who could not describe what she was feeling, I would refer her to a full page list of emotional feeling words to help her pinpoint the emotion.

THE WORDS AREN'T IMPORTANT

With F-EFT, what is important is tapping *to let go of the emotion you feel as you recall and replay a memory*. There is no need to make up statements for tapping to be effective. You can say, "Whatever this emotion is." "Whatever it means or represents." "Wherever it comes from." "Whatever it attaches to."

From the standpoint of the practitioner, it's a simpler process again because there are no scripts to write or commit to memory.

"Emotions don't have words."
~ Robert G. Smith, Founder, FasterEFT

Difference #7: Process and Protocol

DIAGNOSIS

Unlike many energy psychology methods such as TFT and BSFF, neither EFT nor F-EFT requires diagnosis through arm testing. EFT did away with the need for arm testing by tapping on all the body's meridians for all situations.

INTUITION

Skillful EFT practitioners diagnose through intuition.

In fact, I think that in order to get dazzling results with EFT, a practitioner has to be intuitive, if not highly intuitive.

Not so with F-EFT. The F-EFT process itself is fairly mechanical, logical and objective. This keeps the practitioner from projecting onto the client. (Too bad. Those of us with strong intuitive skills may miss the little buzz we get when that sixth sense kicks in and we get to wow the client!)

SPECIFICS

With EFT, you need a specific target to work on in order to be most effective: a specific conflict, event, symptom, or emotion. Not being specific enough and not addressing all parts or aspects of the problem are considered major mistakes.

As mentioned above, with FasterEFT you do not need to focus on specifics. There is no need to be precise. You as the practitioner don't even need to know how the problem started or where it came from. What is important is that the client notice how they know they have the problem. Because you're aiming at what the mind/body is doing internally to *produce* the emotion right now.

Again, F-EFT aims at the entire program that the mind has created. It's not a matter of clearing an energy blockage on a specific part or aspect of an issue.

WORK WITHIN THE STRUCTURE

The brain/body/mind/heart records what it perceives through the five senses. If we get triggered it's because we start to remember and replay the memory in our mind. Whatever this memory is, as we think about it, the body starts to make it seem real.

With F-EFT we actually step into the memory as the person starts to relive it, using the same mental strategies and patterns the person relies on to keep the memory alive. We just keep working with the images, thoughts, words, feelings and physical sensations that surface.

ONCE MORE, THE INFLUENCE OF NLP

Visual: Do you know because you can't get the picture out of your mind? Or is it a movie? Are you in the picture or looking in from the outside? Is it black and white or in color? Can you see the faces . . . what are their expressions?

Auditory: Do you know because you're having a non-stop conversation in your head about it? Are the words you say to yourself your own or someone else's?

Kinesthetic: Do you know because you feel a sensation in your body? Is there a specific location? Is it an ache? A pain? Is it pressure in your chest? How big is it?

Like a bulldog, the practitioner keeps asking the client to try to get the problem or feeling or memory back. Then we tap away every avenue the subconscious mind had for being able to create the problem. We do this over and over again until there is nothing left of the structure of the problem . . . no emotions, no triggers, and no discomfort.

There is strong use of Robert's TOTEMS model in this system. (TOTEMS stands for **T**est, **O**perate, **T**est, **E**xit, **M**ake it come back, **S**witch it.) In F-EFT, "Switch it" or "Flip it" means "Reimprint it."

Speaking of which . . .

REIMPRINTING

The reimprinting process is a key aspect of the F-EFT protocol. I found this piece missing in EFT and it's one of the reasons I came to prefer F-EFT.

Once we have disrupted and changed all of the ways that a client used to be able to create a problem, and once we have neutralized all of the bad feelings associated with a memory, we are then able to "Flip" a memory.

Flipping means that we literally change what was happening in a memory so that, when we think about it again, it feels good and positive. One way we accomplish this is by changing the facial expressions of the various parties in the memory. Another way would be to send love and understanding back to the younger "you" in the memory. By reimprinting memories, we change the past and create new possibilities for the future.

OTHER PROTOCOLS

We practitioners all inject our own personalities into our tapping protocol, according to our own experiences, beliefs, preferences, and prior training.

(You've noticed this . . . People who are trained in resolving childhood traumas find that everything can be explained in terms of childhood trauma. People who work with color inject color into their process.) Many EFT practitioners combine EFT with chakras, auras, hypnosis, healing the inner child and Matrix Reimprinting, among other modalities.

But it seems to me that, since Gary Craig's retirement in 2010^{viii}, there have been all sorts of changes and additions to the EFT process and protocol and certification training (without his endorsement and to his dismay).

So the practice of EFT is changing and evolving. What I have written about here are the differences I see at this time.

One Last Word

In closing, I want to say that F-EFT is not a rejection of Gary Craig's work. Not in the least. It is an *evolutionary leap*.

EFT and Faster EFT are precious, precious gifts to the world. Where Gary paid the late Dr. Roger Callahan \$10,000 for the original Callaghan Techniques training and \$100,000 for his Voice Technology secret that would allow a practitioner to do the work over the phone (Roger's view was that what is going on in the energy system is encoded in the voice) you and I get to watch and learn life-changing technologies from YouTube videos for free.

Can you think of a greater gift than this?

Special Thanks

I want to express my thanks to Eric B. Robins, MD, Urologist and Surgeon, for his generosity in reading the final manuscript of this article and making several valuable suggestions.

Thank you also to Robert G. Smith for his input and for allowing me to quote him so extensively.

It was an honor to include their contributions in this article.

About The Author

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ENDNOTES:

ⁱ *That's the sort of pluck that Dr. Roger Callahan, the late founder of Thought Field Therapy (TFT) required in order to break with traditional psychotherapy. He was the brains behind combining Applied Kinesiology and acupuncture with his knowledge of the human mind to make groundbreaking strides in the world of energy psychology.*

It's the courage EFT's founder, Gary Craig, needed to break with Dr. Callahan's elaborate procedure of muscle testing. As a scientist (Gary was a Stanford-trained engineer) he questioned the need for Roger's algorithms to diagnose which meridians to tap for specific emotions and streamlined the system to tapping on 14 meridians in all situations. He also found that the order in which you tap the points is not important.

It's the audacity Robert Smith showed in breaking with the basic EFT belief system accepted by thousands of practitioners around the world who revere Gary Craig. He did away with the notion of Psychological Reversal, further streamlined the tapping process to five points, incorporated NLP and hypnosis, and continues to study and challenge existing beliefs and modalities.

(This is a bit like Einstein, a mathematician, challenging existing thought and making a breakthrough called Quantum Physics. More recently, [Brittany Wenger](#), 17, from Sarasota, Florida coded a sophisticated computer program to help doctors detect breast cancer using a less invasive form of biopsy that is 100% accurate in diagnosing malignancies. Seasoned scientists have been unable to accomplish this feat for decades.)

Don't you just have to respect genius and guts!

ⁱⁱ In Gary Craig's own words, "This is to romance for you the idea that we are on the ground floor of a healing high-rise. Nobody has the answer. In the scientific community, you start getting results and you put a theory behind it. That theory explains the results. After a while, when you get different results, you have to change your theory to match the results. That's how science goes until you finally get an explanation that works. In the meantime, you deal with your workable theories. Maybe in 10 years' time EFT will be obsolete."

ⁱⁱⁱ Apparently Dr. Eric Robins, whose EFT testimonial still appears on [eftuniverse.com](#), is of the same opinion:

"I've been using EFT, NLP, and hypnosis in my medical practice for 20 years now and thought that I was doing a pretty good job of it. Then I learned about FasterEFT and it has blown my socks off. This is the most powerful, simple, complete, and easy to learn mind/body/emotional healing system I've ever encountered. It is fast enough to use in a busy medical practice (or therapy or coaching practice) and the changes you can make in people will border on the miraculous. You will be able to clear emotional issues at a deep enough level that profound physical healing results. If you want to learn how to do EFT at a mastery level, or what it's evolved into, I highly recommend that you start studying Robert's materials."

~ Eric B. Robins, MD, Urologist and Surgeon, Co-author, "Your Hands Can Heal You" and "The Power of Prana."

^{iv} "BE SET FREE FASTSM [BSFF] by Larry Nims, Ph.D, is a highly focused Energy Therapy method for eliminating the emotional roots and self-limiting belief systems that are embedded in the subconscious mind, and which automatically determine and control most of our experience, self-expression and behavior. These unresolved negative emotions and beliefs create and maintain psychological and physical symptoms, which automatically result in mental, emotional, physical, energetic, spiritual, and life adjustment problems, including many medical, and health problems. BSFF eliminates these subconscious programs quickly and gently. BE SET FREE FASTSM is a descriptive acronym for "Behavioral & Emotional Symptom Elimination Training For Resolving Excess Emotion: Fear, Anger, Sadness & Trauma."

^v An excellent book on the topic is "The Brain That Changes Itself" by Norman Doidge, M.D.

^{vi} I should point out that "FasterEFT" does not imply that people require fewer sessions. My focus, for example, is total transformation and it's a commitment between me and my client to weekly sessions over a 6-month period.

^{vi} Since the original publication of this paper, Gary Craig has stated in his Official EFT newsletter (February 01, 2013): "Among other things, the concept of Psychological Reversal has been eliminated and the tapping routine has been streamlined."

More recently I heard him say in a radio interview with Jondi Whitis that a "major point that (Roger Callahan) was quite proud of was Psychological Reversal . . . the battery in backwards . . . the effect is that it psychologically reverses one against getting over their issue . . . I bought it and taught it to others because it seemed okay to do, but kept questioning it . . . Once I found the right core issue, Psychological Reversal mattered nothing."

While Gary Craig no longer believes in Psychological Reversal this message has not got through to many of the people he trained who are still perpetuating the belief. In his words, "Some seasoned EFT'ers have overlooked these improvements and are still teaching the older method."

However, the EFT Setup phrase still begins with "Even though . . ." Gary explains this apparent contradiction [my opinion] as "using the set-up process to do detective work, reframing upfront which is part of the art of delivery. None of that to me is geared toward anything called Psychological Reversal."

And finally . . . seeing as I am running out of space . . . "Psychological Reversal can be used as an excuse for why we're not making progress. If that's what the belief is you don't go any farther. But if you don't believe in Psychological Reversal, the question is 'What am I missing here?' I've got to be a detective. I've got to get to some core issue. That's when you really start to get good at the art of delivery with EFT. Psychological Reversal can stop you the therapist from making real headway."

Robert Smith saw this years ahead of Gary Craig.

^{viii} Gary came out of retirement to found Official EFT™. He generously offers a complete, free training in Optimal EFT™. I have not yet taken the training and so I am not aware of the updates to his original work.