

# II | INVISIBLE INJURIES

WHEN THE DUST SETTLES

## April Issue 2024

Welcome to Invisible Injuries community newsletter. Our topic podcasts are gaining in popularity. So much so that we have decided to go one step further and provide a monthly news letter to bring, thoughts, innovations and connections into personal view. After all, we share the same goal...the journey to wellness. Invitation to sign up at [www.invisibleinjuries.org.au](http://www.invisibleinjuries.org.au)



## ANZAC DAY

25th 2024

As we move closer to ANZAC Day we are reminded to increase our support team and have a strategy for triggers. EFT is something to explore.

## E.F.T FOR TRIGGERS

One strategy you may not have explored in your wellness program is Emotionally Focused Technique. By removing yourself somewhere quiet... you can self administer like breath work and beat the emotional overload.

### About the Author

We formally welcome Helena Connor to the Invisible Injuries Team. Helena and her Husband Trevor (a Vietnam Veteran) have been involved with this organisation via volunteering and financial support since our early days.

- Helena is a qualified Counsellor, registered with Australian Counselling Association.
- Her contributions to this newsletter aim to present topical and innovative advances in the PTS space.
- Special interests include somatic techniques and therapies to calm the senses.

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# **Why is this EB EFT “thing” something I should consider learning?**

**Picture this .... a tutor is addressing a class of mental health students in a classroom setting. The lesson is interrupted as the door opens and a young man enters with a highly anxious looking young female student, late to lecture. They take seats at the back of the classroom. Within minutes the young woman is completely overwhelmed and disrupting the other students. The young man asks his Tutor colleague if he can take her outside to gain her composure which he promptly did. Within 10 mins the door opens again, they enter, sit and the rest of lesson is delivered with all students engaged.**

**The Tutor was Dr Peta Stapleton PhD, Associate Professor in Psychology Bond University. “Whatever did you do that worked so quickly to regulate that situation?” she asked of her colleague later. He explained that it was the “EFT thing” that he had been trying to tell her about for weeks that she needed to look into. Peta Stapleton is now head researcher at Bond University for Evidence Based, Emotionally Focused Technique and contributing to the International EB EFT peak research body in the United States**

**What’s the science? EB EFT is a Somatic Trauma Release Tool. It uses a set of tapping points incorporating Western with Eastern Traditional Chinese Medicine. We know these points as acupuncture. There have been many studies examining EFT and cortisol level bio markers associated with stress. In 2012 a study was published in the Journal of Nervous and Mental**

**Health Disease examining EFT on these markers in the Veterans with PTSD. Results were a significant reduction in cortisol levels after 6 sessions compared to a control group receiving standard therapy. In real terms reduction in their symptoms of anxiety, depression and sleep disturbances and follow sessions suggest they maintain their gains**

**In a Clinical setting with a trained Practitioner ... EB EFT provides a way for individuals to work through emotions stuck in their body, at the clients pace, whilst connecting a mindfulness tapping technique to desensitise that stored memory. (The opposite of this is approach is Trauma Exposure Therapy working with the full experience of the event, all at once).**

**For now, we’re suggesting you use it as a self soothing first aid tool for potential PTSD dysregulation. Example diagram attached for tapping positions courtesy of Nurture Health Solutions. Practice daily. Learn it before you need it. ANZAC Day can be challenging for many. We encourage you to engage your support team close, learn this technique for your wellness tool box. If you would like to know more about this subject including a specific Veteran focus or available practitioners we will be releasing an ebook for \$9.99 shortly and suggest you sign up with your best contact email to be notified when it’s available. Possibly a video if the demand is there. Editorial by Helena Connor/ InPrint Media for Invisible Injuries.**

# An example

The journal page included in this handbook contains prompts that you can use to create your set up statement. You may print and use this page as many times as you like.

Below is an example of what one round of tapping might look like, using the prompts included in this handbook.

## Set up

Repeated 3 times whilst tapping on the side of hand point:

*'Even though I feel angry (6/10) just thinking about yesterday when I got home and saw a big pile of dirty dishes in the sink. Because I asked my son to do them, and he didn't! And I feel it in my neck, like a big painful knot in my neck. But I deeply and completely accept myself anyway.'*



## Sequence

Repeated whilst tapping each acupuncture point, working through the sequence from 1 (side of eye) to 8 (top of head):

*'Feeling angry', 'the pile of dirty dishes', 'I asked him to do them', 'he didn't do them', 'painful knot in my neck'*



Return to the side of hand point and check in. Re-rate your SUDS and make any adjustments necessary. Repeat this process until your SUDS are 0 - 2.