

# Welcome!



## <Disclaimer and Informed Consent>

The self-help techniques to be demonstrated and shared are presented simply as information, on new ways to calm down stress and other emotions. It is not offered as a treatment or advise for any medial, mental health or psychological care.. Choosing to take part in this workshop indicates you are taking responsibility for your own well being. We hope the session will contain some helpful information to you.



# Increasing Resiliency

~ Tapping into Calm ~

Feb. 24, 2021



Mr. Einstein &  
Tech Green

Ferst Dr.

# Admin III & WellBeing Activator @ ECE

# Support

Chats  
Q&As  
Back up  
Calm & Safety Zoom Room

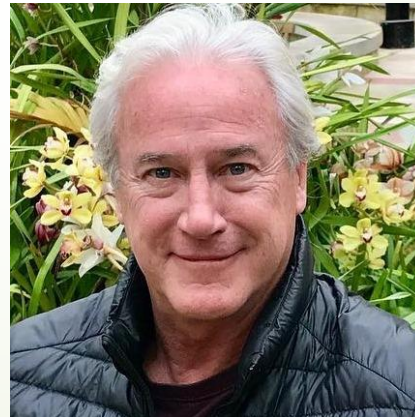
-> [tinyurl.com/calm-safety](https://tinyurl.com/calm-safety)

## Thank You!!

Chaplain +++  
Kelvin Foster



TedTalk&Trainer  
Katie Nall, PhD



EFT Master&Trnr  
Andy Bryce



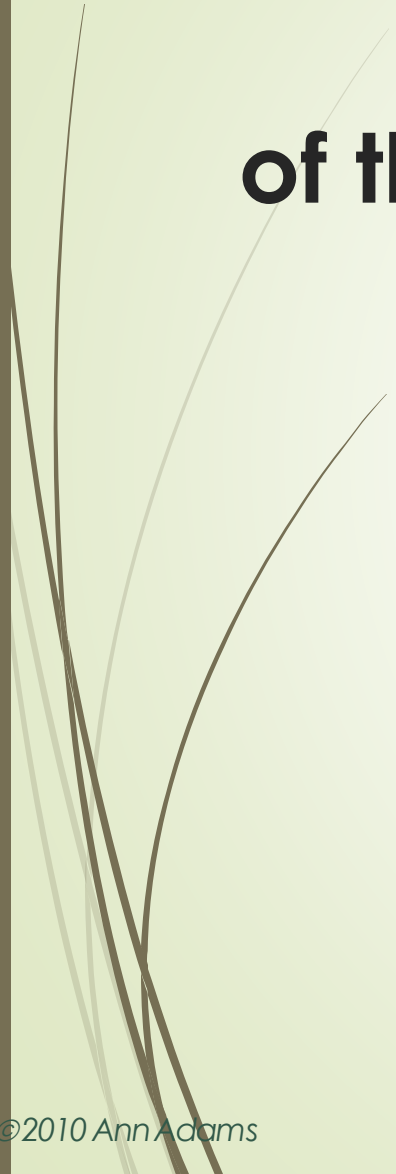
EFT MasterTrainer  
Silke Johnson

# Question 1 & 2

1. How do you know that you are stressed?
2. What do you do when you are stressed?

## Question 3

On a scale of 1-5, how stressed have you been this year compared to last year this time?



# **Restoring the balance of the Nervous System utilizing Somatic elements**

## Mind-Body Connection

# *(Off-Campus Me)*

Certified Medical Translator (WA)

Licensed Massage Therapist

Certified Neuromuscular Therapist

Eastern Bodywork and Healing Modalities

TMJ / Pelvic / Myofascial Pain

Interest in Pain, Fascia & More

(San Deigo Pain Summit)

(Fascia Congress)

(Acupuncture)

Accredited, Certified Advanced EFT Tapping Practitioner

**Empathy | Input | Connectedness | Intellection | Learner**



# Pain Relief BodyWork

## Chronic stress & tension relief

### REVIEWS for my Bodywork or Coaching service



by Anonymous on Feb 24

I enjoyed my session with Mitsuko Ito. She was knowledgeable and recommend her to other people that I know. I am grateful to her for



by Anonymous on Jul 06

I found the experience interesting and helpful. During the session forward to another session.



by Katherine on Mar 20

Mitsuko is professional and highly educated in TMJ and EFT.



by Terri on Feb 21

Mitsuko is the best



by Elda on Feb 14

Mitsuko is a gentle soul. I love and honor her profession. And her skills as a practitioner help me find and heal th



by Emma on Feb 07

She made me feel at ease to discuss my range of issu



5.0



11 reviews



"I would highly recommend checking her out."



"I had an excellent **experience** here."



"She is extremely knowledgeable"

Write a review

### Reviews

All

emotional 3

healing



Marlin G  
7 reviews

★★★★★ 10 months ago

Mitsuko is very nice and knowledgeable

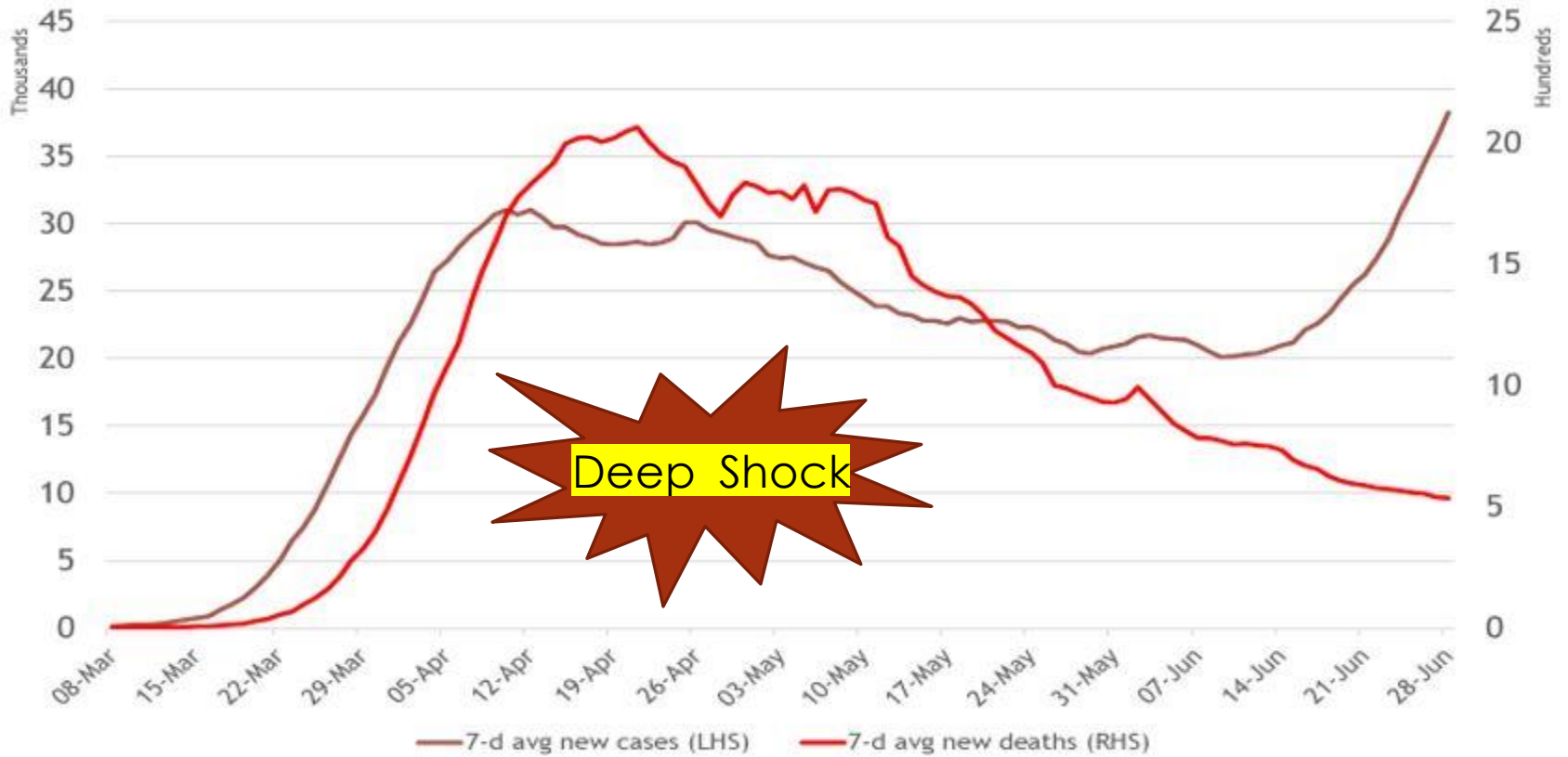
Thank You Sponsors for Bringing the Conversation Regarding Anxiety to Decatur High School and the Community



# My Journey & Search

- Bridging of East & West / Traditional & Modern
- Self-healing  
stress, tension, pain, immunity challenges,  
anxiety, depression, panic attack, PTSD-ish  
symptoms
- Personal Growth & Continued Learning  
deep seated subconscious fears, generational  
traumas, post betrayal recovery etc.

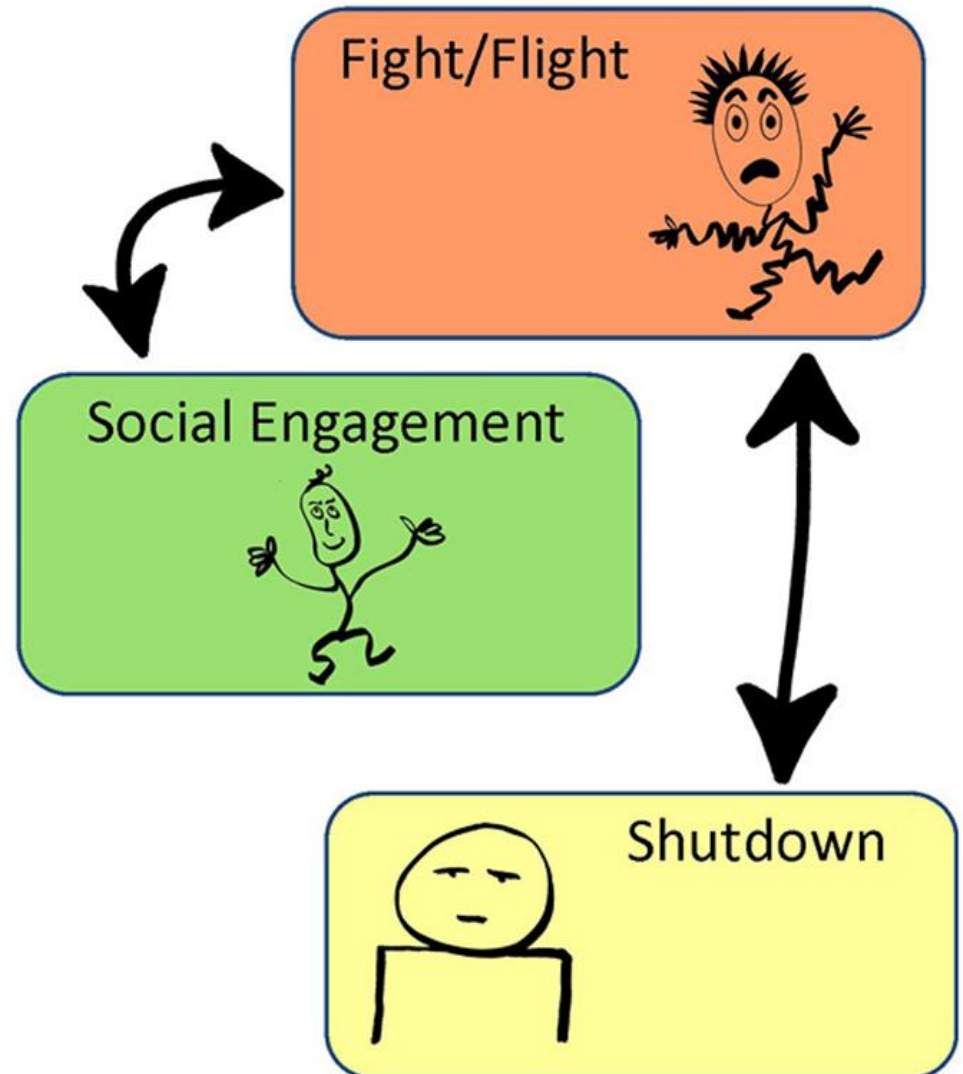
### US Corona cases increasing but deaths still declining



Dr. Stephen Porges

Polyvagal Theory

## Hierarchy of Nervous System Response



Based on polyvagal theory by Stephen Porges

Copyright 2015 Dee Wagner

# Stress Causing Disregulation (Not Resilient)

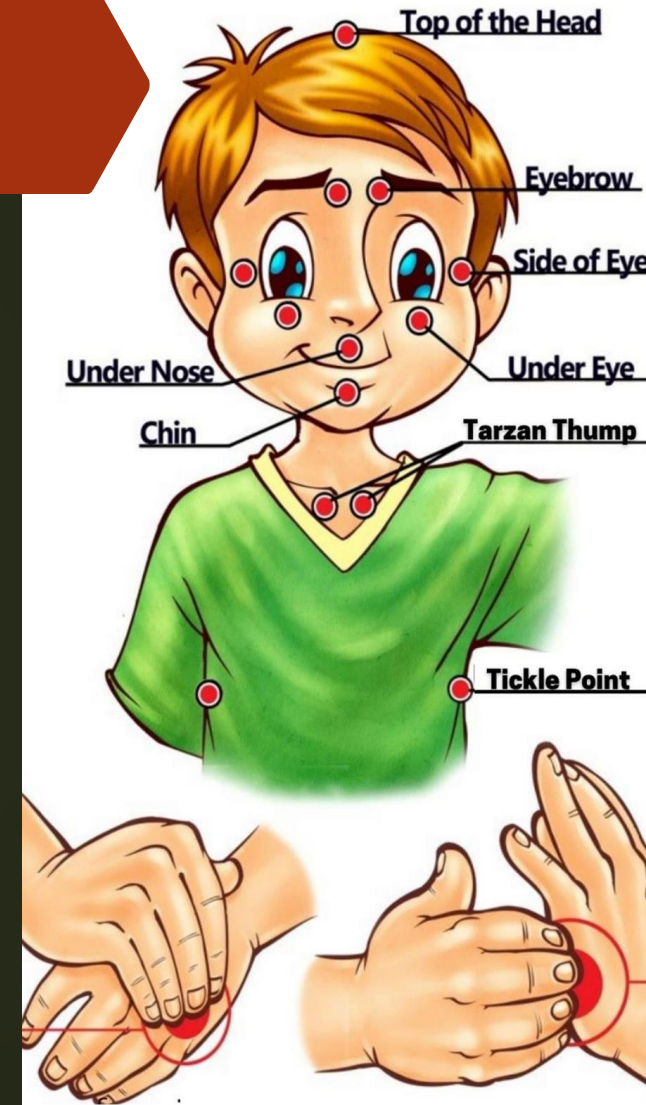
- Unexpected
- Dramatic
- Isolated
- No Strategy

<https://www.efttappingtraining.com/the-trauma-moment-understanding-the-udin-elements/>

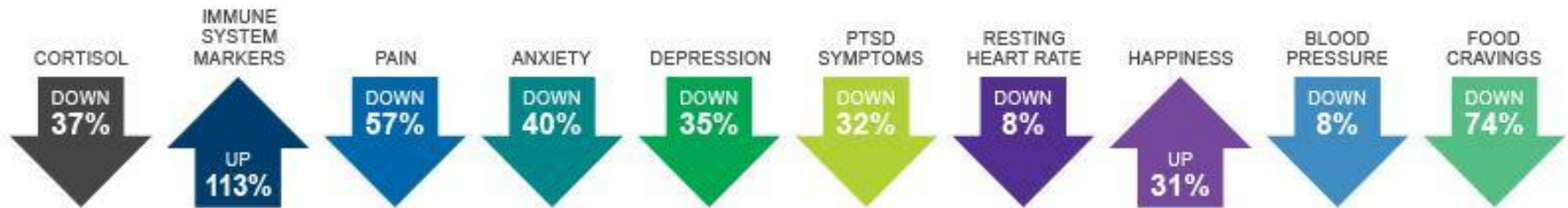


# What Is Tapping

- ▶ Tapping is a powerful balancing technique based on the combined principles of ancient Chinese acupressure and modern psychology.
- ▶ Tapping can be applied therapeutically by professionals.
- ▶ **Tapping can also be an effective self-regulation tool**



# Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health

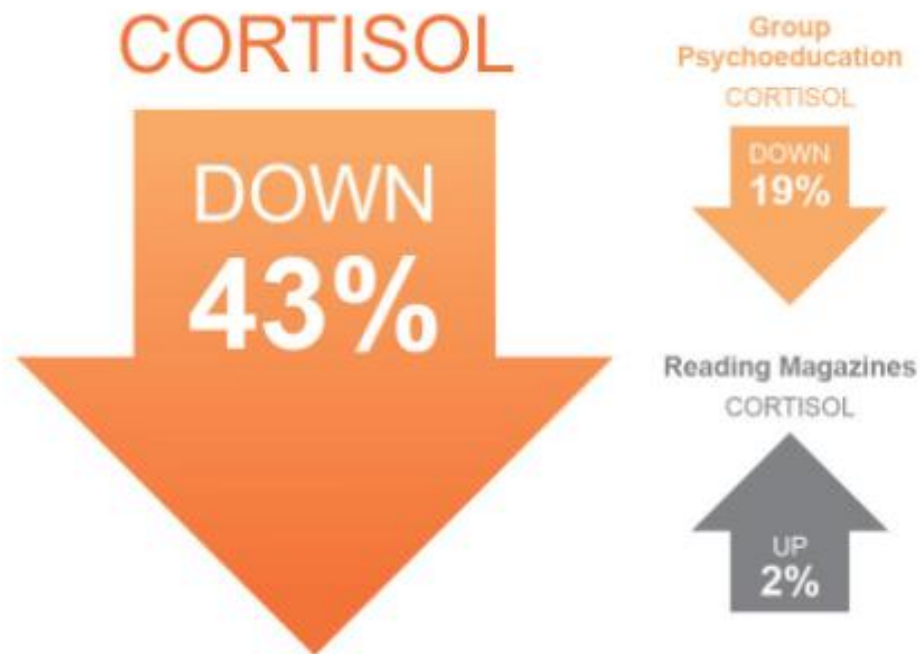


Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). *Journal of Evidence Based Integrative Medicine*. © Mind Heart Connect 2018.

**Helps Manage Stress**  
**Regulate and Balances the Nerves**  
**Increases Resiliency**

# Group EFT Tapping


## Reduces Cortisol by 43%



© Mind Heart Connect 2020. Stapleton P, Crighton G, Sabot D, O'Neill HM. (2020). *Reexamining the effect of emotional freedom techniques on stress biochemistry: A randomized controlled trial.* Psychol Trauma. doi: 10.1037/tra0000563 (epub ahead of print).

[www.petastapleton.com](http://www.petastapleton.com)





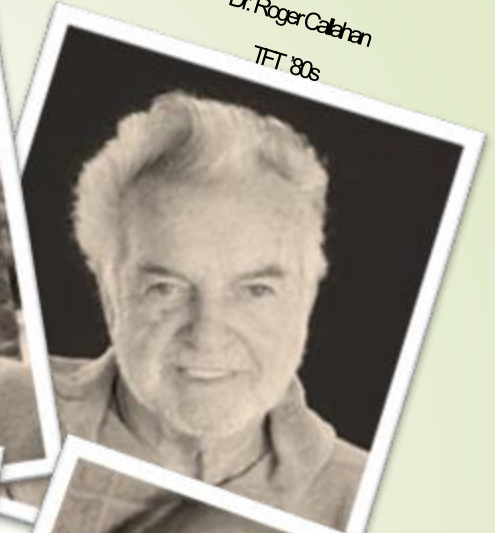
**Outside  
the Box  
Thinkers**

**Pioneers**

Dr. George Goodheart '60s



Dr. Roger Calahan  
TFT 80s



Dr. John Diamond '70s



Gary Craig EFT '90s

## In the West / Study-Evidence Based Culture

### **1<sup>st</sup> wave:**

Curious, experimenting, producing results

### **2<sup>nd</sup> wave:**

Sharing, adapting, publishing

Questionable quality, skepticism & discussion

### **3<sup>rd</sup> wave:**

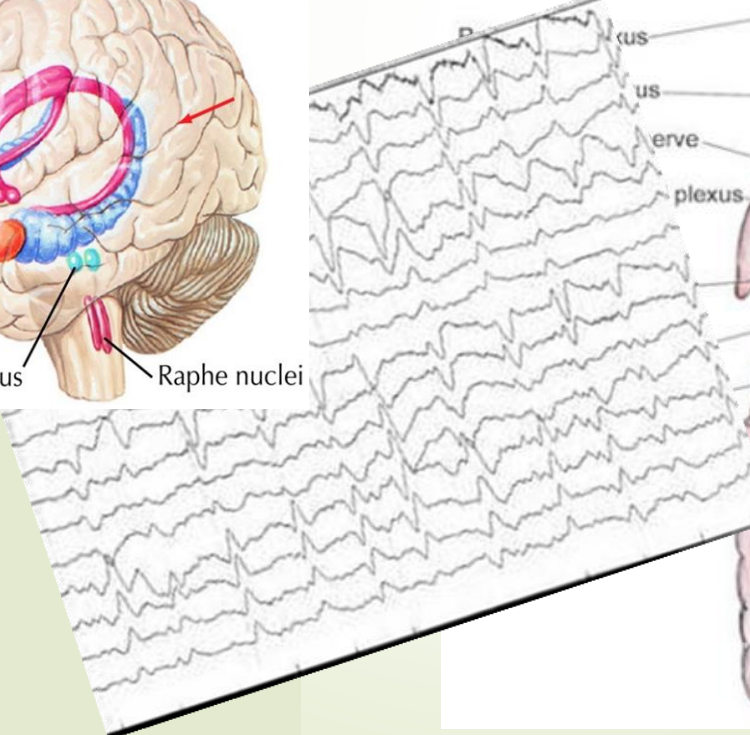
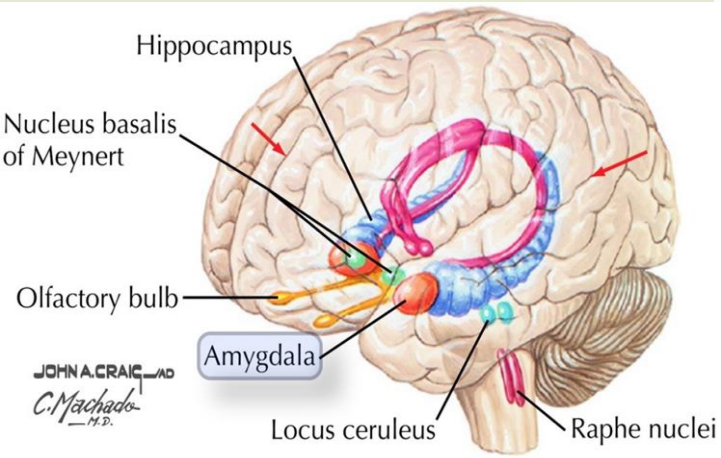
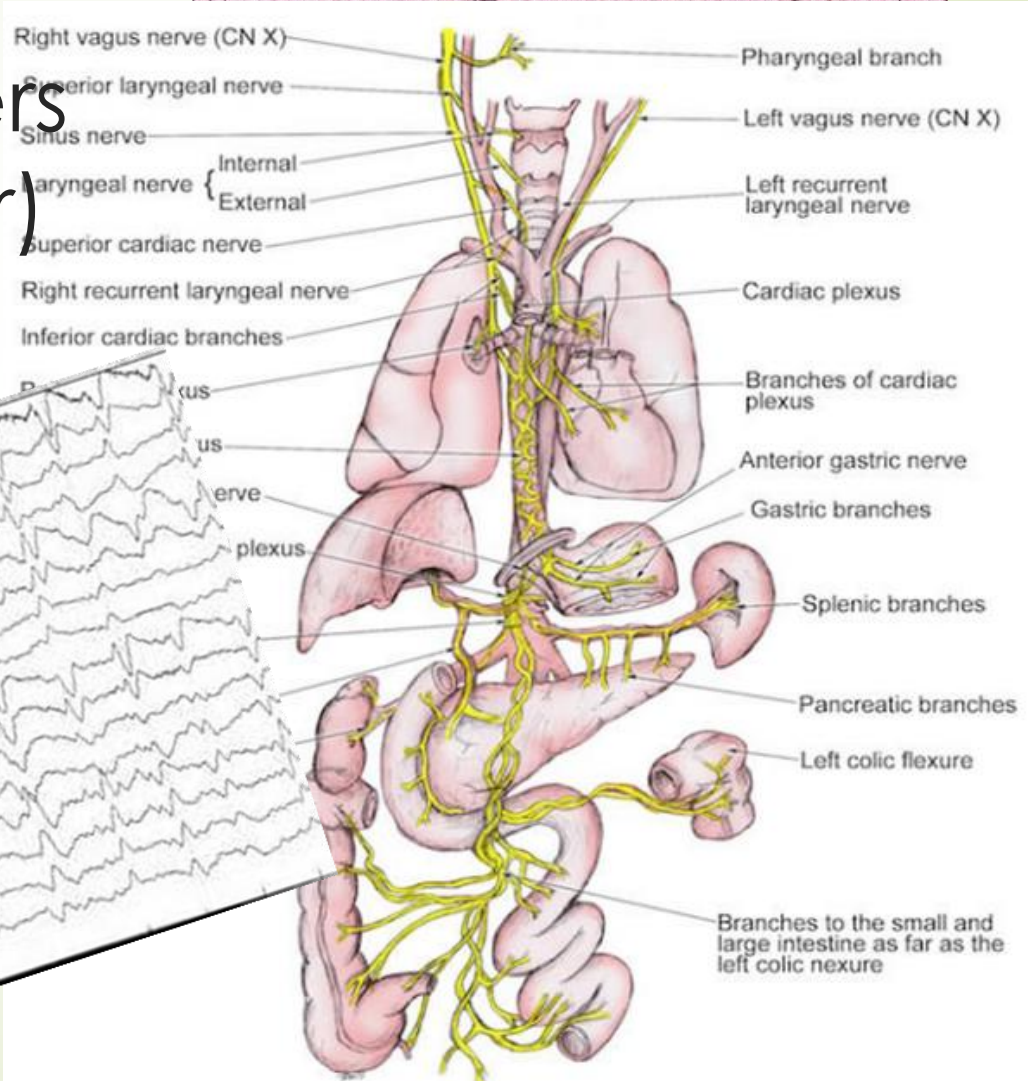
-> Refined safety guidelines (for practitioners)

-> Clinical studies, Evidence Based EFT

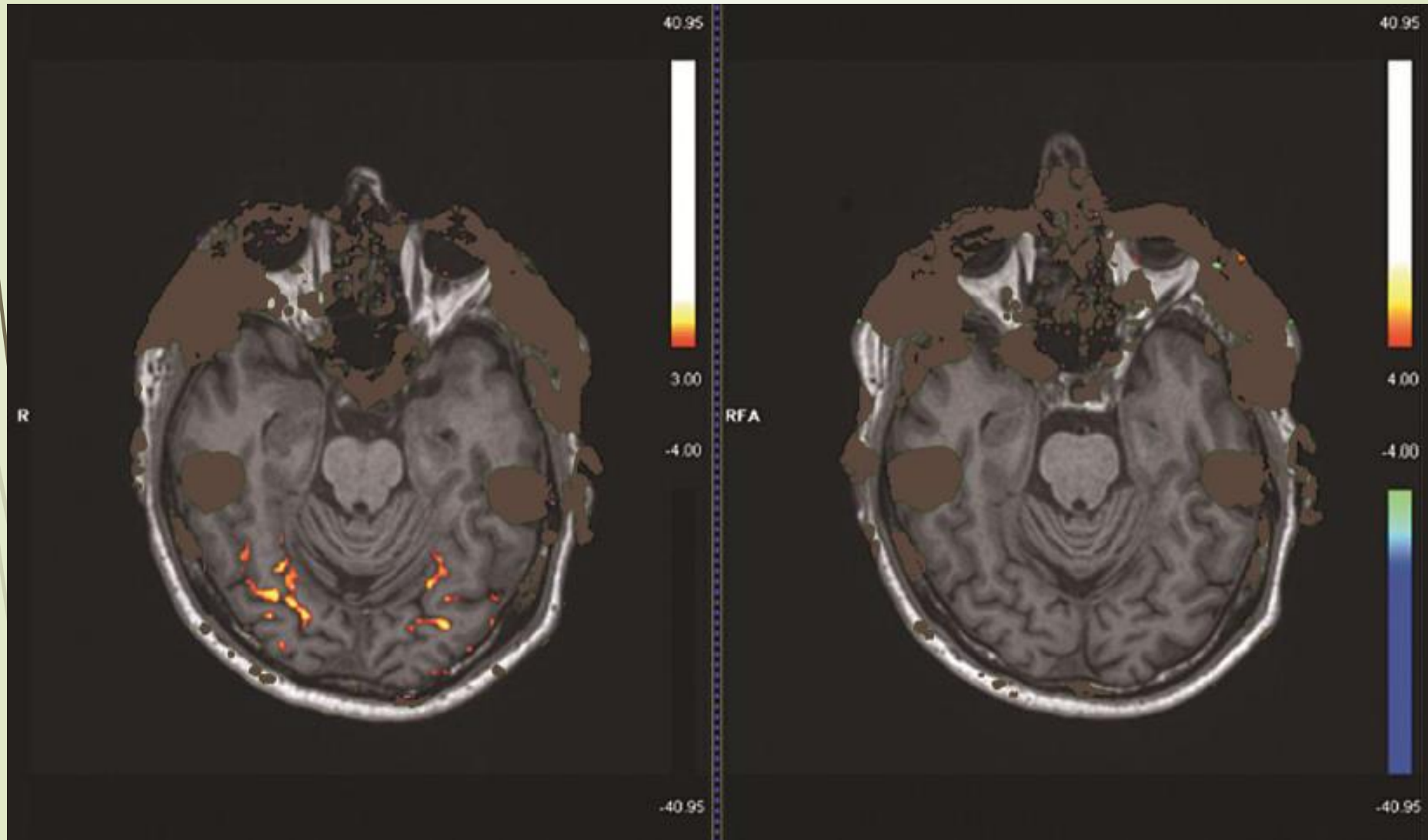
-> Theory evolutions and validations

**Currently:** on the way to being widely accepted in the public very rapidly

# Vegas Nerve Brain Waves Hormone & Neurotransmitters (+ Feeling Better)



# fMRI Studies on Food Cravings (with EFT)



“An Initial Investigation of Neural Changes in Overweight Adults with Food Cravings after Emotional Freedom Techniques”

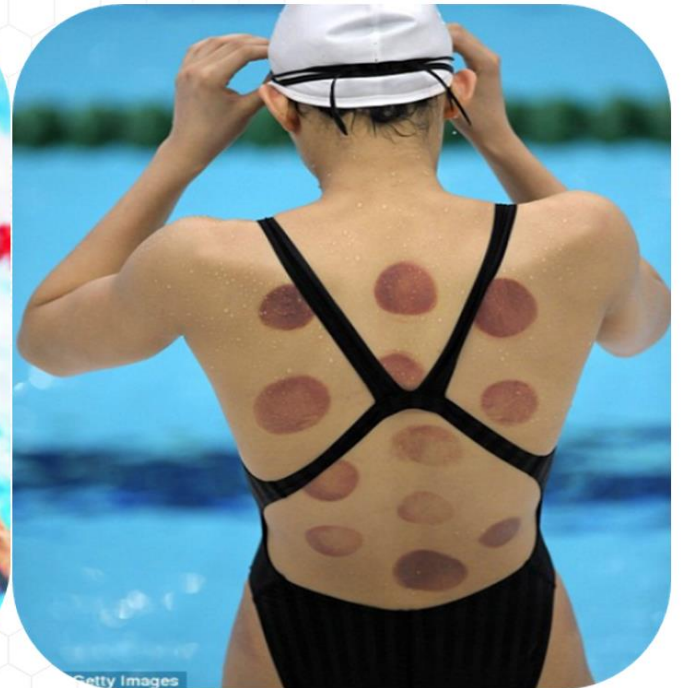
<http://www.lidsen.com/journals/icm/icm-04-01-010>



# In the East & Traditional Societies

- Old traditional methods
- Has worked, did not need a lot of explanation
- Early adapters learn the secrets before the public
- Might have even been best kept secrets

# Cupping Marks on Athletes





**It IS Possible to**

Reverse Engineer  
Stress Response in our nerves

Disrupt the  
negative feedback loop

# Some Nerve Balancing, Resilience Increasing Tools

1. Butterfly Hug
2. Soothing Arm Strokes
3. OMG & Eye Rolls
4. Thumps & Ah.....
5. “Tapping” – TTT style

Response in the Chat Box, greatly welcome 😊 ->





# Optional Gentle Exercises

Please join & try!

Results may be so subtle and hardly noticeable  
and that's OK 😊

# Butterfly Hug

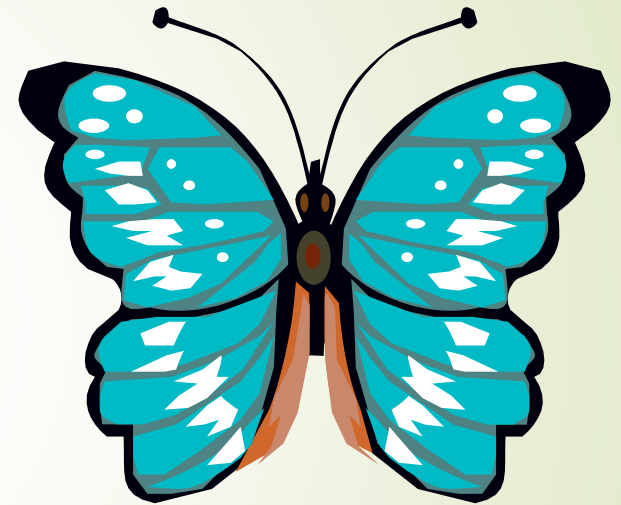
Cross hands over chest.

Index and middle fingers on collarbone points

Tap collarbone points alternatively.

Take slow, deep breaths.

Calming and comforting.



“Effects of Group Drumming Interventions on Anxiety, Depression, Social Resilience and Inflammatory Immune Response among Mental Health Service Users”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4790847/>

# *Soothing Arm Strokes*

Gently and firmly  
stroke your arms  
+  
slow exhalation

**Calming Effects of Touch in Human, Animal, and Robotic Interaction  
—Scientific State-of-the-Art and Technical Advances**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7672023/>

# OMG & Eye Rolls +

One hand on forehead – one on base of spine

Look up – circle eyes clockwise

Circle eyes counter-clockwise

Close your eyes

3 slow abdominal breaths

**“The Role of Eye Movement Desensitization and Reprocessing (EMDR) Therapy in Medicine: Addressing the Psychological and Physical Symptoms Stemming from Adverse Life Experiences”**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3951033/>

# Lastly – “Tapping”

\*For this workshop’s purpose...

**A self-help tool  
to help manage stress**

**A Systematic Review and Meta-Analysis of Randomized and  
Nonrandomized Trials of Clinical Emotional Freedom Techniques (EFT)  
for the Treatment of Depression**

<https://pubmed.ncbi.nlm.nih.gov/27843054/>

# Why & How Tapping Works

Studies show and Theories indicate:

- Acupuncture points are higher in electro conductivity
- Stimulating acupuncture points affect the **amygdala** (the fear and stress response center)
- As the **Amygdala** sends a different signal to the **Vagus Nerve** (that goes to different glands and organs), it **causes shifts in hormone productions etc** (less stress hormones, more happy hormones, for example)
- **Research is growing very rapidly, includes meta-analyses**
- Tapping has been practiced for thousands of years in traditional cultures – **time proven method**
- It Works 😊 and **it's Free** 😊

# What Could Happen with Tapping

- Wanting to yawn
- Feeling tired (relaxed) <- cortisol drop
- Reduced stress or tension
- More spaciousness & ease
- Increased stress (possible)
- Feeling overwhelmed (possible)
- Unwanted memory resurfacing
- Sudden new awareness

**No Right or Wrong response – Just IS**

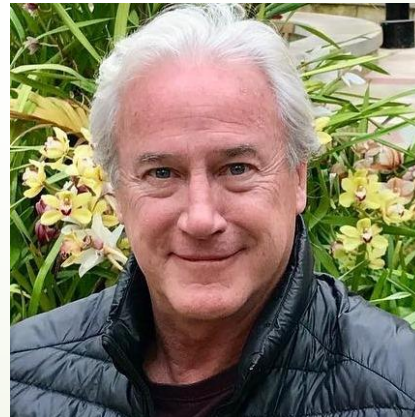
# CALM & SAFETY ZOOM ROOM

Calm & Safety Zoom Room  
-> [tinyurl.com/calm-safety](https://tinyurl.com/calm-safety)

Chaplain +++  
Kelvin Foster



TedTalk&Trainer  
Katie Nall, PhD



EFT Founding  
Master & Trnr  
Andy Bryce



EFT International  
Master Trainer  
Silke Johnson



# Variations of “Tapping”

## **EFT (Emotional Freedom Techniques):**

Developed by Stanford Engineer Gary Craig

- Uses carefully crafted phrases
- Often used in therapeutic settings, also in business & coaching
- Research based on strict algorithms shows efficacy (i.e. “Evidence Based Clinical EFT” by Dr. Peta Stapleton.)

## **TTT (Trauma Tapping Technique)**

Synthesized by Gunilla Hamne

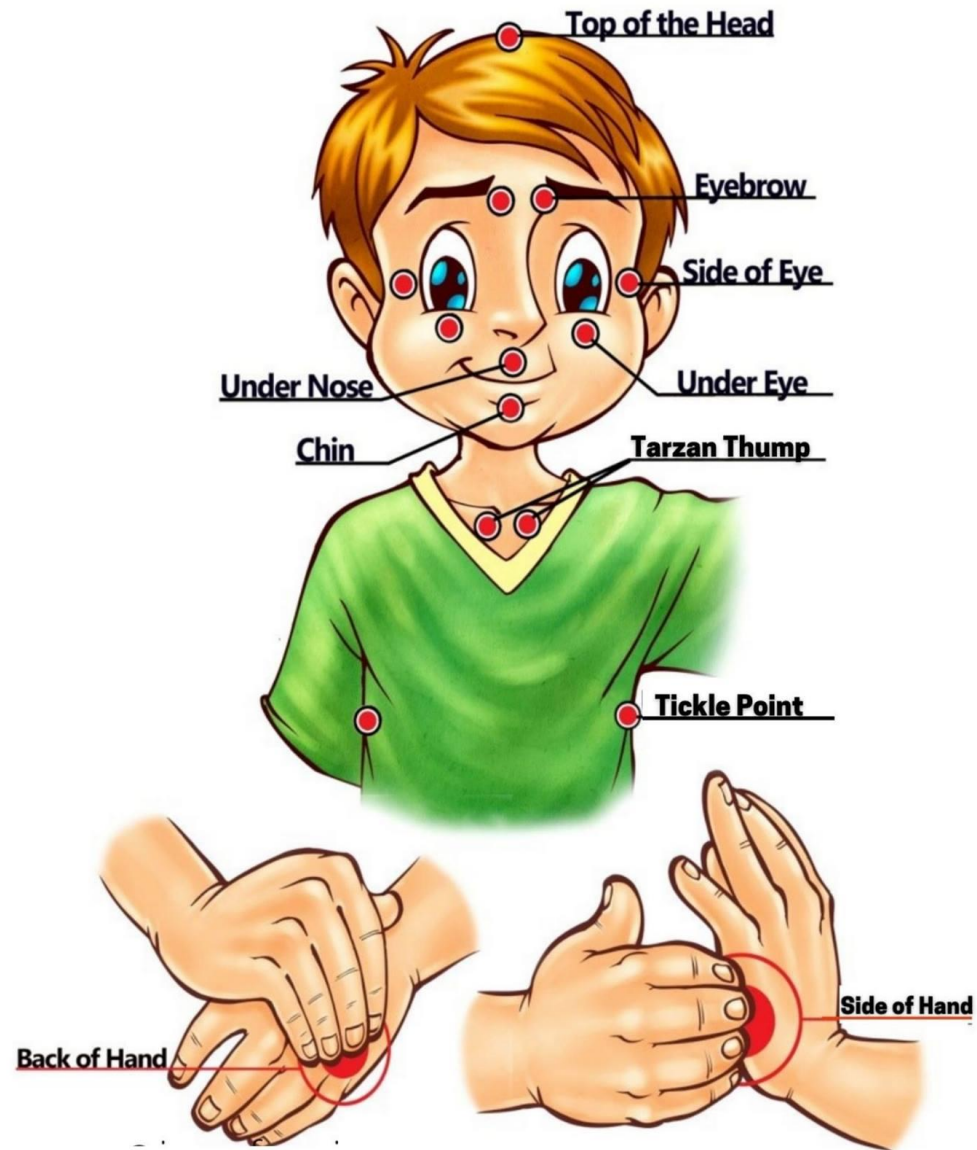
- Tapping is combined with breathing, stroking etc,
- Intention is to calm the nervous system first and foremost.
- Safely applied in most any situation and in groups.
- Utilized in Rwanda and more.
- No verbal affirmations or phrases

## **TFT (Thought Field Therapy)**

Predecessor for EFT and TTT above

**And so many more!!**





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# Tapping Exercise – with Awareness

1. Where do you tend to carry stress?

2. Give a Rating: 0-10 how high is it?  
(10 being the most)

3. **Tap** & Breath

4. Revisit Rating

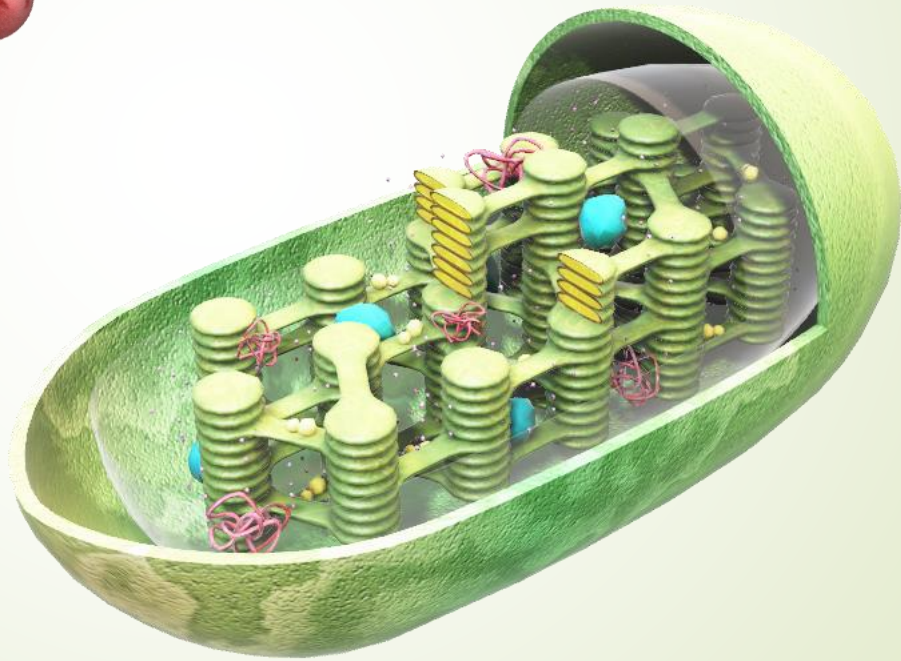
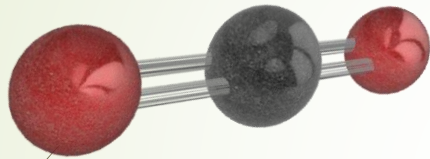
# Tapping Exercise (Clinical EFT) – with Stimulation & Awareness

1. Exploration & Connection to Stress?
2. Give a Rating & Describe
3. **Tap** while triggering stress (often using word)
4. Revisit Rating

***"Rather than targeting just one aspect of health — like an aspirin for a headache — yoga and tai chi movements address many health systems and work synergistically"***

**- Peter Wayne**

Faculty editor of the Harvard Special Health Report  
in *"An Introduction to Tai Chi"*



# CREATIVE EXPANSIONS

Constantly evolving  
Adaptation, Experimentation,  
Organic Blending  
Case-by-Case  
Hard to Standardize

**Experiment for Yourself,  
on Your Own Stress!**

# Campus Resources

## <GT / GA Mental Health & WellBeing Resources>

[Mental Health Resources @ GT](#)

[Mental Health Support Events via the Counseling Center @ GT](#)

[GA Emotional Support Line information \(pdf\)](#)

[RESILIENCE Employee Resource Group](#)

[GT Mental Health Resources in Canva](#)

## <GT Tapping Resources>

[TECHTimonial Video](#) (7min Summer 2020)

[Tapping Circles](#) (more to be rolled out)

MS TEAM - "Polyvagal Perspective (& Tapping)"

Team Building / Tapping Mini-Workshops / Pre-exam DestressTapping  
(available from 10 ~ min)

Contact: [mitsuko.ito@ece.gatech.edu](mailto:mitsuko.ito@ece.gatech.edu)



# Other Mind-Body Resources

## <Mindfulness, Tapping, Polyvagal Theory, PsychoSomatic Resources etc>

- Studies: "[The effect of Emotional Freedom Techniques on nurses' stress, anxiety, and burnout levels during the COVID-19 pandemic: A randomized controlled trial](#)"
- Studies: "[Emotional Freedom Techniques for Anxiety - A Systematic Review With Meta-analysis](#)"
- Studies: "[The polyvagal theory: New insights into adaptive reactions of the autonomic nervous system](#)"
- Studies: "[Clinical EFT Improves Physiological Markers of Health](#)" - Donna Bach, ND, et al.
- Studies: "[Evaluating a 3-Week Model for Reducing Symptoms of Stress in Traumatized Youth Using the Trauma Tapping Technique \(TTT\) for Self-help: A Pilot Trial](#)" - Dr. Peta Stapleton, Ulf Sandstrom, & Gunilla Hamne
- Research Collection: [EFTTappingResearch.com](#)
- Book: "[The Science Behind Tapping](#)" - Dr. Peta Stapleton
- Book: "[The Body Keeps the Score](#)" - Dr. Bassel van der Kolk
- Book: "[Waking the Tiger](#)" - Dr. Peter Levine
- Video: [Dr. Stephen Porges - "What is the Polyvagal Theory"](#)

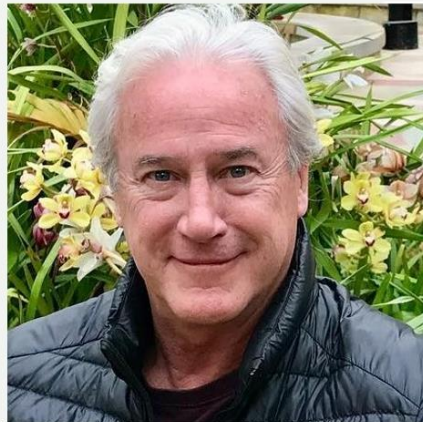
Chaplain +++  
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Katie Nall, PhD



**Thank You  
for Joining!!**



EFT Founding  
Master & Trnr  
Andy Bryce



EFT International  
Master Trainer  
Silke Johnson

Also acknowledging  
the many support from  
other practitioners and  
the rich network who  
are behind the  
outreach effort with  
summer/fall 2020  
"[Lunch Time Tapping](#)"  
etc.