



EFT for PTSD

Dawson Church Ph.D.

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Post-traumatic Stress Disorder (PTSD) is a terrible burden to bear. It not only affects people psychologically, robbing them of peace of mind and inner tranquility; it damages them physically. Traumatic stress can result from negative emotional experiences during childhood. It can also arise in adults as a result of war, assault, or similarly traumatic experiences. Some of the symptoms of PTSD are: Insomnia. Digestive disorders. Flashbacks and nightmares. Irritability, jumpiness, being easily triggered by events. Rage, grief and guilt. Anxiety, panic attacks, depression. Feeling isolated and unsafe If you or someone you know has these symptoms, EFT can help. In scientific studies of war veterans and other traumatized groups, EFT has been shown to reduce or eliminate PTSD, sometimes in just a few short sessions. Not only do PTSD sufferers experience immediate relief, but the positive results extend long after treatment. This manual is a lifeline for those suffering from PTSD and their families. It also contains special sections that gather together the experience of many physicians, psychotherapists, social workers and coaches who have used EFT.

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