

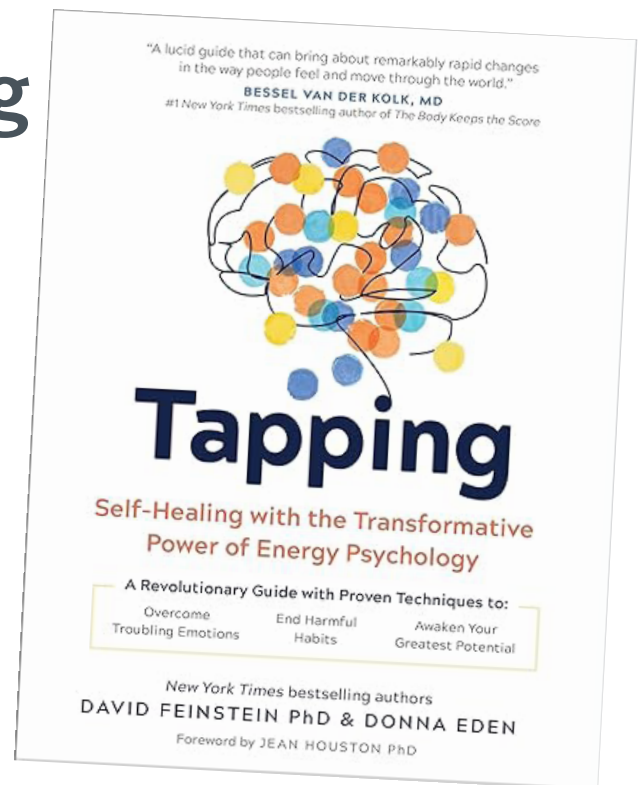
Tapping: Self-Healing with the Transformative Power of Energy Psychology

By David Feinstein and Donna Eden

Reviewed by Lori Chortkoff Hops, PhD, DCEP

When David Feinstein and Donna Eden, pioneers in the fields of energy psychology and energy medicine write a new book, good things are expected. What a treat to immerse myself in their latest contribution to the field. *Tapping: Self-Healing with the Transformative Power of Energy Psychology*, published by SoundsTrue, more than delivers in its mission as an opportunity for healing. In-depth and over four hundred pages long, this well-written book is easy to understand, designed for both newcomers and for those with advanced experience using energy psychology approaches. *Tapping* describes basic techniques that can be adapted for a personal self-care regime, introduces best practices for seasoned clinicians working with individual clients, and describes applications for community-wide interventions. The book also reviews recent research documenting the effectiveness of this innovative and seemingly unusual approach to better living.

Energy psychology is a mind-body approach to healing used by millions of people to improve daily functioning, address mental health concerns, and reach peak performance goals. The authors define energy psychology as “the application of energy healing tools for overcoming emotional wounds and promoting psychological and spiritual growth.” Energy psychology, characterized as the “fourth wave” of psychology, employs both mind and body awareness as mechanisms of change. It offers fast, effective, and durable results.



Energy psychology techniques feature self-applied acupressure stimulation predominately on the face, torso, and hands, while simultaneously experiencing specific and intentional mental and emotional states of consciousness. The mind and body relax while releasing old patterns of distress, both conscious and subconscious, including memories and beliefs that interfere with health and well-being.

This book introduces 12 tapping acupressure points, which differs slightly from the more commonly known Emotional Freedom Technique tapping sequences. Clear illustrations and figures identify the suggested tapping points: on the head, torso, hands, and on the side of the leg (Gallbladder 32 point), which in total activates 9 of 14 meridians, or energy pathways. The authors recommend using a series of brain balancing exercises (the “Nine Gamut” technique) before repeating the tapping sequence, to create a complete round of tapping.

Feinstein and Eden also suggest using other energy medicine and energy psychology techniques that include activation of other energy systems such as the chakras in combination with energy tapping to more effectively address persistent or deeply-rooted problems such as severe and longstanding trauma.

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Tapping's main contribution to the field lies in its detailed examples of how to apply these approaches to myriad emotional and behavioral targets, and its ability to bring the whole process to life. Step-by-step protocols include tapping “scripts” (words to speak when you are tapping). The protocols are embedded in a variety of relatable first-person accounts. As you read, you have the experience of feeling as though you have been brought right into the consultation room. This allows you to connect with and relate to the lived experience of others, as well as the lived experience of using these techniques.

Covering topics such as anxiety, depression, PTSD, addictions, peak performance and the all-too-common traumas of the modern world, each chapter provides instructions for a complete tapping session, so the reader can create a personal portfolio of energy psychology interventions for self-growth, awareness, and alleviating distress. Beyond just alleviating distress, the book also aims to guide the reader towards greater sustained growth and well-being with suggestions on how to work with positive imagery and gratitude statements to increase joy.

Although it is thorough in breadth and depth, *Tapping* is not a training program in energy psychology, nor an advanced text for complex theory or clinical cases. Its purpose and its success lie in making energy psychology interventions accessible and applicable for the general reader. It creates a bridge to basic knowledge of tapping for self-care and/or for benefitting from assistance from trained professionals. But at the same time, this book is a valuable resource for professionals, containing descriptions of best practices from leading experts on various topics which can be adapted for advanced case formulation and intervention strategies. Feinstein and Eden show how energy psychology can be easily combined with other familiar approaches such as cognitive-behavioral interventions to enhance outcomes. For instance, aspects of CBT such as

working with blocks, cognitive distortions, and instilling positive self-talk are interspersed with tapping scripts.

The authors responsibly caution the reader that the book's guidance is never a substitute for personal therapy or live human support. If more care is needed, the reader can consult a multitude of links to organizations with energy psychology practitioners. An appendix provides stopgap suggestions if reading the book and practicing the exercises activates overwhelming levels of distress. To combat intense or destabilizing reactions, there are specific energy psychology interventions, energy medicine techniques and preventative actions, which are all described with clarity and specificity, including accompanying illustrations.

Tapping closes with a summary of observations and research on deeper and wider considerations of things such as energy's informational memory signature across time and space. Healing at a distance, remote entanglement, and information transfer are phenomena that open mysteries that are beyond explanation from a 3D, materialist world view. Energy psychology can move us beyond the confines of our physical reality. It also has the power to help us individually and collectively. As we face communal, existential threats in the modern world, we can buckle, we can rise, or we can do both. *Tapping* is a guide with practical, simple, and useful methods to face ever-changing realities that take us out of our comfort zones. Through energy practices, and with the help of books such as this, we open to possibility through creative solutions of wellness, connection and peacefulness for ourselves and the world.

It was a great honor to review this book, a true gem in our field.

Lori Chortkoff Hops, PhD, DCEP past president of ACEP can be found at drlorihops.com. Tune in to her podcast, *Healing Tips from the Heart*. Hopshealingtips.com.