



Information Sheet for Telephone Clients

During our telephone consultation I am going to ask you to tap on certain parts of your body. You should tap gently on each point when asked – don't tap too hard so that you find it uncomfortable.

For most points, using 2 fingers (the index and middle fingers) to tap will be sufficient, but for some points we will use 4 fingers for tapping to ensure we locate the correct tapping point.

The tapping points run in a sequence from the top of the head to the hand and as each point is below the previous point it should be easy to remember.

The tapping points (in sequence) are:-

1. Top of Head (TH) – this is located on the top of the head, at the point the head slopes back. Use 4 fingers here.
2. Eyebrow point (EB) – this is located at the beginning of your eyebrow, at the top of the nose. Use 2 fingers here.
3. Side of eye (SE) – this is located at the corner of the eye socket bone. Use 2 fingers here.
4. Under eye (UE) – this is located at the centre of the bone below the eye, level with the pupil. Use 2 fingers here.
5. Under nose (UN) – this is located between the nose and the top lip. Use 2 fingers here.
6. Chin (Ch) – this is located in the middle of your chin, under your bottom lip. Use 2 fingers here.
7. Collarbone (CB) – this can be found by locating the notch below your neck where your collarbone meets in the centre. Move down 1 inch and outwards 1 inch. Use 4 fingers here.
8. Under arm (UA) – this is located on the torso about 4 inches under the arm. For men this is level with the nipple, for women this is level with the seam of the bra. Use 2 fingers here.
9. Karate chop (KC) – this is located on the side of the hand between the little finger and the wrist. Use 2 fingers here.

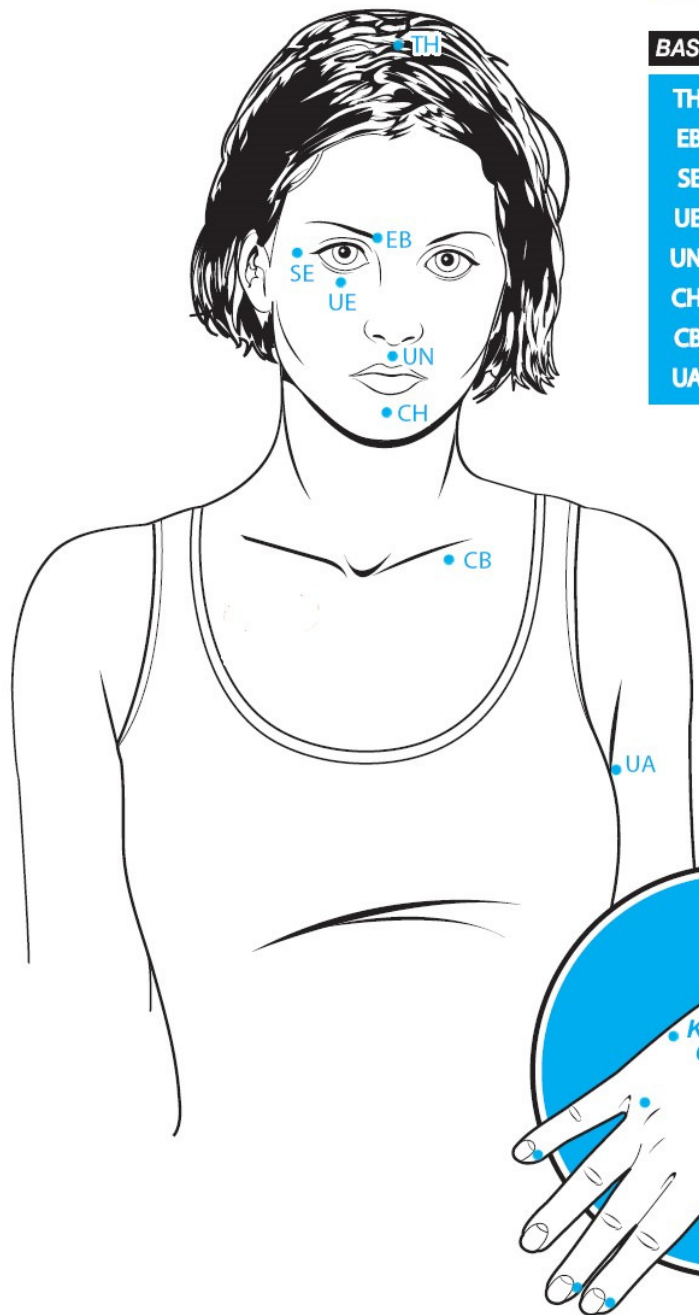
I have illustrated the points below, but please let me know if you are unsure of the points.

See attached diagrams

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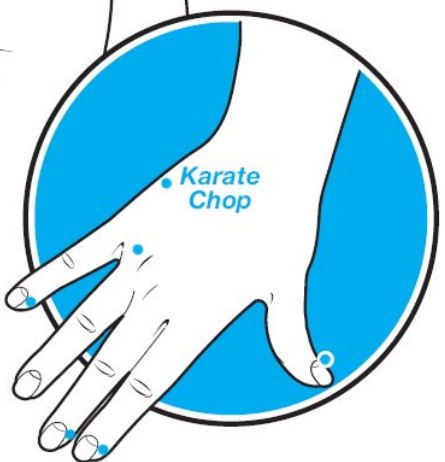


Emotional Freedom Techniques



BASIC TREATMENT POINTS

- TH (Top of Head)
- EB (Eyebrow)
- SE (Side of the eye)
- UE (Under the eye)
- UN (Under the nose)
- CH (Chin)
- CB (Collar bone)
- UA (Under arm)



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