

# Tapping into Health: Emotional Freedom Techniques (EFT) for Self-Healing

EFT is a mind-body-spirit self-care approach which involves tapping on acupuncture points while repeating emotionally-charged statements that relate to specific health issues, often referred to as acupressure for the emotions. It is an evidence-based method that has been shown in several dozen randomized controlled trials to be effective for a variety of conditions including anxiety, weight loss and food cravings, depression, PTSD, phobias, pain and other physical symptoms. As a form of energy psychology, EFT addresses the root energetic imbalances that result from trauma and other emotional stressors.

This workshop will be an intensive four-week experiential program featuring group tapping exercises and individual tapping demonstrations for a variety of topics. EFT will be combined with breathwork, imagery, movement, and dreamwork. Each week will focus on a different theme.

- Session 1: Introduction to EFT focusing on grief related to the loss of loved ones, pets, jobs, and relationships, and associated physical symptoms such as sinusitis, postnasal drip and lung disease.
- Session 2: EFT for weight loss addressing food cravings, emotional origins of weight gain, and barriers to achieving weight loss goals with principles applicable to other forms of addiction.
- Session 3: EFT for symbolic physical illnesses including autoimmune and pain-related conditions such as MS, ALS, interstitial cystitis, chronic urticaria and frozen shoulder using somatic metaphors for healing.
- Session 4: EFT and dreamwork to explore hidden shadow issues that underlie the emotional blocks to the flow of energy at the root of many mysterious and puzzling chronic illnesses.

## Instructor



Larry Burk, MD, CEHP

Practicing acupuncture, hypnosis and EFT in a variety of Duke clinics from 1998 to 2004, Dr. Burk is now a Consulting Associate in Radiology at Duke, the president of Healing Imager, PC, and a dream tapping coach at Oriental Health Solutions, LLC. He became a Certified Energy Health Practitioner in 2010 and published “Single session EFT (Emotional Freedom Techniques) for stress-related symptoms after motor vehicle accidents.” His book *Let Magic Happen: Adventures in Healing with a Holistic Radiologist* was published in 2012. His next book *Dreams that Can Save Your Life: Early Warning Signs of Cancer and Other Illnesses* will be released in April 2018. He also offers coaching sessions online and residential workshops on Medical Intuition and Symbolic Healing at The Monroe Institute.

## Education

- Chemistry, BA – Duke University
- Medical School and Radiology Residency – University of Pittsburgh

## Accommodations Statement

Persons with disabilities who anticipate needing accommodations or who have questions about physical access should **contact us** in advance of the program.



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