



# **E.F.T. For P.T.S.D. Booklet**

Helping You To Help  
Yourself Get Better

Stuart Welbourn D.H.P.

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# Disclaimer

The content of this booklet is for information only.

You are solely responsible for the way in which you use this information.

The personal opinions expressed in this booklet are just that & nothing more; which is the right of the author in accordance with the **Universal Declaration of Human Rights, Article 19** which states:

“Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.”

The techniques you are about to learn are “**Complimentary**” Therapy & not “**Alternative**” therefore:

- Always consult with a Doctor when you believe you are suffering from any condition that may be impairing your mental (or physical) abilities.
- Never cease taking prescribed medication without first obtaining permission from a Doctor or other qualified person.

The booklet is offered Free of Charge, but it may at some point be included in a future product; however this would contain additional information.

Therefore if you have paid for this booklet on its own; basically you have been ripped off by some unscrupulous b\*\*\*\*\*d & need to seek them out for a refund by whatever means necessary (providing it is legal).

Now the Legal Crap is out the way, please enjoy & if it helps in anyway; then it was worth my effort.

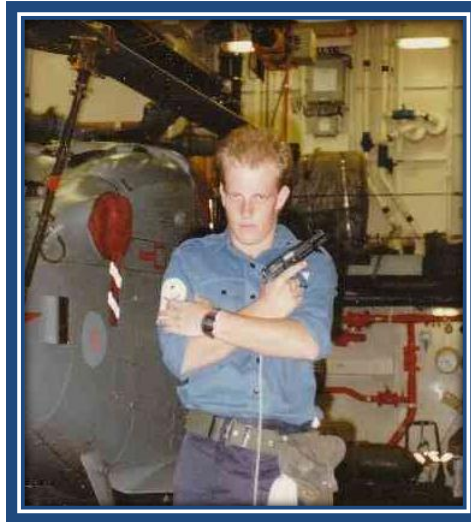
PTSD is a serious & underestimated problem for Service Personnel. Support is out there.

One of the Organisations I personally recommend in the U.K. is the charity “Combat Stress”.

They are not in any way associated with this booklet or accompanying video production.

For further information visit: [www.combatstress.org.uk](http://www.combatstress.org.uk)

## About the Author



*Image 1: AB(S) "Flash" Welbourn in 1991*

Stuart Welbourn left school with only minimal qualifications. This was part due to a poor attendance record, part due to being in the guinea pig year for GCSE's, but mainly due to a long ambition to join the Royal Navy like his Grandfather before him.

In March 1989 that ambition was realised & after completing his training as a Sonar Operator, served on HMS Sheffield during the first Gulf War. From 1992 he spent the rest of his naval career at HMS St. Vincent in London from where he was medically discharged in November 1996.

For his resettlement he studied & qualified in Hypnotherapy, with part of his training being completed in Harley Street, London.

As a newly married & freshly trained Psychotherapist, he ran his own local practice for a couple of years; gaining extra Diplomas in Dream Analysis & Neuro-Linguistic Programming during this time.



*Images 2, 3, & 4: A small selection of Stuart's Qualifications.*



*Image 5: Stuart Welbourn D.H.P. 2010. (No, Not Nosferatu!)*

Stuart then moved to a newly opened Health Centre & worked there for 11 years.

During this time he consumed tome after tome, attended numerous workshops, courses & seminars on subjects as diverse as Past Life Regression, Memory Techniques & Relationship Counselling.

Stuart also gained diplomas in Complete Mind Therapy, E.F.T. & 2 Theology based subjects.

He has been a member of both the “Hypnotherapy Practitioners Guild” & the “Hypnotherapy Practitioners Association”.

Stuart has regularly appeared on local BBC radio sharing insights on a variety of subjects & has also provided Therapeutic Services for a popular day time TV show.

Stuart gave up one-to-one treatments at the end of 2009 to concentrate on a project to assist self-employed Military Veterans.

Stuart is a self-confessed “studyaholic” & this habit is satisfied with learning as much as possible about the “Mind”, the “Universe”, & our connection with them.

Since 2008, he has devoted the greatest proportion of his study time to learning about business success; marketing in particular.

When he takes time for himself, Stuart enjoys walks in the countryside, riding motorbikes & the occasional pint of premium Lager!

## Why I've created the Videos & this Booklet

Leaving the armed forces and setting up in business is not an easy task. When I began learning more about marketing, I realised that many veterans struggle with success when they become self-employed. This was when I decided to take a break from one-to-one consultation and begin a new project to eradicate this problem.

Whilst working on my new project I have come into contact with quite a few “military charities” and discovered that providing help sometimes take second place to making sure there are enough coffers in the bank to pay the wages. I even offered to come down and talk about & demonstrate some of the techniques you will soon learn (for free) to PTSD sufferers in the care of some of these organisations; only to be told “oh we wouldn't be interested in anything like that!”

To my mind, the most important thing is the cure and not the method, & so that is one reason for putting together this resource.

Having studied the causes of anxiety & its treatment for a number of years; I am all too aware of the underestimated situation facing service personnel with regards to PTSD.

There are a lot of organisations and charities that are now starting to appear, offering support for what is going to be an on-going problem for many years to come. There are also an increasing number of “complementary” therapists setting up in practice; and some of these will be able to help with PTSD. This is good news, PTSD is finally getting the recognition & help it deserves.

However the trouble is, the vast majority of sufferers will either not qualify for long term help from charities, or not be able to afford the fees of private consultations.

It is for these people that I have created this booklet and the accompanying videos.

Using this booklet and video may not rid you of all the symptoms of PTSD, but it may reduce the severity of them.

During my thirteen years working with clients, I successfully helped many to overcome the symptoms of PTSD.

Quite a few of these clients were not aware that this was the condition that they were suffering from, whilst others did not really believe they had a problem at all; a family member had booked the appointment for them.

One reason why people don't seek assistance when they are suffering from PTSD is there is still a slight stigma attached to those seeking help with mental conditions; fortunately this is less than it was 20 years ago.

For those that have served in the armed forces, and especially for men there is also the fact that it may be perceived as a sign of weakness to admit to not coping after a traumatic experience.

Many of the symptoms of PTSD can be embarrassing to talk about; even to a trained professional and so some people just suffer in silence.

The techniques that I am going to teach you in this booklet and video are often belittled by "medical professionals"; whilst others say that they simply do not work. Whilst they may not work in every case; I assure you that they do work with a hell of a lot of people that use them.

Although I am quite a sceptical person myself and the techniques may seem "new agey" and a bit weird; I have seen almost miraculous results using them.

I have created the videos and this booklet when I could have been using that time to earn money.

Unlike many in the "healing professions" these days; helping people is not just a means to an end for me; it is a life purpose.

**That is why I am offering them to you totally free of charge; so I have nothing to gain by lying to you.**

That said; I advise you to not just simply take my word for it, but to do some research for yourself.

My main aim with this work is to help you to help yourself by providing you with some tools that you can use from the comfort of your own home.

# What is Post-Traumatic Stress Disorder?

## **PTSD is a normal reaction to an abnormal event.**

Anyone can have an experience that is frightening, traumatic and out of their control. We could be involved in a road accident, the victim of an assault or rape, or just simply see a traumatic event. Coming under a hail of bullets may be common in a war zone, but it still is a frightening experience that most would rather not endure.

Emergency services workers & Armed Service Personnel are prone to encountering traumatic events frequently as part of their vocation – yet they often do not realise that they are suffering.

Most people, in time, do get over such experiences without needing help. However for some people, these events set off a reaction that can last for months or years. This is what is known as Post-Traumatic Stress Disorder.

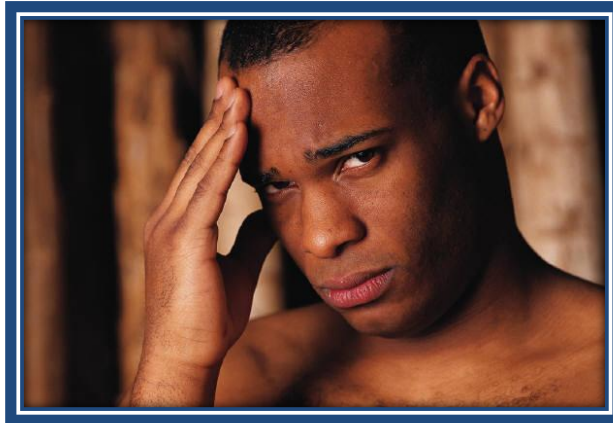
## **PTSD can start after any traumatic event.**

A traumatic event is one where we believe that we are in danger or our life is being threatened. It can also be one where we witness someone else dying or being injured. Sometimes, simply hearing about an unexpected event or death of someone we are close to can start PTSD.

Nearly everyone will have some symptoms after a trauma for the first month or so. This is natural & it can help keep you going, help you to understand & help you come to terms with the experience. After a few weeks, most people find that their symptoms will start to disappear.

Unfortunately, not everyone is so lucky: More than 1 in 5 people will find that their symptoms persist and really struggle to come to terms with what has happened.

## What are the Symptoms of PTSD?



*Image 6: Anxiety Clipart*

*(Call that a salute boy, & where did you leave your uniform this time?!!)*

The symptoms of PTSD can start long after the event. A delay of weeks, or even months is not uncommon.

**Remember: This is a normal reaction to abnormal events; this does not mean you are mentally deficient.**

After a traumatic experience people can feel depressed, anxious, guilty or angry.

As well as these understandable emotional reactions, there are three main types of symptoms produced by such an experience:

### **1. Flashbacks & Nightmares**

This is where you find yourself re-living the event over & over again in your mind.

This can happen both as a "flashback" in the day, & as nightmares when asleep.

It will seem as though you are living through the experience all over again. You will not only see what you saw, but will most likely also feel the emotions you felt and the physical sensations of what happened at the time.

A flashback will usually be triggered by something external in your environment that is associated with the original event. This could be a picture, a smell or even a piece of music that reminds you of your traumatic experience.



## **2. Avoidance & Numbing**

It is often upsetting to re-live your experience; so you may not want to talk about the event with anyone. Instead you may try to distract yourself by keeping your mind busy & occupied. This could be by completely absorbing yourself in a hobby, work or even by playing computer games.

You may avoid people and places that remind you of the trauma.

One coping strategy for the pain you're feeling is to try to not feel anything at all & just become emotionally numb.

## **3. Hyper Vigilance**

You could find that you remain alert nearly all the time, as if you are expecting danger & find it almost impossible to relax.

You will feel anxious and most likely suffer from insomnia.

People around you will notice that you have become jittery and short-tempered.

## **Other Possible Symptoms**

In addition to the 3 main symptoms, you may experience some of the following:

- ❖ Muscular aches and pains
- ❖ Migraines or headaches
- ❖ Panic/Anxiety attacks
- ❖ Depression
- ❖ Alcoholism
- ❖ Drug Addiction (including prescribed medication).
- ❖ Extreme mood swings
- ❖ Violent outbursts
- ❖ Diarrhoea
- ❖ Sexual Fetishes



*Image 7: Panic Clipart  
(Really?! Looks more like the "startled moose's" drinking game to me!)*

## Ordinary Stress

Everybody feels stressed from time to time.

Stress is entirely subjective: it is our emotional reaction to everyday events.

These events could be work, relationships, or money, etc. It is not the event, but our reaction to it.

We get angry, sad, and anxious about things that are totally outside of our control.

We become emotional over “what is” as if by shouting, worrying or crying; it will change events so that we get our own way.

Stress is part of normal, everyday life, but can also produce anxiety, depression, anger, tiredness, and headaches.



*Image 8: Stress Clipart. (Not too sure, but it did make me laugh!)*

It can also make some physical problems worse, such as stomach ulcers and skin problems.

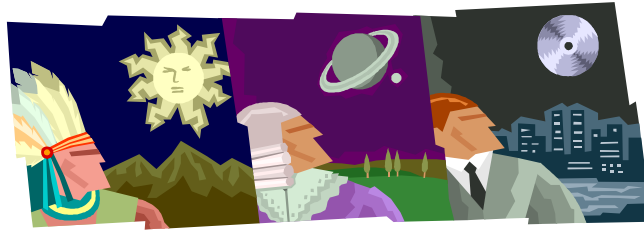
It is said that Stress is the biggest killer in the Western World.

As it is not an event, but our reaction to an event that causes “stress” I would go as far as to say most ill health is caused by ordinary subjective stress.

This is based on recent findings & research, but I don’t wish to overload you with heavy theories right now!

**This kind of Stress is not the same as PTSD.**

## Why does PTSD happen?



*Image 9: (Inoffensive) Evolution Clipart.*

Whether you are an atheist or religious, the fact remains that Human beings have evolved during their history; whether we came from chimps, divine intervention or even UFO's dropping us off.

When our ancestors were all hunter gatherers & being chased by some damn scary predators such as sabre-toothed tigers; remembering the details of how you avoided almost certain death would definitely come in handy.

Technology (especially weapons) in the last 100 years has evolved far quicker than our species ever could. So now we have all manner of new & terrifying ways of creating traumatic events.

The condition of PTSD was first recognised & diagnosed during World War I.

There are a number of possible explanations for why PTSD occurs:

### **Psychological**

When we are frightened, we remember things with extreme clarity. Although it can be distressing to remember these things, it can help us to understand what happened and to survive.

The flashbacks, force us to think about what happened. We can think about what to do if it should ever happen again.

By being vigilant we can react quickly if another similar crisis happens.

It can also give us the energy for the work that's needed after the experience.

But we don't want to spend the rest of our life going over it. We only need to think about it when we have to, to prevent a similar occurrence.

## Physical

Adrenaline is one of the hormones our bodies produce when we are under stress. It prepares the body for action (fight or flight).



*Image 10: Scary f\*\*\*ing Predator Clipart.*

Many of your body's normal functions temporarily shut down, such as digestion. After all there's no need to concern yourself with digesting your breakfast when you've got a sabre-toothed tiger on your ass; he'll digest it for you if you don't either escape or kill him (or her)!

When the stress disappears, levels of adrenaline should go back to normal.

When we are in highly stressed states such as in PTSD; it is the replaying of the vivid memories of the trauma that keep the levels of adrenaline high.

This makes a person tense, irritable, prone to illness, and unable to relax or sleep well.

**The nervous system cannot differentiate between a real event & one that is vividly imagined.**

Therefore every time you vividly replay the traumatic event in your mind; your nervous system responds as if you are really experiencing the event again.

This is why it is imperative to your physical health & all round wellbeing to seek help & not just suffer in silence, "man it out" or pretend it isn't happening.

## Anxiety

Anxiety has been described as “a psychological and physiological state characterized by cognitive, somatic, emotional, and behavioural components. These components combine to create an unpleasant feeling that is typically associated with uneasiness, fear, or worry.”

I personally believe that virtually ALL negative human emotions have their basis in FEAR at some level.



*Image11: Love Clipart (Not just “Hippy” B.S.)*

Underpinning most destructive behaviours is fear, which could also be described as the absence of love & security in the moment.

We feel the physical effects of fear/anxiety in the present moment, yet the mind is not in that some moment. It could be in the future imagining an unpleasant occurrence it believes is going to happen or it could be in the past remembering shameful feelings of guilt.

Clearly there are times to feel fear; when there is some direct & imminent threat to our wellbeing. However, most anxiety is caused by repeatedly imagining future events; that never actually happen (only around 3% of our worries come true).

Symptoms are numerous & take many forms such as phobias, O.C.D., nerve rashes, depression, addictions & many more.

I would estimate that 95% of my clients suffered from anxiety related issues, & therefore I devoted many years to discovering the multitude of causes for this emotion & the fastest most effective treatments for anxiety reduction.

## Ways to Tell if You Could be Suffering from PTSD

The following are just some possible indicators of PTSD, but do not necessarily mean that you are suffering from it. However, if you are exhibiting any of these behaviours; then I recommend consulting your Doctor anyway.

- ❖ You have vivid flashbacks or nightmares.
- ❖ You avoid things that remind you of an event.
- ❖ You feel emotionally numb.
- ❖ You drink large amounts of alcohol (normal runs ashore don't count.)
- ❖ You have a drug habit.
- ❖ You suffer from mood swings for no apparent reason.
- ❖ You find it difficult to get on with other people.
- ❖ You have to keep very busy to distract yourself.
- ❖ You feel irritable and constantly on edge.
- ❖ You are often fatigued or exhausted.
- ❖ You feel depressed.

If it is less than 6 weeks since the traumatic event and these kinds of symptoms are improving, then that may be part of the normal process of getting over it.

If it is more than 6 weeks since the event, and these experiences don't seem to be getting better, I advise you to definitely contact your doctor before seeking any kind of “complimentary” treatment. Of course the choice is always yours.

With the amount of time troops are spending in theatre during their service, it may not be until after leaving the forces, that your symptoms become apparent.

During this transition time is when you will be most vulnerable. Listening to some “armchair critic” opinion, reading about some minority group showing you contempt in the media, or even your partner's inability to truly empathise can be enough to set off a flashback that leads you to do something you later regret.

Remember: You are highly trained & skilled in the art of warfare. If you use those skills in “Civvy Street” you will go to prison, PTSD will not be an adequate defence.

I personally met an Ex-Soldier who got 6 years in Prison. He served in Iraq & one night in his hometown, some scumbag pulled a knife on him. In his words “I kicked the f\*\*k out of him!”

Fine, you can't go round beating people up & expect to get away with it, but at the same time; what do you expect to happen if you just leave combat troops to fend for themselves without any real transitional support & advice?

# Help to Deal with PTSD Yourself

## Do

- ❖ **Contact your doctor.**
- ❖ Keep life as normal as possible.
- ❖ Talk about what happened with a friend or family member you can trust.
- ❖ Use relaxation techniques such as Yoga, Tai-chi, self-hypnosis, guided meditation, etc.
- ❖ Eat regularly.
- ❖ Exercise frequently.
- ❖ Spend time with family and friends.
- ❖ Be more careful in general; accidents can happen easily during this time.
- ❖ Expect & more importantly **BELIEVE** You Will Get Better.
- ❖ Research the subject of PTSD, the more you understand about it; the less power it will have over you.
- ❖ Smile & Laugh as much as possible. You cannot be happy & depressed at the same time.

## Don't...

- ❖ Beat yourself up about it: PTSD symptoms are not a sign of weakness. They are a normal reaction to abnormal experiences.
- ❖ Bottle up your feelings.
- ❖ Keep it to yourself.
- ❖ Avoid talking about it.
- ❖ Stay away from other people.
- ❖ Drink lots of alcohol, coffee or even smoke more.
- ❖ Miss meals.
- ❖ Take it out on people who can never truly understand.
- ❖ Be afraid to use “Complimentary” techniques. It’s your wellbeing & it isn’t the sceptics that are suffering.

In addition to the above, I personally recommend avoiding main stream media in all its formats. Believe me; you will still know what is happening in the world, only you will not be overwhelmed with “doom & gloom”.

I find a quick look at events on [www.bbc.co.uk](http://www.bbc.co.uk) is more than enough to keep up-to-date.

# Treatment for PTSD

## **FIRSTLY, GO & VISIT YOUR DOCTOR.**

Depending on an individual's specific circumstances would dictate the course of treatment that I used to offer.

However, E.F.T. is very effective in dealing with PTSD. This is the technique you will learn in the videos & later in this booklet.

I will briefly mention other treatments that I would use in my Consultation Room if you had been one of my clients in case you are considering visiting someone who offers a similar service.

I say similar, because no one can offer you the same service that I used to. This is not ego, just simply the fact that no other Practitioner has had my personal life experiences & so they will offer their own unique service.

## **Case Study**

I helped a client who was approached by someone covered in blood & wielding a knife. Although, it turned out that it was in fact his own blood, that he had been stabbed & was only seeking assistance; it still caused my client to think he was about to be stabbed & fear for his life.

This caused my client to struggle to sleep. When he did manage to sleep; he always awoke with that image in his mind.

After just one session of E.F.T., my client could replay the event in his mind quite calmly, tell me about the event without any emotion & has since reported that he has never lost a night's sleep since our session.

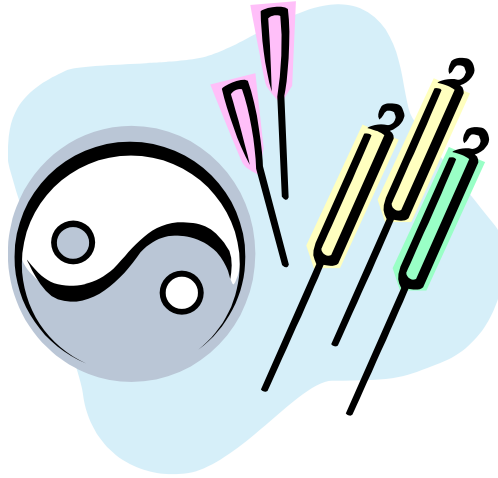
Even after 12 months, he reported back that he was sleeping soundly & exhibiting no symptoms whatsoever.



*Image 12: Sleeping puppies' clipart. (How cute! In the U.S. visit: [www.pets-for-vets.com](http://www.pets-for-vets.com) & get one)*



## Emotional Freedom Techniques



*Image 13: Chinese Medicine clipart*

### **Where did EFT come from?**

EFT has its roots in ancient Chinese medicine and the modern science of Applied Kinesiology.

EFT as we know it today was developed with the pioneering work done by Gary Craig.

### **How does EFT work?**

The basic theory is that the cause of all negative emotions is a disruption in the body's energy system. EFT restores the bodies' natural balance, removes the energy disruption and thereby removes the problem.

With remarkable consistency, EFT relieves symptoms by an unusual routine of tapping with the fingertips on specific points on the energy meridians; which neutralises disruptions in your body's electrical system.

You may be pleased to know, despite the above clipart; EFT does not use needles!

It is the subject of much speculation why pain and physical problems respond to EFT in the same way as emotional problems.

### **Do you have to believe in EFT for it to work?**

Not at all; I was very sceptical when I went on the training course.

EFT works whether you believe in it or not. It doesn't even matter if the practitioner believes in it or not.

It will either work for you or it won't; & it usually does!

## **What can be treated using EFT?**

Experienced EFT Practitioners say to use this technique on anything; you have nothing to lose by giving it a go.

These techniques have been used successfully by thousands of people with a broad range of difficulties including:

- ❖ Addictive Cravings
- ❖ Allergies
- ❖ Anxiety and Panic Attacks
- ❖ Anger
- ❖ Compulsions and Obsessions
- ❖ Concentration
- ❖ Depression and Sadness
- ❖ Dyslexia
- ❖ Grief and Loss
- ❖ Guilt
- ❖ Insomnia
- ❖ Jealousy
- ❖ Negative Memories
- ❖ Nightmares
- ❖ Pain Management
- ❖ Physical Conditions and Healing
- ❖ Peak Performance
- ❖ Poor Self-Image
- ❖ Sexual Abuse Issues
- ❖ Shyness
- ❖ PTSD
- ❖ And many more!

## **Are there any side-effects?**

EFT rarely has any side effects. It is often combined with or used instead of other procedures, because of its gentle nature.

In my experience, people often feel energised after an EFT session. The only other side effects are good ones, where treating one problem will cause another problem to heal, spontaneously.

It is advisable to drink plenty of water after a session (the normal daily recommended amount will do!)

## **How long do the results last?**

EFT is almost always long lasting. Physical healings are often impressive and enduring as well but are more likely to re-emerge than emotional issues.

## **How long will it take me to heal?**

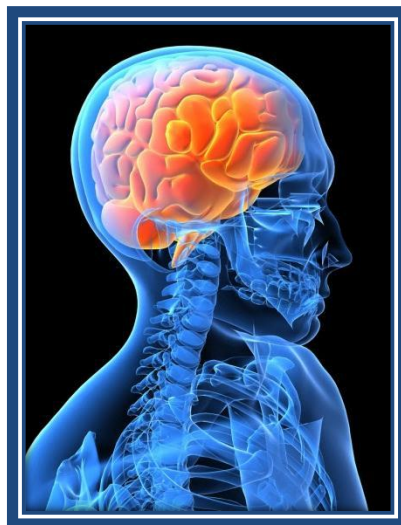
Unfortunately there are no hard and fast rules that may be applied here, because every condition is different, and every person is different.

Deeply rooted behaviours or beliefs will take longer to eliminate than some more simple problems.

Usually a person with even the most deeply seated problems will start seeing real benefits within (at worst) a few weeks, and some people (at best) within a few minutes.

But ultimately these techniques will rid us of the excess emotional baggage so that we are free to get on with our lives and realise the full range of our potential and freedom.

## **Hypnotherapy**



*Image14: The “Mind “Clipart (technically incorrect, it’s the brain, but still; it looks good.)*

Hypnotherapy is a drug-free method of deep relaxation where the clients’ unconscious mind becomes more open to positive suggestions.

It is a totally natural & safe state, induced by the therapist, with the client always remaining in control.

**You cannot be made to say or do anything against your will.**

If you wished to terminate a session at any point, you would be free to do so. Anybody over the age of about 6, not strongly under the influence of drugs or alcohol, with a full mental capability is able to go into the hypnotic state.

The hypnotic experience can vary from person to person, & from session to session. Here is a list of some of the ways you could feel during a session:

- ❖ You may be aware of feeling like you are floating.
- ❖ You may feel heavy & unable to move (you could if you wanted to.)
- ❖ You may start flushing up or start feeling cool.
- ❖ You can get pins & needles.
- ❖ It can feel like you're in a lucid dream.
- ❖ Or it may just feel like you've got your eyes closed & you're just listening to someone talking to you!

However you experience hypnosis is irrelevant to the success of a treatment.

Hypnosis has a very high rate of success in removing problems on its own or can speed up the process when used in conjunction with other treatments.

**Hypnotherapy can be split into two main categories:**

### **Suggestion Therapy**

Similar to what you have probably seen with stage show hypnosis.

When I was working as a Consultant, if you came to see me as a client, you would be made comfortable, with some relaxing music playing.

I would ask you to close your eyes for the duration of the actual Hypnosis session.

I would then give you some positive suggestions to help you to relax into a deeply relaxing hypnotic trance (you would still be aware of your surroundings).

When I saw that you were suitably relaxed, I would give you precise suggestions to take care of your specific concerns.

**I personally would not use suggestion Hypnosis alone to remove PTSD symptoms.**

I would consider using it as a relaxation technique for a client who is extremely tense & to work on some specific anxiety symptoms only.

Other Hypnotherapists may disagree & that is their choice.

## Analytical Hypnotherapy



*Image 15: Psychotherapy clipart. (Marks out of 2?)*

This is used for the treatment of more deep-rooted problems by searching for the originating cause.

In some cases a repressed memory is causing the symptom.

If you should choose this method to help with PTSD, you would be relaxed in the same manner as “Suggestion Therapy”.

Then you will be regressed back through periods of your life connected to your concern.

This usually involves a greater number of sessions to find the original trauma.

The original cause of why you’re suffering from PTSD could even be connected to an event from your childhood.

The use of hypnosis will speed up the discovery of the cause, & 6 - 8 sessions are normally required (without hypnosis, it can take years).

**Note:** Since 2005, by keeping up to date with the latest methods of treating deep rooted conditions, I only used this approach in certain conditions. This is usually when a client had exhibited more resistance to treatment than expected.

It is still an option to consider when dealing with traumatic events & so is still included in this booklet.

## Neuro-Linguistic Programming

N.L.P. has been defined as "The study of the structure of our subjective experience and what can be calculated from it."

In other words, how we communicate with ourselves can be in error.

The classic saying is "The Map is not the territory."



Simply put, our view of reality based on subjective experience is not necessarily a true depiction of "how things really are."

There are various techniques used to change thought patterns to improve the way we interact with the world & view it.

Some of these techniques will work very well with changing certain PTSD symptoms.

Although I may have used some N.L.P. in the course of treatment, I did not conduct purely N.L.P. sessions.

I admit that it was one area where I didn't keep up to date with all the latest techniques because initially I wasn't the biggest fan of N.L.P. when I qualified back in 1998.

Over the last couple of years though, I have been hearing good things about it from attending seminars; so maybe I should have given the subject more attention after all!

I have bought a few books to revisit the subject when I have some spare study time.

If you are interested in learning more about this subject I highly recommend you research the founders: Richard Bandler & John Grinder.

## Other Treatments

There may well be other “Complimentary Treatments” that can help with PTSD, but as I have either not studied them at great depth or tried them personally; I will not & cannot comment on their effectiveness in regards to removing the symptoms of PTSD.

Having worked in a “Natural Health Centre” for 11 years that went from only having around 8 different disciplines in the beginning to around 30 before I left; I will offer these personal observations:

- ❖ Many Therapists are in need of therapy more than their clients (myself included, lol).
- ❖ Some treatments offer only temporary relief of symptoms.
- ❖ Some treatments require you to come month after month, year after year.
- ❖ Some therapists are only interested in promoting their own discipline & will not recommend alternative treatments even when they are more effective for certain conditions.
- ❖ Some “new” treatments seem to be made up for people who have “more money than sense!”
- ❖ Some people become Therapists to make money only. As long as you pay the fee, they are not really bothered whether you get better or not.

Being something of a perfectionist (told you I need Therapy!), I would take it personally quite hard if I failed to rid a client of their problem.

Even though my overall success rate was around 90% (most people average around 70-80%), I always felt like a failure & a fraud when results were not what I had expected.

Do not let any of this put you off exploring such treatments.

**If you find relief from your symptoms, or even better “a cure”; then that is all that matters.**

## E.F.T. Guide

In this section I am going to teach you the basics of E.F.T. so that you can help yourself.

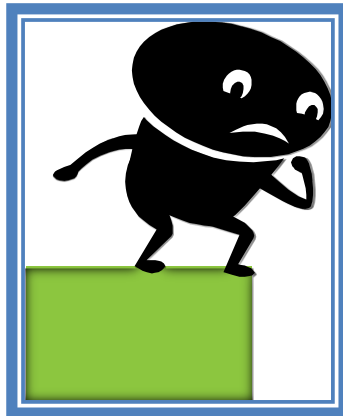
It will probably also help you, if you watch the videos I created, in conjunction with this guide until you are fully acquainted with the method.

You can find them by going to this link: [www.youtube.com/user/skilledexforces](http://www.youtube.com/user/skilledexforces)

As I said earlier; I was sceptical about E.F.T. when I booked to go on the Training Course.

I had heard a lot of good things about it from some high profile & reputable sources; & so felt I should at least approach it with an open mind (as I endeavour to approach most things).

As we learned the techniques, we would have a brief practice on each other whilst the tutors watched & offered advice.



*Image 16: Fear of heights clipart (Come on Microsoft, is that the best you can do?!)*

It was during one of these “practices” during my Level 2 training; that I worked with a Lady who had a fear of heights.

We were in a hotel, about 6 or 7 floors up.

Not being the biggest fan of heights myself, I remembered that during my Level 1 training I had been reluctant to look out of the window of the room. After a bit of “tapping” I had been quite comfortable doing this simple task.



I decided to use the same scenario with the Lady I was working with.

She was far worse than ever I was. She wouldn't even go near the window, never mind look out of it.

**I only worked with her for about 5 minutes, & was amazed when we both looked out of the “open” window & she exhibited no anxiety symptoms whatsoever.**

O.K., she would need more work to get over her fear completely, but to make such a leap in ability to face a fear, in such a short time, made me realise how powerful EFT really is.

Although, I would rarely use “Suggestion Therapy” for a fear of heights; on occasion I would, but that would still usually require at least 2 full sessions.

“Analytical Therapy” would normally require around 6 - 8 sessions (although I did get someone over this same fear in only 2 sessions once.)

N.L.P. has been known to remove phobias in a single session, but as I mentioned earlier, at the time I wasn't convinced about its long term effectiveness. (This was due to something called symptom substitution for those interested in my reasoning.)

**Here was a simple, quick & apparently effective technique that really seemed to work; I sat up & paid much more attention than I thought I was going to!**

## The “Basic Recipe”

They use some weird terminology in E.F.T.; one being the first Technique you learn is called a “recipe”. I’m afraid I have no idea why, & to be honest; I’m not bothered, it’s just semantics!

When you first see the technique, it looks really, really odd.  
For those old enough to remember “The Goodies”; you look like you’re doing the “Funky Gibbon” at one stage!

Then there’s something called “The 9 Gamut” that at first glance makes no sense at all. Once you have done Level 2 Training; you don’t even use it again. I have included it in the video & this booklet because I am not training you to be a therapist; merely providing information.

If you plan on visiting an E.F.T. Practitioner, I recommend looking for one with some sort of Psychotherapy Skills too. Knowing about “cause & effect” will in my mind be an invaluable skill when it comes to getting rid of your symptoms in the quickest time possible.

That said; an experienced practitioner will no doubt pick up similar insights by working with clients on a regular basis.

Use your own judgement, do some research & check credentials before handing over your hard earned money.

Things to look for:

- ❖ See if they belong to AAMET which is the main EFT Professional body.
- ❖ Check they have a current public liability insurance certificate.
- ❖ See if they have any Testimonials from past clients.
- ❖ Ask if they can provide you with any personal case studies (which should not identify an individual).
- ❖ Check that their certificate is genuine & not just a copy. An AAMET certificate will have a Golden Foil seal in the corner & an “ink” signature from the course instructor.

## E.F.T. Tapping Points

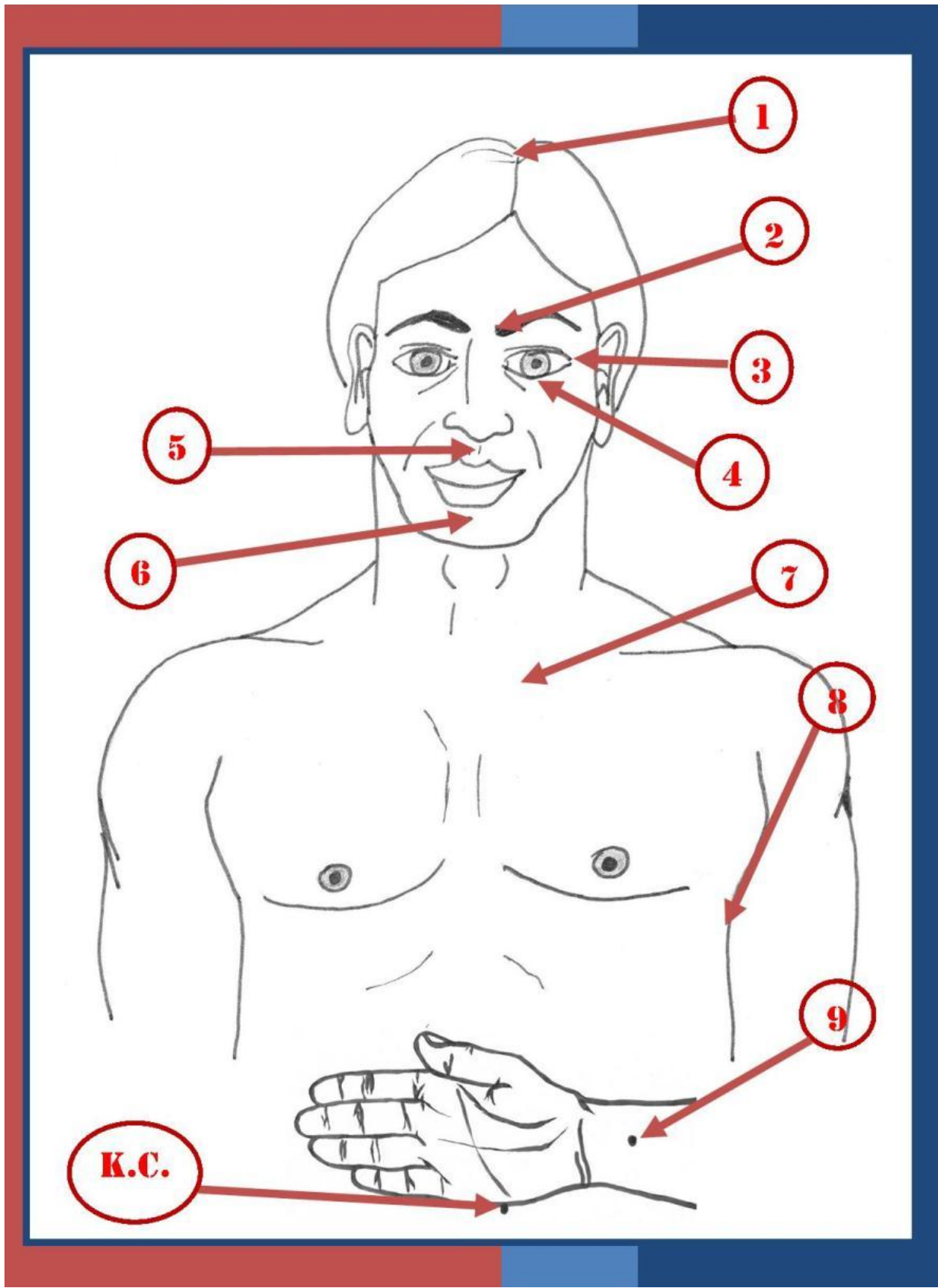


Image 17: Diagram of the tapping points in numerical order. Also included is the position of the “Karate Chop” point which is used during the “Set up Phrase”.

# **EFT TAPPING POINTS**

- 1. CROWN POINT**
- 2. EYEBROW POINT**
- 3. OUTER EYE POINT**
- 4. UNDER EYE POINT**
- 5. UNDER NOSE POINT**
- 6. CHIN POINT**
- 7. COLLAR BONE POINT**
- 8. UNDER ARM POINT**
- 9. INNER WRIST POINT**
- K.C. KARATE CHOP POINT**

*Image 18: List of names of the individual tapping points.*

## **The “Set Up Phrase”**

To start off you will be tapping on the “Karate Chop” point whilst repeating a phrase 3 times. This is called the “set up phrase”:

“Even though I (*state problem*), I deeply & completely Love & Accept myself”

If you struggle with the ending you can delete the word “love” or change it to:

“Even though I (*state problem*), other than that I’m fine”.

After this you repeat what the “*problem*” is (also known as the “*reminder phrase*”) and tap on the other points in numerical order.

Example: “Even though I have *agonising toothache*, I deeply & completely love & accept myself” is repeated 3 times whilst tapping on the “Karate Chop” point. Then as you tap on each of the other points you say “*agonising toothache*”.

## **A Word on Tapping**

Use your index & middle finger to tap on the points about 5 – 7 times each with a light pressure. You need to feel you are doing it, but you don’t want to be inflicting pain on yourself or end up with a black eye!

## **In Your Own Words**

It is extremely important that you use your own descriptive words for the pain/emotion you are feeling at the time you are tapping. If you are “f\*\*\*ing furious, that is what you use, rather than saying “I’m slightly miffed!”

The more descriptive & specific you can be, the better & faster the results will be.

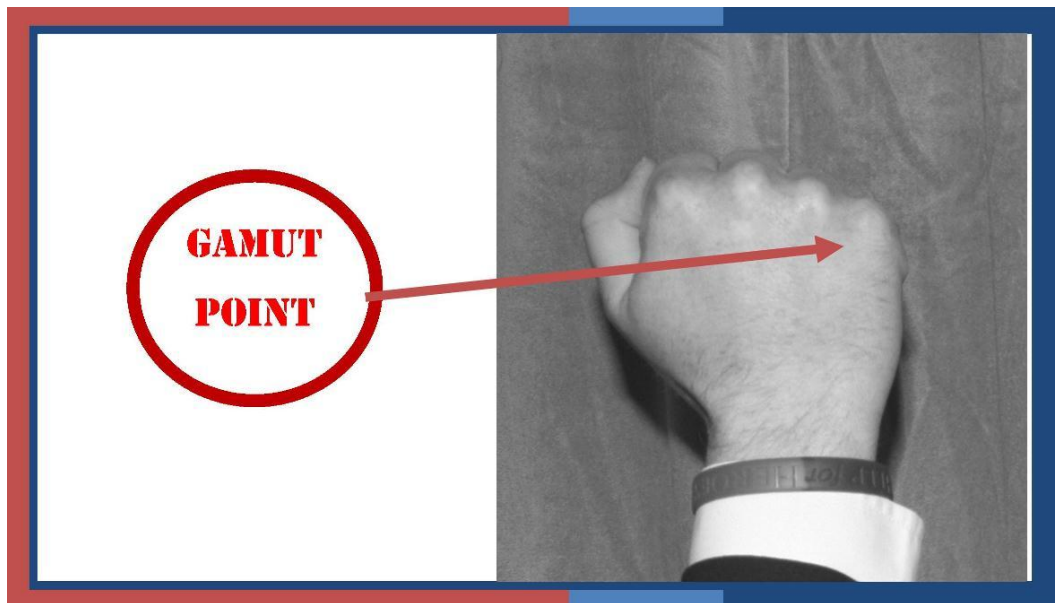
## **The “Suds Scale”**

Before you begin a round of tapping, you first must identify how intense the pain/emotion is at that exact moment. I won’t bore you with the details of why it’s called the “Suds Scale”; just another one of the odd things in E.F.T.

Just gauge what you are feeling in the present moment on a scale of 0 to 10.

0 is no pain or negative emotion, whilst 10 is extreme pain or negative emotion. i.e. “f\*\*\*ing agony” or “f\*\*\*ing s\*\*t scared!”

## The “9 Gamut”



*Image 19: The Gamut point is on the back of the hand between the little finger & ring finger, & about an inch towards the wrist.*

After the first round of tapping you can add in the following routine, before doing another set of tapping on the points 1 – 9 whilst repeating the “*reminder phrase*”.

### The “9 Gamut” Procedure

Keep your head still, facing forward & Tap on the Gamut Point whilst you do the following:

- ❖ Stare straight ahead.
- ❖ Close your eyes (for a second or two)
- ❖ Open your eyes
- ❖ Look hard down to the left
- ❖ Look hard down to the right
- ❖ Roll your eyes in a circle clockwise
- ❖ Roll your eyes in a circle anti-clockwise
- ❖ Hum a simple tune for a few seconds (happy birthday is the standard)
- ❖ Count to 5 quickly
- ❖ Hum simple tune again for a few seconds.

Apparently this has something to do with using both hemispheres of the brain, but we don't need to go into depth of why it works in this booklet.

Just give it a go & see if you get some positive results.

## Additional Rounds of Tapping

After the first round of tapping you will need to assess whether your pain/emotion has decreased or not using the “Suds Scale”.

Even if you use the “9 Gamut” & extra round of tapping; it is unlikely that you will remove a symptom entirely in a single round if it scores above a 5.

In addition, this is not the technique to use to remove a memory associated with a traumatic event. Use it to work on a specific emotion or physical pain that you are experiencing in a particular moment.

**Note:** E.F.T. does not remove positive emotions such as Love, Joy, Happiness, etc. before you ask!

### If Symptoms Are Reducing But Not Gone

You may have to do 3 or 4 rounds of tapping to get rid of each specific pain/emotion. In the second & subsequent rounds, all you need to do is alter the “set up phrase” slightly as in these Examples:

1. “Even though I have this remaining (*problem*), I deeply & ...”
2. “Even though I am still slightly (*problem*), I deeply & ...”
3. “Even though I have this last bit of (*problem*), other than that...”

### Note on Pain

This is the nervous systems way of letting you know that something is not as it should be somewhere in your body. Therefore E.F.T. will not get rid of ALL the physical pain if there is actually a mechanical injury; but it will reduce the pain.

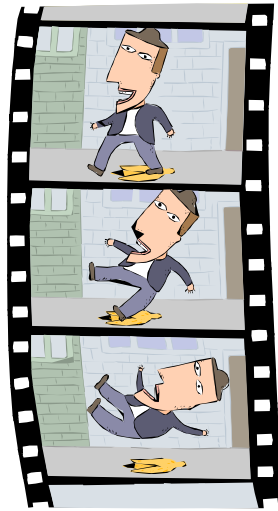
### **Personal Example:**

In 2009 whilst awaiting a date for surgery for a Hernia operation I attended a party. After a few hours I succumbed to an urge to have 5 minutes on an adult Bouncy Castle; drinking Black Sambuca may have had something to do with it!

The result was I folded myself in half, popping 2 ribs off the sternum & causing soft tissue damage to my upper spine during the process.

EFT never got the pain below a Suds Scale of 2; because the pain was a reminder of the fact I was not at optimal physical condition & could have caused more damage if I didn't rest. It also reminded me how stupid I'd been; Matelots eh?!!

## The “Movie Technique”



*Image 20: Movie Clipart. (Seemed appropriate enough.)*

I will now share with you one of the more advanced techniques, but I would recommend either training to be an E.F.T. Practitioner or visiting one to do this properly.

The main reason I say this is because when you work with deep rooted problems you encounter “Unconscious Resistance”, & in E.F.T. something called “Secondary Benefit Syndrome.”

You don’t need to understand these concepts to use the technique & as I have mentioned earlier in this book; I am providing information only.

If you decide to try this technique of “**Your Own Free Will**” because you can’t afford to train in E.F.T. or visit a Therapist, you will most likely find that it does reduce the severity of your P.T.S.D. symptoms.

**As in most things in life; there are no guarantees.**

**Side Note:** Do you agree with me that it is a sad state of affairs when you have to “cover your ass” when all you are trying to do is help people?

First aiders getting sued for cracking ribs administering CPR to SAVE a life, Doctors afraid to use new techniques on terminally ill patients in case they kill them & Teachers not allowed to comfort an upset child because it could be interpreted as paedophilia; what a strange world we live in?!

Sorry about the tangent there, but I am renown for them; ask any of my old clients!



## **Give it a Title**

If you are having flashbacks & nightmares then you will have a mini-movie that is being played over & over in your mind about the traumatic event.

This movie probably lasts a couple of minutes. So you need to give it a title as if it was a real movie. Once again you need to use your own words.

**Personal Example:** When I was in the R.N. a shipmate fell off a car park roof whilst we were on a run ashore.

The sound of him hitting the concrete still sends shivers down my spine to this day when I think about it.

Obviously this was a traumatic event for the 3 of us that were with him.

To the best of my knowledge, we all came to terms with this event over time.

However if the nightmares still persisted today, I would use this Technique & the title of my movie would be “Fall of the Drunken Sailor”.

## **First Round**

Once you have your “Movie Title”, you need to do a round of tapping just the same as in the “Basic Recipe”. (There is no need to do the “9 Gamut” with this method)

**Example:** I would have said “Even though I have this “*Fall of the Drunken Sailor*” Movie, I deeply & completely accept myself” 3 times whilst tapping on the “Karate Chop” point.

Then I would say “this ‘*Fall of the Drunken Sailor*’ Movie” as I tapped on the other 9 points in numerical order.

## **Tell the Story**

Difficult to do this on your own, but imagine you are telling the story of the “movie” event to someone else.

You tell the story until you feel some negative emotion appear.

As soon as you feel an emotion, you stop the story there & tap on whatever the emotion is.

This could take a few rounds of tapping to completely get rid of it.

**Example:** “He was mucking about hanging off the edge of the car park, suddenly he disappeared from sight & I realised he had fallen.”

In the present moment, I feel “*numb* (even now as I recall it) & *I want to cry*”.

On the “Suds Scale”, this is a 7.

(I wasn’t actually expecting to be doing this for real when I started typing. I have just shed a tear, & will in reality do a round of tapping now.)

First round over & it is now a “3” on the “Suds Scale”.

“Even though I *still feel a little numb & want to cry*, I deeply & completely love & accept myself” is repeated 3 times as I tap on the “Karate Chop” point.

Then “*still feel a little numb & want to cry*” is said as I tap on each of the other tapping points in numerical order.

Second round completed & the numbness has disappeared; & I no longer feel the urge to cry.

**Note:** This just goes to show that even though we think we have come to terms with an event, it is not always the case. I genuinely wasn’t expecting to exhibit any strong emotions in using my example.

### **Continue with the Story**

Once you have reduced the emotion to a “zero” on the “Suds Scale”, you start telling the story again from the beginning until you encounter another emotion. Then you stop & work on that emotion until it has gone.

You keep doing this until you can tell the whole “movie” calmly & without any negative emotions.

Example: “He was mucking about hanging off the edge of the car park, suddenly he disappeared from sight & I realised he had fallen. There was absolute silence from all of us, which seemed to last an eternity; it was almost surreal. Then the silence was broken by...”

I will not finish that sentence, but needless to say this is where I am feeling some level of emotion & need to do some work on myself at some future point.

## **Unexpected Change in Emotion**

You may be tapping away on an emotion with a “Suds Scale” of 4, when you suddenly feel a new & **stronger** emotion appear.

If this should happen, you work on that emotion instead until it is reduced to a “Zero” on the “Suds Scale”.

**Note:** This can also happen with physical ailments & is known as “chasing the pain”. You could be working on a shoulder pain, & then the pain moves to your neck. If this happens (& often does), it is nothing to worry about; just work on the new pain.

## **The Tree Metaphor**

You do not need to know all about the “Tree Metaphor” used in E.F.T., but just as in the video I will briefly share my personal take on it.

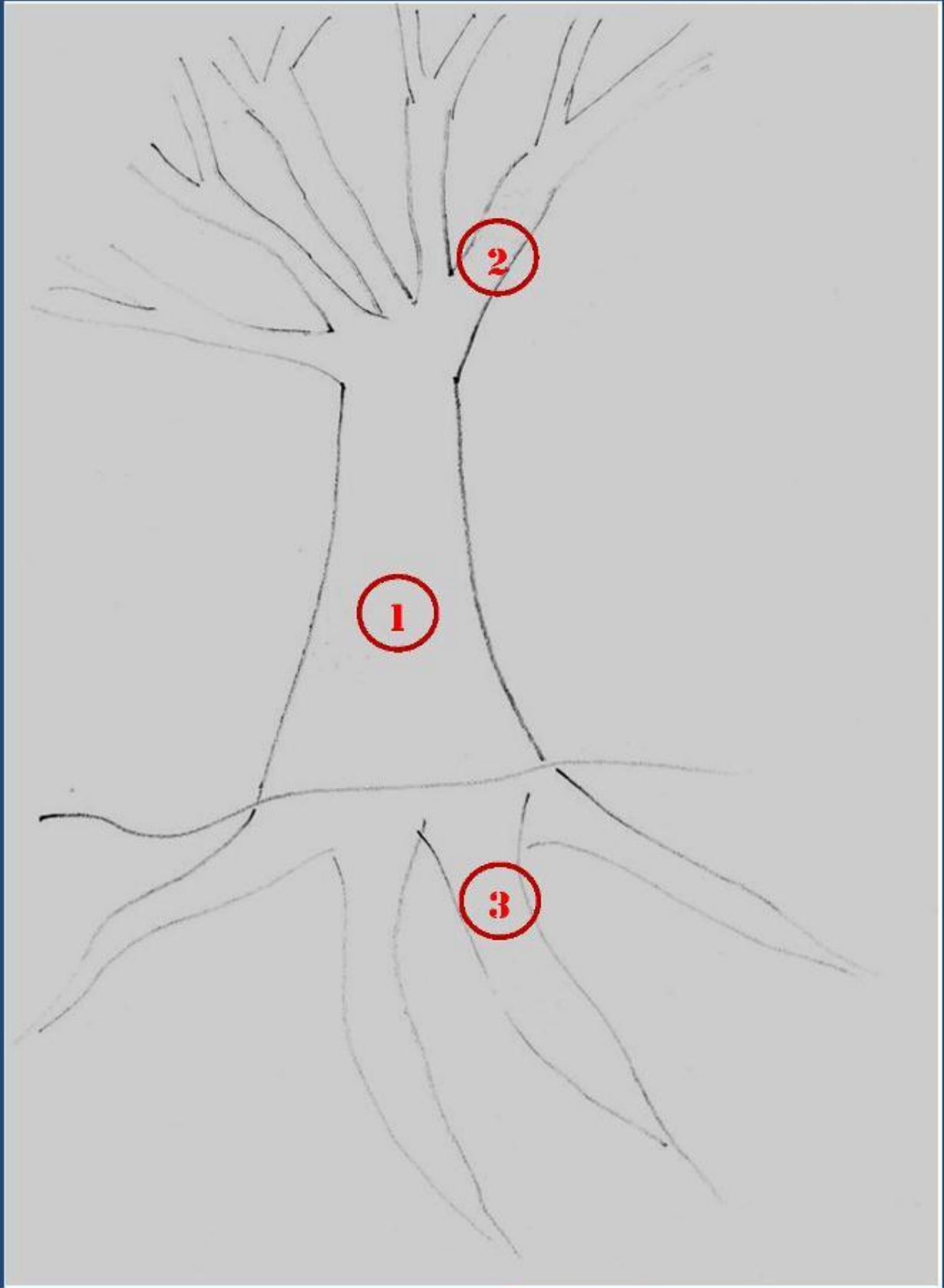
The tree can be broken down into 3 main areas:

- 1) Main “General” Problem
- 2) Aspects of the Problem
- 3) Unconscious Elements of the Problem

If we tap on just the main “general” problem, we are very unlikely to find total resolution.

There will always be “aspects” to the problem & quite often some “unconscious elements” that will pop up.

These are the parts of the “tree” we work on with our tapping.



*Image 21: The Tree Metaphor*

## Felling the Tree



*Image 22: Tree felling clipart (I would not stand that close to a falling tree!)*

When we tap on individual aspects of a problem (& unconscious elements when they appear) we metaphorically take the tree apart piece by piece.

We do not need to work on every aspect or element to fell the tree.

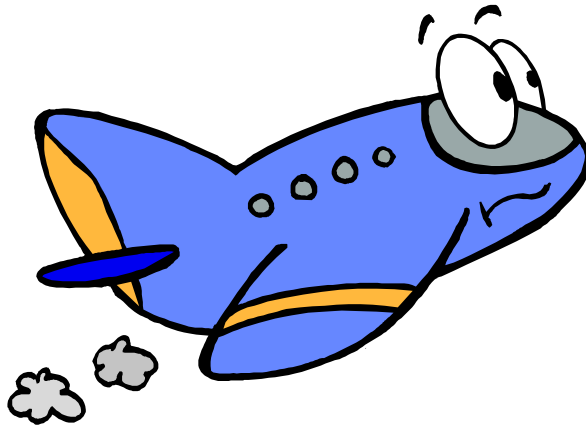
Most human beings don't have just one solitary tree causing them concern in their lives; but rather something resembling a small grove to a vast forest!

Another advantage E.F.T. can provide is when you chop down one tree; it can knock down another couple with it.

I.E. you don't need to work on every single one of your horde of problems to become a well-rounded, emotionally stable, psychologically integrated Homo sapiens.

**Side Note (Tangent):** How weird, Microsoft Word did not offer any suggestions when I incorrectly spelt Homo sapiens as "Homosapiens"?!!

## Tree Metaphor Example: Fear of Flying (aerophobia)



*Image 23: Aerophobia clipart (sorry, best I could find!)*

- 1) If we just tap on “fear of flying” which is the “main trunk” of the problem, it is very unlikely to disappear.
- 2) Instead we tap on the individual “aspect branches” one at a time until they cause us no more negative emotion.

For our example these could be:

- A feeling of being trapped.
  - A feeling of being out of control.
  - Worry that a wing will fall off.
  - Concern there may be a terrorist on board.
  - The pilot might become sick, etc.
- 3) Whilst we are working on an aspect, an unexpected “root” cause may surface. We will not know where it came from & usually may not be certain whether the memory associated with the emotion is real or not. Removing the “root problem” of a tree will fell it far quicker than working on the aspects. So if unsure; tap on it if there is any emotion.

For our example this could be:

- A childhood memory of being locked in a cupboard.
- A vivid memory of what you were doing when you first heard about 9/11.
- Or a multitude of what may seem like unrelated causes.

## Conclusion & Last Thoughts

I hope the information contained in this booklet has provided you with some answers, allayed some doubts & given you “food for thought”.

P.T.S.D. is a very serious & underestimated problem facing ALL Combat Troops.

I have tried to pepper in a little empathy, humour, & humanity whilst broaching this serious & sensitive subject.

Whilst all 3 of these traits can be found in almost every single Service man or woman in abundance; it is humour that is going to serve you best in any time of despair.

Everyone has heard of the “healing power of laughter”, yet few employ it as often as they should.



*Image 23: Female clown clipart. (Is this why so many people have coulrophobia?!)*

Remember now a time when you were rolling around in fits of hysterics, who you were with, where you were, & what was so hilarious.

If you have served in the Armed Forces, I know you have a ditty or 2 that make you p\*\*s yourself every time you think about them.

I'm serious, do not read any further until you have a funny memory in your mind.

If you are reading this line, then you must be laughing now, giggling or at the very least tittering.

As you recall that great time, how did you feel during that moment?

I'm betting you felt pretty damn good, totally alive & without a worry in the world, yes?

If you're anything like me, I'm sure you're remembering that time **vividly right now** & thinking "*I'm feeling pretty damn good, totally alive, & I don't have a worry in the world right now!*"

Good, so though I am not a Doctor, I am still going to issue you a prescription: a dose of laughter to be taken as often as possible; at least once a day!



*Image 24: Chihuahua as Mexican wrestler clipart.  
(WTF? No idea where you would want to use this clipart, but felt this seemed like an appropriate moment to give the little fella its 15 minutes of fame!)*

When we are laughing, happy & feeling good; we are much more forgiving, much more cooperative & even more loving to others.

Without going all “hippy” on you, this is the current of the Universe & when you are in alignment with the Universe, good s\*\*t happens!

The opposite leaves us feeling alone, bitter & angry with the world. We know the results of this misalignment; all too well.

**So laugh often & laugh hearty; especially any landlubbers reading this!**



Branches of Psychology, Physics & Theology all say one thing basically the same; your beliefs create your reality.

**So believe you are going to get better, believe you are going to be successful & most importantly; believe in yourself.**

I know you are not looking for sympathy, I know you want to be treated like a normal human being & apart from your symptoms, I know you are just another regular member of the Armed Forces family.

That is another reason why I did not write this like some psychology students stuffy dissertation; there are plenty of them to read if you want to.

It was not my original intention to write down so much information, but merely to quickly put together a simple 10 page tip guide with pictures to accompany the videos.

It is far from a comprehensive guide to E.F.T. or P.T.S.D. (& will no doubt be revised at some point due to my perfectionism!), but please do not allow yourself to discard it lightly.

I have dedicated the best part of 2 weeks to just putting this booklet & videos together for you. (When I say dedicated, it is quite literally; work/sleep, eat/work/sleep, work/beer/sleep, etc. until it's done.)

That pales in significance to the years of study, experience & money I have spent in getting to a point in my life where I can make such a gesture with no other reward than the hope that it eases some suffering in the world.

As an Ex-Matelot, I was fortunate that when I sailed off to War; I was fairly certain any action we'd be involved in would most likely not be up close & personal.

So though I cannot fully empathise with what the "ground troops" are encountering on a daily basis, I do remember; it is the team morale that makes one become "almost" oblivious to the dangers around us.

If you found the contents of either the videos or this booklet (hopefully both) to be beneficial to you, I would love to hear your success story.

Please feel free to email me at [stuart@skilledexforces.com](mailto:stuart@skilledexforces.com)

You can also use this email, if you would like to suggest any further specific E.F.T. demonstrations you would like me to record as a sort of "tap-along-with-Flash"!

## Final Fun Disclaimers

- 1) If I offended anyone reading this booklet, remember how much it cost you?! I'm genuinely sorry you have such low self-esteem; I recommend you go & see a good therapist. Whenever someone has anything of significance to say, they will offend someone. In fact it doesn't even have to be all that significant!
- 2) If I inadvertently made a politically incorrect remark without knowing about it, my defence should you want to sue me is the following:  
"A man in a Victorian suit suddenly appeared in my kitchen, he said his name was Herbert George. He passed me a manuscript for this booklet & told me to take credit for it, & to not tell anyone. He then disappeared again in some weird futuristic contraption, honest; you ask Smudge!"
- 3) If you start having erotic fantasies about shrubberies after reading this booklet, it wasn't this book that caused it I assure you. You were probably a Matelot in a previous life!
- 4) If some Civvy reads this & thinks I am making light of PTSD, please reread this booklet and watch the videos at least 100 times; because you really have missed the point & not understood my aims. Oh yes, then go & sign up for the Military, so you can understand what these guys are really going through, not just guess from what you've seen in the media.

As I said, it is our great sense of humour that gets us through the tough times when we serve.

I hope as you finish reading the last lines of this booklet, you have a smile on your face.

Wouldn't it be great if all "real" disclaimers were like that?!

Fare Well & I Salute You.

*Stuart*