

Simple Energy Techniques (SET)

By Steve Wells and Dr. David Lake - www.eftdownunder.com

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What is SET?

Simple Energy Techniques is a collection of simple and user-friendly energy techniques, which can provide significant relief for a wide range of emotional problems, and some physical problems. Although the techniques are simple to use, the results of using them can be quite profound.

Many of the techniques and strategies used in SET are adapted and modified from Emotional Freedom Techniques (EFT - developed by Gary Craig), Thought Field Therapy™ (TFT - Developed by Roger Callahan), and other energy psychology approaches, although SET also has several elements that make it uniquely different from those approaches.

The main component of SET is a simple process of stimulating energy meridian points on the body for emotional and physical relief. Typically this involves tapping on the points, although you can also simply rub or touch the points. We also encourage and teach a form of continual tapping for “energy toning”. This continual tapping is one of the cornerstones of SET and is one of the main elements that makes it different to EFT and TFT. Additionally, SET almost never uses set-up or reminder statements as does EFT – More details below.

The energy points used in SET include the same upper body and hand points as used in EFT and TFT – A diagram of these points is on the following page. Also included are the comprehensive points on the top of the head and wrist points taught to us by Acupuncturist Dr. Michael Gandy in Gary Craig's Ultimate Therapist workshop back in 1998.

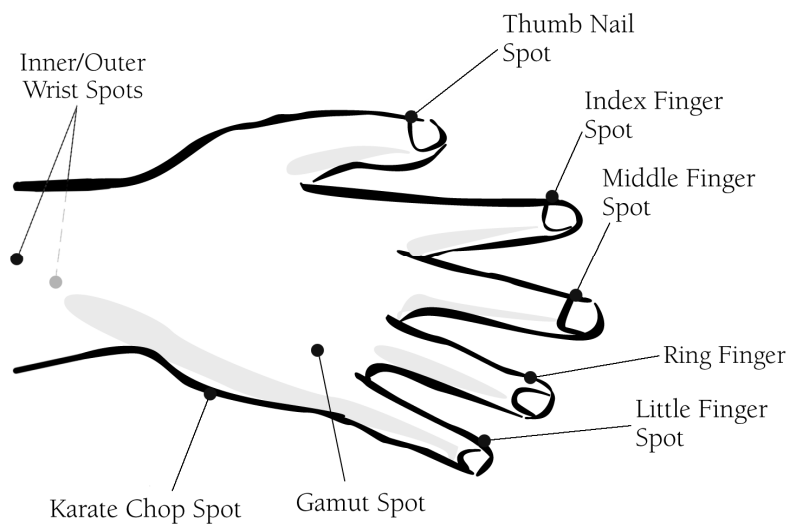
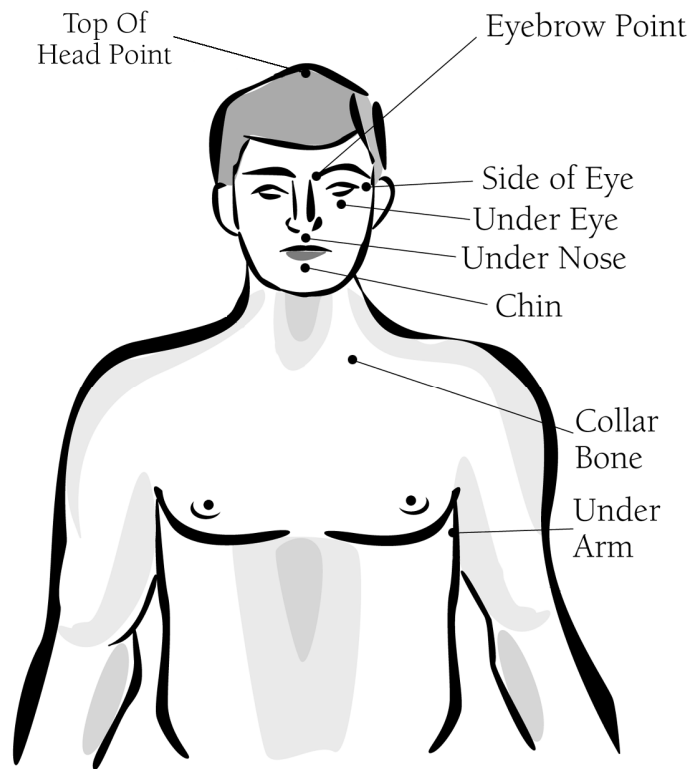
Development of SET

SET developed out of our work with clients and our experiences with workshop participants. It also began out of our attempts to follow the recommendations and model the processes used by Gary Craig whose continual search to improve on Roger Callahan's original discoveries has led to many innovative developments of huge benefit to the general public.

Gary encouraged us to continually stretch the boundaries and challenge the accepted wisdom – even in the energy healing world – and to continually seek improvements that would make these techniques even more accessible and useful to the average person. Whilst we cannot hope to be in the same league as Gary and we continue to stand in awe of his achievements, we are thankful to be able to stand on the shoulders of this giant as we outline this approach and our findings which we see (and hope you will see also) as complementary to EFT. Since we first developed SET, many EFT Masters and others have begun to incorporate it into their work and trainings. SET, in essence, is a simplified version of EFT offering the same benefits.

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Tapping Points Diagram



Continual Tapping

This is one of the cornerstones of SET and originated from Dr. David Lake's work in treating trauma. Dr. Lake recounts how he came upon the idea: "In the early days I would do a lot of talking about the problem with the client and then we would work through their traumatic incident(s) using EFT. We would typically get through about 10 – 12 rounds of EFT in a 1-hour session with a lot of talking in-between. Later as I got more efficient we would get through say 15 rounds of EFT in a session. I noticed that the results were better for clients in those sessions where we had done more rounds of tapping so I thought "Why stop? Why not continue tapping throughout the session?" I started doing so, having the client tap not only while relating the story, while talking about the problem, and also while processing what happened – basically the whole time during the session. My results improved accordingly."

Dr. Lake then came up with the concept of tapping on the finger points using the thumb of the same hand. This idea came from observing Dr. Larry Nims in his original tapping version of BSFF (Be Set Free Fast) where Dr. Nims taught his clients to use the thumb of the same hand to tap on the ring finger and little finger. Dr. Lake took this further and encouraged his clients to tap on all of the fingers using the thumb of the same hand and found this to be a very user-friendly version of tapping. In this version the ring finger – which is left out of the regular EFT sequence because it shares the same meridian as the gamut point – is also included. Dr. Lake began teaching this simple technique to all his clients and having them continually tap on these points during the session and also whenever they could in-between sessions. The results were excellent and were announced via this article, originally posted in, now posted on our site at: <http://www.eftdownunder.com/in-praise-of-continual-tapping/>

Later, Dr. Lake had occasion to use the continual tapping approach using the finger points with a lady with severe obsessive compulsive disorder. In essence, he asked her to simply graft the tapping to when her problem occurred, without trying to change anything. Out of this developed an approach to tapping we call Acceptance Tapping. The results were truly remarkable – see the article here: <http://www.eftdownunder.com/acceptance-tapping/>

Since that time we have both experimented with this very simple form of energy stimulation and found it not only produces results through the same meridian stimulation process used in EFT and TFT but it is also easily adapted and used by clients, can be done in public and can be easily incorporated into their daily routine.

We also experimented with the continual tapping involving all the points and found that the increased meridian stimulation involved produces excellent results in sessions and for those using it at home. We now hypothesize that the **amount** of meridian stimulation conducted is a key factor in producing results.

We now routinely have clients tapping for most of the therapy session – and also encourage clients to do a similar form of continual tapping at home. Clients easily assimilate the practice of continual tapping into their daily routine because it generally does not require them to stop anything they are doing in order to tap. Tapping on the finger points in this way (i.e. using the thumb of the same hand) can be done while watching TV, talking on the phone, while walking, among other things, and is also a very unobtrusive form of tapping that can be done in public.

In experimenting with this process we were excited to find that tapping continually on the energy points can alleviate even those problems that haven't been tapped on specifically – i.e. when the person doing the tapping has not focused specifically on those issues during the tapping process. We noticed this at our annual retreat in Broome in 2004 when one of the participants found that her lifelong snake phobia was gone 3 days into the retreat. This was discovered by accident when we attended the Broome markets on Saturday morning and there was a man there with a snake. This lady was surprised to find that her lifelong phobia had completely gone away – even though we had never specifically focused on the snake phobia in the retreat. We put this down at the time to the phenomena of Borrowing Benefits (See Gary Craig's website <http://www.emofree.com/eft/borrowing.html> for more information on Borrowing Benefits). Later, after experimenting with the continual tapping with others we found that the practice of continual tapping seems to have the effect of “toning” the energy system in a beneficial way such that many emotional problems can release their hold – even without having been the specific target of the tapping process.

We also began to experiment with leaving out the set-up statement when doing EFT and found no reduction in effectiveness. In this we were following the lead of Dr. Larry Nims who in his BSFF approach simply addresses any blocks – which are usually blocking beliefs – as “the next problem to treat”. Whenever we encountered a block with clients instead of doing a regular set-up we would simply have them tap on the points whilst focusing on that block and in most cases that would lead to progress. It is important to point out that we saw no reduction in effectiveness from discontinuing routine use of the set up statement, and what we did see was an increase in acceptance of the techniques by clients (previously they would object to having to say the set-up statement in EFT, or they became worried about having to construct “the right words”), as well as an improvement in efficiency.

Below we outline the main practices and processes of SET within coaching and counseling and also outline how to use SET for self-help. We encourage you to “try it for yourself” and notice the results.

SET within Counseling and Therapy

1. We use a form of continual tapping where the client and therapist tap along together (each on their own points) on any of the meridian points and in any order in a continual fashion throughout the session, even when not specifically focusing on the problem (i.e. even when just “chatting”). We find that the increased amount of meridian stimulation in this approach is a key factor in improved results and aim to get as much tapping as possible into every session.
2. We teach clients to tap on the upper body points with two fingers of the dominant hand and also teach them tapping using the thumb as the tapper = Using the thumb *on the finger points of the same hand, including the ring finger, “going up and down the points.”* This is easy to do and non-fatiguing once you get used to it. It is very easy to integrate into your routine and is also something that can be done in public (under the table or behind your back if you prefer). We incorporate the ring finger point, even though this isn't a traditional point in EFT or TFT.

3. We no longer routinely use the Set-up statement as used in EFT, and any blocking beliefs or thoughts, or problems that won't shift are just treated as "The next problem". If we are not getting results, we seek to identify the blocking thought or belief and simply apply the tapping to that. Usually we are able to proceed at that point.
4. On very rare occasions we might use a set-up statement as a way of framing the problem however we do not feel constrained in the wording of this as per the EFT formula or see a need to have clients tap on any specific point. There is no rule that says the set-up statement must be repeated 3 times in order to be effective (as per original EFT), and results could be achieved without this. (In 2003 we asked Gary Craig why the set-up statement had to be repeated 3 times. His reply (jokingly): "Because Roger (Callahan) says it does." He wasn't convinced that 3 times was essential, and he certainly wasn't repeating it 3 times himself at that point. Interestingly, Callahan stopped using a set-up statement routinely some years ago, according to Fred Gallo in his book Energy Psychology, preferring instead to just commence with tapping on the karate chop point or rubbing on the neurolymphatic reflex point or sore spot). In Gary Craig's current version of EFT the set-up statement is only said once.
5. We see no absolute need to design or repeat a reminder phrase and usually simply encourage our clients to focus on "*whatever you are aware of*", mind (thoughts, beliefs, memories, worries) or body (feelings, intensity, bodily location) while you tap. We have found that for some clients repeating a reminder phrase may distract them from the feelings or images associated with their problem rather than helping them "tune in" or stay focused.
6. Whilst we see the value of working specifically – focusing in on the problem aspects and working through them to produce relief – we have also seen a benefit from working non-specifically – where relief comes from simply stimulating the meridian system even when you aren't focused on the problem (see below). We thus use and encourage a lot of continual meridian stimulation as a form of "general energy toning" and we have seen this produce disproportionate positive results for many clients and workshop participants.
7. We find that it is just as useful to tap or rub the points, either is fine. (See also Dr. John Diepold's Touch and Breathe Technique, which simply involves touching and holding each point while completing a breath). Rubbing or gently touching / holding the points is particularly useful out in public where it is not as attention-getting as tapping.
8. We encourage our clients to "Just add tapping" to any problem routine – without trying to think too much or be clever or psychological. Apart from the beneficial effects on the energy system the tapping can act as a pattern interruption to "bad habits" or obsessional thoughts or behaviours.
9. If we are focusing on the mind (thoughts) and things don't seem to be progressing, we will switch to the body (feelings) and vice versa.
10. Below we have outlined our general processes of using SET for self-help and what we teach our clients.

SET Processes for Self-help

1. Focus SET on any emotional or physical problem and simply tap on any of the points *in any order* until you feel relief. If you prefer you can rub or hold the points - Just get some meridian stimulation happening. The actual sequence you use doesn't matter all that much, although it does seem necessary to include at least 3-4 different energy points in the sequence.
2. Even when you aren't specifically focusing in on the problem, just tap on the points continually. This appears to have the beneficial effect of "toning" your energy system and settling down your primitive alarm system. It works even if you are not actually concentrating directly (although directly is ideal), or you don't know consciously what the problem is. Part of you does know.
3. Get some meridian stimulation (tapping or rubbing the points) into your day wherever possible without always worrying about having to say or do anything specific. Most people who do this as a daily practice report that their optimism and positive energy levels increase over time and their general stress levels decrease. We now believe that enough meridian stimulation may cause a shift in your nervous system such that your negative problems cannot take hold in the same way.
4. We recommend linking continual tapping to other habits such as watching TV, talking on the phone, or going for a walk (see notes above on finger tapping for an easy way to do the tapping on a regular basis – and in public). Make it a beneficial habit.
5. Don't just wait for a problem to arise to start tapping. By tapping on a more continual basis (up to 1 hour per day, which can be in short blocks of 5-10 minutes) you will be increasing your positive energy and decreasing your stress levels automatically.
6. It is fine to also do focused sessions where you aim to specifically identify the aspects of your problem and apply energy stimulation (tapping or rubbing or holding the points) to them. Consider working with someone else if you have trouble identifying parts of the problem to work on. In the meantime, continual tapping without specific focusing can still be beneficial.
7. Let your thoughts and feelings come while you tap. Accept every thought and feeling and allow even negative thoughts to come but add tapping to their presence. This is the basis of what we call Acceptance Tapping.
8. Take a deep breath after a sequence of tapping, or when you notice a 'shift'.
9. Be yourself while tapping and increase your self-acceptance.
10. Tap to allow your 'bodymind' to function smoothly, without thinking.
11. Tap for spiritual development without having to be spiritual.
12. Be willing to consult a professional therapist or physician for more complex issues that don't shift, and especially for undiagnosed physical issues.

About the Authors



Steve Wells (pictured left) and Dr. David Lake (pictured below) are internationally recognized as innovative leaders and skilled practitioners in the new field of Energy Psychology. Dr. David Lake is a medical practitioner and psychotherapist in private practice from Sydney, Australia. Steve Wells is a psychologist and peak performance consultant from Perth, Western Australia.



David and Steve together developed Simple Energy Techniques (SET) and their unique advanced energy approach: Provocative Energy Techniques (PET). They have helped thousands of people via their worldwide seminars and workshops and are co-authors of several books including [Enjoy Emotional Freedom](#) and [New Energy Therapies](#). They now incorporate SET into all of their teaching. More information on Steve and David's work, is available at their website: <http://www.eftdownunder.com>

Disclaimer: SET is not a therapy in itself and all of the descriptions of treatment and advice in this report that refer to self-help are not meant to imply that everyone will benefit in that way. A lack of result or progress may mean you need professional assistance. If you consider that you have long-standing or severe problems you should consider treatment with a qualified therapist.

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