



# First Aid EFT

How to *PREPARE*  
So You're *READY*  
to *TAP* For An  
*INJURY*

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*Printable PDF Instructions and Workbook*



# First Aid EFT

## How to Prepare so You're Ready to Tap for an Injury

I'm going to tell you a story that I wouldn't have been able to believe...if it hadn't actually happened to ME.

As firm a believer as I am - from over a decade of experiencing and witnessing the incredible benefits of EFT on my own issues and in over a thousand client sessions, as well as from reading the research being done in universities all over the world through my association with Evidence Based EFT - there are still some limits around what I call **"reality"**.

The sky is still blue. Trees can't fly. Cars can't turn into ice cream cones.

But what I *have* seen EFT do since my first experience of tapping - because there was literally NOTHING ELSE I could have done in that moment - has changed my perception of what is possible in terms of dealing with a physical injury.

To the point that now, if I am injured or someone nearby is injured (and immediate medical intervention is impossible or not warranted), I get the tapping happening -

**STAT!**

Now, I've been a practitioner and trainer of EFT for a long time, so I knew HOW to tap when I needed to. You don't need to be an expert like me, however, to get exactly the same results.

You just need to know a few basics.

Before you can jump in and apply EFT in an emergency, spend some time familiarising yourself with the process so that you don't have to think too hard (because you won't likely be doing your best thinking when you're in the kind of pain that usually accompanies a sudden injury). I've laid out the steps in an easy-to-follow way in this booklet.

But first, here's the story I promised to tell you...

# The Value of Immediate EFT on an Injury

## A Case Study

A couple of months ago, I was heading to my car for a day of errands when I noticed the washing out on the line. I knew it was dry but the sky looked ominous and I was sure it would be soaked by the day's expected rain unless I hauled it inside before leaving.

Hurrying, I darted over to where it was hanging and began ripping it off the line, tossing it into the nearby basket, clothes pegs flying as I fumbled to get it done. My mind was already on the road and my body was frantic to get this chore over with so I could catch up with it.

The basket full, I wheeled around and crunched back over the gravel pathway towards the terrace, taking a shortcut that meant a hop over a low wooden garden divider.

It was a dumb move. I was going too fast for the uneven ground, for my inability to see where I was going because of the full basket of laundry and for the platform soles of my sandals. My right foot landed half on the wooden divider, my platform shoe tipped, my downward momentum was too great, my burden made evasive maneuvers impossible and my ankle went sideways - hard.

The neighbors would have been able to hear the CRUNCH.

It's been thirteen or fourteen years since I ended my lifelong streak of ankle-twisting. My joints haven't gotten any less flexible. It's that, after suffering so excruciatingly over so many twisted and sprained ankles, I finally perfected the art of levitation. I'd feel my ankle bending sideways and at the point of no return, right before the snap, I'd somehow manage to leap sideways or, in extreme cases, perform a stunt roll and avoid the ultimate. I thought sprains like this were a thing of the past for me.

Until suddenly I was looking down at a traumatized right ankle which was fast becoming twice the size of the left one. Horrified, I left the laundry basket where I had dropped it and hopped inside to sit.

When I got to my dining room chair a minute later, the pain was increasing and starting to throb. "No, no, no, no, NO!" I begged it. I had too much to do! I lived alone in a rural area. I couldn't have a foot that wouldn't take any pressure for three days and be limping for six weeks afterwards. I just couldn't.

So, I did the only thing I could in that moment. I began to tap.

I tapped on:

Emotional aspects

- My memory of the feeling of impatience at having to detour to the clothes line when I wanted to get going on my errands
- My anger at myself for being so stupid!!
- My embarrassment about hurrying over uneven ground in those stupid shoes
- My fear about how I would get through three days unable to walk
- My frustration at the thought of the inevitable six weeks of hobbling
- My dismay that I wouldn't be able to enjoy teaching the EFT workshops I had coming up.
- My self-pity that I didn't have anyone to look after me while disabled
- The shock of realizing I'd done it again
- Horror at the realization that a tender right ankle means no driving (I have a manual transmission) for six weeks.
- Fear of having to rely on the kindness of others for that long for everything from groceries to errands.

Physical aspects

- The sharp, sickening pain of the moment my ankle snapped
- The sound of the crunch when it happened
- The throbbing I was now feeling
- The swelling of my ankle

Cognitive aspects

- My absolute certainty that the sprain would logically follow the same 6-8 week healing trajectory it historically had.
- My certainty that this tapping wouldn't help a damn bit
- My expectation of the gross multicolored bruise that was going to start with pale yellow and then deepen into orange with splotches of greenish blue and red and cover my entire swollen mess of a useless ankle
- All the things I had coming up that I wouldn't be able to do - some because I simply wouldn't be able to drive myself to them

Then, suddenly, during the last round of tapping, when I was at the absolute end of what I could think of to tap on and all my SUDs were at 2 or less, I felt the throbbing pain reduce as though being controlled by a dial - all in the space of one round of Shortcut Basic Recipe (top of head, eyebrow, side of eye, under eye, under nose, under mouth, collarbone, under arm).

And then, nothing. No pain at all. I scanned my body from within, looking for more aspects. Couldn't find any. I scanned my emotions, looking for any remaining intensity. None. There was nothing else to do. I finally looked down at my ankle.

ALL the swelling had gone.

The skin was normal. No discoloration at all.

This can't be real. I slowly lifted myself up off the chair using my left foot for support, just in case. When I was fully standing on one leg, I gingerly lowered my right foot to the floor, bracing myself for a shot of pain. But there was none. I added pressure. Nothing. No pain at all. I took a step. Still no pain.

I have to admit, even after witnessing some amazing results with EFT, this was a new level of wow. I looked at the clock on the wall. Forty-five minutes had passed since I sat down to tap.

It was an odd feeling, not being sure I could believe what I was experiencing, yet having zero pain or swelling - to the point I even had the ultimate Apex Effect as the split second thought flashed: did I imagine I'd sprained my ankle?

Eventually, I felt kind of weird standing there next to my dining table waiting for the pain to rush back with an evil "just kidding!". There seeming to be no reason not to continue with plan A, I proceeded to my car. I fully expected there to be at least some pain or throbbing later on, after walking on it for the rest of the day.

But that was the end of it. There was not so much as a tinge of pain, a hint of a throb, a trace of swelling - then or since. Though I knew without a doubt that it had happened, it was as if my body had decided the whole thing was in the past and there was no need for any of those pesky symptoms.

I've told this story countless times in the intervening months - to trainees, to clients, to friends - heck, I think there's even been a complete stranger or two in the mix. Every time I tell it, I renew the awe I feel for this incredible technique that I've so wisely invested my life in learning and teaching. Just when I think I've seen the most amazing results...something happens to top it.

What was going on, physiologically speaking? Could it have been an extreme case of memory reconsolidation and extinction? Was it that I removed every single obstacle to healing so that the healing was instantaneous? Did I resolve the event before my body had a chance to get attached to the idea of a sprained ankle?

It could be one of these or all of them. What I do know is that there will never be an injury I don't start tapping thoroughly on within minutes. Not now that I know first hand how logic and even the seemingly inevitable - can be so completely defied by this technique.

*A client of mine, the morning after reading this story on my website, crushed her index finger between a heavy glass sliding door and the tile wall of her shower. In agony and dismay, not knowing what else to do, she dropped to the floor and started to tap. With my story fresh in her mind, she tapped on all the aspects of the injury, from anger at herself for her carelessness to the pain to the certainty that she would at the very least lose the fingernail...and possibly more.*

*"Look!!!" she said in amazement, showing me the tiny dark blood spot on her fingernail the next day when she arrived for a session. "I know what human tissue can take and what it can't. I should at least have massive swelling and bruising and a completely black nail. I don't even have pain. Except for this tiny spot, it's as if it never happened. Naomi, I would not be ABLE to believe this if I hadn't experienced it myself!"*

*This client is a medical doctor.*

# Three Important Questions

**Being prepared means understanding when to tap, why to tap and how to tap**

## When

No matter how good EFT is at accelerating the body's natural healing response, **it is not a substitute for appropriate MEDICAL INTERVENTION.** This is not a competition between allopathic medicine and EFT. They are great partners. Knowing which action to take first is important.

If bleeding cannot be stopped by applying pressure - get to a doctor or emergency department asap. Tap WHILE on the way!

In the case of a burn, tap WHILE running room temperature water over the site for at least 20 minutes, longer if possible. (Butter, ice, and cold water have been disproven and can even make the burn worse).

If the injured person cannot be moved or you don't know what is wrong call an ambulance IMMEDIATELY...and tap while waiting for it to arrive.

Once the injured person is on the way to medical attention or medical attention is on the way to the injured person or medical attention is not warranted - START TAPPING ASAP. It has been my and my clients' experience that the sooner you start tapping, the faster and more thorough the result.

Without research on why this matters (at least not yet) we are free to guess the reason for this. Is it that we are processing away stress that

might otherwise impede the body's healing mechanism? Is it because we are intervening before the body has a chance to "buy in" to the injury? Is it because we are preventing our own beliefs about how long it takes for an injury to heal from dictating the timeline?

Your guess is as good as mine! I just know it works.

## Why

Related to WHEN to tap is WHY to tap. EFT has been shown to have many physical effects in the body. From lowered cortisol (the stress hormone; 43.5% reduction in one hour of tapping) to decreased brain activity (fMRI studies showing the effects of EFT on areas of the brain connected to chronic pain and the processing of emotions), to epigenetic effects (a 2016 pilot study showed that the expression of 72 different genes were affected by only 1 hour of tapping).

So, we know EFT is making positive changes in the body while we are working on our emotional and life issues, from relationship problems to weight management to career success blocks.

Anecdotally, we know it can speed healing as well. I have had many clients recover from chronic conditions once the emotions and memories associated with those conditions were resolved with tapping.

So, it stands to reason - if EFT can help after the fact, how much more dramatically - and quickly - can it help RIGHT AFTER the fact?

Well, it turns out, A LOT. The key is to start tapping as soon as safely possible. Sprained your ankle? Sit down and tap! Cut your finger? Apply pressure, elevate it, and tap. Pulled a muscle while exercising? Stop exercising and start tapping immediately!

# How

Now, we're going to get into the nitty gritty. I am convinced that the success that I and my clients have had tapping on injuries is because the kind of tapping we do is Clinical EFT - the kind used in all the research.

Unlike a lot of the tapping you see outside personalised one on one private sessions, where there is a lot of focus on positive thoughts and statements - such as you'd see in a tapping webinar or YouTube video for a group, Clinical EFT has some basic and crucial differences:

## Focus is on the "negative"

Or, at least, that's how it seems to people who are new to Clinical EFT. In truth, we're not necessarily focusing on the negative, we're just focusing on and acknowledging what needs repairing.

Just like, if you wanted to repair a car that had stalled, you'd focus on the broken parts to get it going again - not the comfortable seats and great sound system!

## Different "aspects" are tapped separately

When doing EFT on an injury, you admit every single painful, emotionally challenging, mentally concerning thing - including the cringey memory of the second it happened - that you can possibly come up with...and tap on EACH of them ONE BY ONE until there is not a single thing left to tap on.

## Don't quit...until you're finished!

It might take 10 minutes and it might take 45 minutes - or longer. No matter how long it takes, tapping now will save time in the long run.

If I hadn't spent the 45 minutes tapping on my ankle injury in the story I've told you, it would have cost me DAYS of inconvenience dealing with arranging rides with friends, getting help prepping my workshop, sitting on my bed with my ankle packed with ice and elevated while I watched a timer... Yeah, I'll take the 45 minutes upfront, thanks!

# Ready to dive in? Let's get started:

## About Aspects

Aspects can be thought of as the parts of a problem.

In EFT, we have categories of aspects and it can be helpful to think about these categories when we are trying to decide what to tap on.

Below are the categories we explore when we are working on an injury.

### Physical sensations

In this category are all the ways you are feeling the injury. Is it a sharp pain? Is it a dull throb? Is it a feeling of pressure? Scan your whole body, not just the site of the injury, in case there are associated physical sensations, too.

### Emotions

In this category are all the emotions you are experiencing in connection to the injury. Are you mad at yourself for not being more careful? Are you scared help won't arrive? Are you sad that you won't be able to do that fun thing you were looking forward to, now that you have this injury?

### Thoughts

Now let's look at the things we are thinking. First of all, are you saying to yourself "This tapping isn't going to make a single bit of difference!!!"? (That's a common one). Maybe you are thinking, "This is going to take a month to heal!" or "Now, I'm going to have an ugly scar!!!" Any thought at all is fair game to tap on.

## What happened

Last but not least, focus on **the details of what happened** that caused the injury. Were you taking a roast out of the oven when you burned your hand? Were you enjoying your run when your shoe hit that rock? Were you reaching too quickly into the soapy dishwater when your finger met the edge of that knife?

The moment of impact is something we usually cringe away from remembering but it can be the very thing most beneficial to tap on! Instead of trying to block the memory, bring up every detail you can remember.

It can be helpful to even further separate the What Happened aspects into How I Know It Happened aspects.

## How I Know It Happened

I **FELT** myself fly over the handlebars of the bike

I **SAW** the world turn upside down as I fell

I **HEARD** the bang of my head hitting the road

I **TASTED** the blood in my mouth

I **SMELLED** the patch of fresh tar I'd hit



*Expert tip: Scan your **FIVE SENSES** for what you experienced and tap on each impression!*

# Let's Practice!

On the next page is a worksheet that will help you get used to breaking up the aspects of an injury into tap-sized-pieces. Pick a past injury - or make one up. It doesn't matter. This is just about practicing so that when you're actually in a situation when you have to deal with your own or someone else's injury, you'll know what to do without struggling to remember how.

## *The bike accident*

### Physical Sensations

*Throbbing pain in my left knee  
Sharp pain in my right shoulder*

### Emotions

*Angry with myself for rushing  
Sad that I will miss the party now*

### Thoughts

*This isn't going to work for me  
I'm such a klutz!!*

### What Happened

*I was going too fast  
I felt the bike tire grab in the tar  
I flew through the air  
I landed hard on my shoulder  
I heard something crack*



Physical Sensations

Emotions

Thoughts

What Happened

# Where to from here?

I hope you found this guide and workbook helpful. If an accident should happen and this little booklet prepared you to use Clinical EFT successfully, I'd love to hear your amazing stories!

Reach out by visiting me on Facebook at [NaomiJanzenFT](#)

To learn more about me and Clinical EFT check out my website at [OzFreedomTechniques.com](#)

And to receive updates from time to time about what I'm doing and special offers I'm promoting (I don't send spam and in fact I don't send email very often - only when it's something I think is REALLY cool) get on my list at [SIGN UP!](#)



For links to the research mentioned in this booklet, go to [EvidenceBasedEFT.com/What-is-EFT-Tapping](#).