

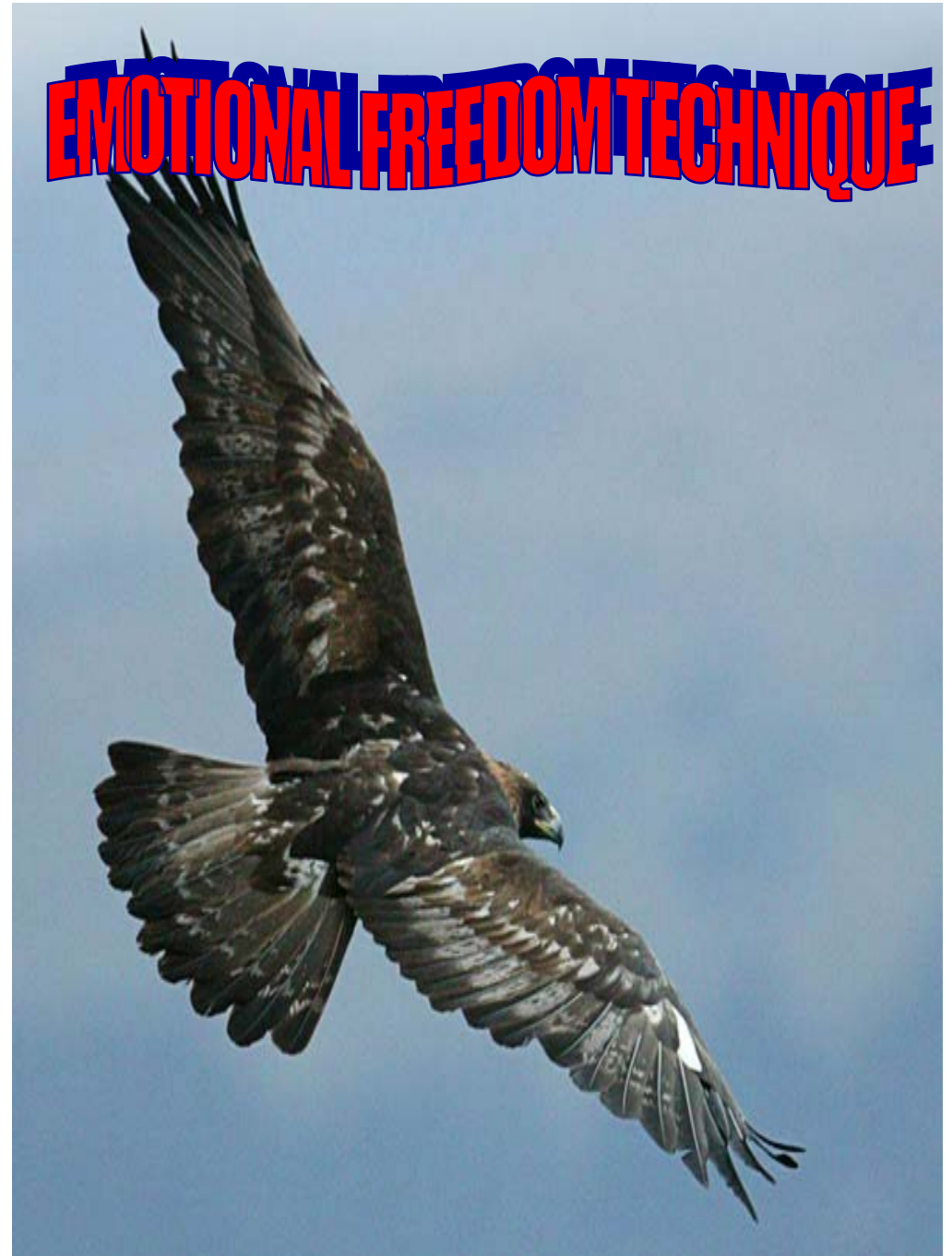


Stirling Integrated Community Mental Health Services.
Livilands Resource Centre.
Stirling Community Hospital.
Livilands Gate.
Stirling
FK8 2AU
Tel: 01786 446913

Referral Criteria:

The Recovery Team offers treatment for people who have been assessed and meet our criteria for a moderate mental health problem which can be treated within our programme

Please note: to access the day hospital and the treatment programme a referral needs to be made via a GP or Consultant Psychiatrist.



What is the Emotional Freedom Technique?

Emotional Freedom Technique or EFT as it is more commonly known is an up and coming therapy with a wide range of applications. Based on the Meridian system as used by the Chinese for thousands of years it is capable of treating mental, emotional and physical issues. It has been described as 'psychological acupuncture, but without needles' and is quick and easy to learn.

The technique focuses on the end points of the 12 major meridians found in Chinese medicine. It has been observed that by tapping on these points while focusing on the problem causes a 'release of energy' to take place, disruptions are cleared and normal function can resume.

What can be treated?

There are many things that EFT can help however some conditions have better success rates than others. The motto is 'try it on anything' because one thing is for sure, if you don't try it, it won't work.

Some of the things it can be used for are:

- ❖ Fears and Phobias
- ❖ Sexual/Emotional/Physical Abuse
- ❖ Trauma
- ❖ Stress and Anxiety
- ❖ Addictive Cravings
- ❖ Physical Pain
- ❖ Headaches and Migraines
- ❖ Allergies and Sensitivities
- ❖ Self-Confidence/Image.

*Whilst EFT can help a multitude of problems it is not used as a replacement for medical treatment but works in conjunction with it. *