

## Using EFT for Depression

### Including Teen Depression & Clinical Depression

*"EFT is extraordinarily effective in immediately relieving the distressing symptoms of depression."* Henry Krol, MS - therapist in Stairways Behavioral Health outpatient clinic, Pennsylvania

*"Using EFT, I have successfully treated fears, phobias, depression, trauma, and addictions. It's effects are rapid, dramatic, and deep."* Fred P. Gallo, Ph.D. - Editor, *Energy Psychology in Psychotherapy*

## A Depression Case History File

From the EFT email support list

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Gary Craig discusses depression and some new ideas.

*"Interestingly, with EFT we have many people whose symptoms just vanish. Our clinical results appear to provide an important missing piece to the healing puzzle...."*

I don't know how many millions suffer from depression in this world--but it's a LOT!! The current conventional wisdom about treating depression comes largely from the medical community. They tend to consider the cause to be of a chemical nature and thus chemicals (drugs) such as Prozac, Zoloft and Paxil are used to treat it.

Please know that I have no medical training whatsoever and have no standing to either support or resist the use of such drugs. I'm not even sure how to spell asperin or penisillin (smile). Therefore, nothing contained in this message, or anything else I write, is to be construed as the practice of medicine or to be considered as advice about taking or not taking drugs of any kind. One should consult their physician for such guidance.

On the other hand, the treatment of depression by conventionally accepted means falls somewhat short of perfection. Cures or complete cessation of the problem are not exactly commonplace. *Interestingly, with EFT we have many people whose symptoms just vanish.* Our clinical results appear to provide an important missing piece to the healing puzzle and it is my hope that the purveyors of conventional techniques will consider our findings.

Now here's a little background info that you may find helpful. Having used these tapping procedures since 1991 I have observed 3 categories in which depression seems to fall. Please note that none of them falls within the medical model nor do

any of them involve drugs. *All of them, however, have provided substantial, if not complete, relief.* Could it be that energy imbalances are forerunners to the chemical causes discovered by medical researchers? If so, dedicated medical researchers have an exciting new field to explore.

Here are the categories.....

- 1. Depression that simply disappears with a few minutes of tapping.
- 2. Depression that appears to be caused by numerous unresolved emotional issues such as guilt, shame, fear, anger and the like. This type usually requires skilled application by an EFT'er that is able to locate and relieve the core emotional issues.
- 3. Depression that appears to be caused by some type of substance sensitivity or allergic reaction. On several occasions, I've seen the removal of the offending substance(s) result in the cessation of the symptoms. There are two live examples of this in The [EFT Course](#) (Todd and Grace).

These categories, by the way, are not put forward as THE answer to depression. They are simply observations as a result of my experience. Interestingly, they appear to be reliable in practice.

Cheers (hugs too), Gary