

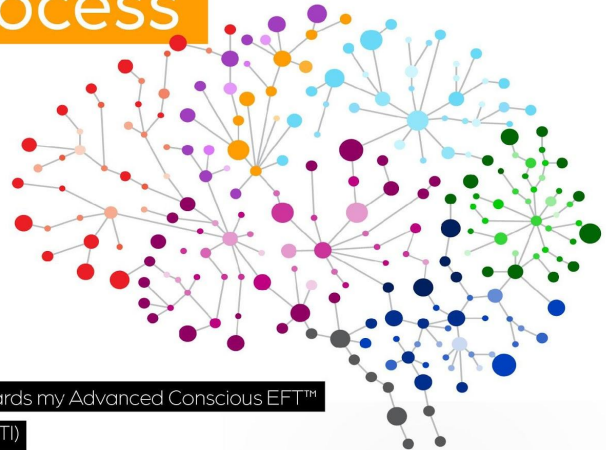
# EFT for AD[H]D:

My Research Process

& Journey

Presented by:

*Candace M. Fox*



Please note this presentation will be recorded and used towards my Advanced Conscious EFT™

Certification through the National EFT Training Institute (NeftTI)



## Land Acknowledgment

I'd like to acknowledge that I live, work and benefit from Treaty 6 territory here in Saskatoon, Saskatchewan, the traditional homeland, meeting grounds and traveling route to the Cree, Salteaux, Blackfoot, Métis, Dene, and Nakota Sioux.

It is important to acknowledge all the many First Nations, Métis and Inuit whose footsteps have marked these lands for centuries, long before settlers arrived. As well, dedicate our efforts to working together in the spirit of collaboration and Reconciliation because for most of us across Canada we are treaty people.

# Presentation

## Overview



- Me & My Story
- Defining Key Terms
- AD[H]D Comorbidities
- Why EFT for AD[H]D?
- Established Clinical EFT Research
- Research
  - Project Framework & Support
  - Measurement Tool
  - Participation & Feedback
  - Learning & Next Steps
- Q&A

My Story  
My Story  
My Story

# Defining

## Emotional Freedom Techniques



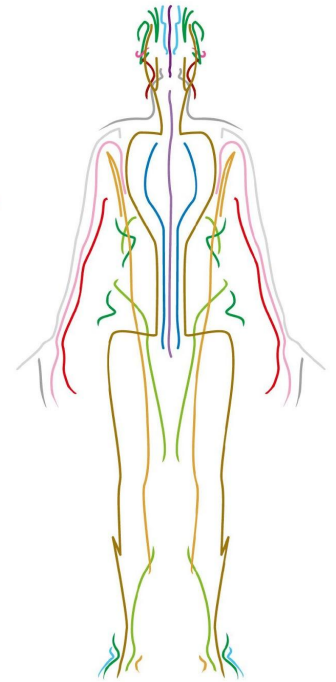
**Conscious EFT™ (Created/Taught Through NeftTI)**



**Emotional Freedom Techniques (EFT) Tapping**



**Acupressure Tapping > Bronze Tapping**



# Defining

## Neurodiversity & AD[H]D

### NEURODIVERSITY:

The range of differences in the individual brain function and behavioral traits regarded as part of **NORMAL VARIATION** in the human population

### AD[H]D:

Neurodevelopmental condition that impacts the brain's self management system.

**3 TYPES:** Primarily hyperactive - impulsive AD[H]D, primarily inattentive (formerly ADD) AD[H]D and primarily combined AD[H]D





## It's Not a Disorder, It's a Difference

The trait is a combination of brain chemistry and genetics that affect the dopamine transporter gene and its receptors. Simply put, the brain reacts differently to stimulation in someone with an 8 or 9 or 10 on the scale...

- Dale Archer, MD / *The ADHD Advantage*

# AD[H]D

## Common Comorbidities

50%

of AD[H]Ders are diagnosed w/ 1 or more comorbidity

3

common AD[H]D comorbid categories

30%

of AD[H]Ders will experience depressive episodes or mood disorders

Depression / Anxiety / Bipolar Disorder / Mood Disorders / Rejection Sensitivity Dysphoria / Tourette's Syndrome / Obsessive Compulsive Disorder / Eating Disorders / Substance Abuse Disorder / Learning Difficulties / PTSD / Complex PTSD / Dysthymia / Panic Disorder / Antisocial Disorders / Oppositional Defiant Disorder

Sources: Larry Silver, MD - ADDITUDE Magazine & ADHD Institute

# WHY

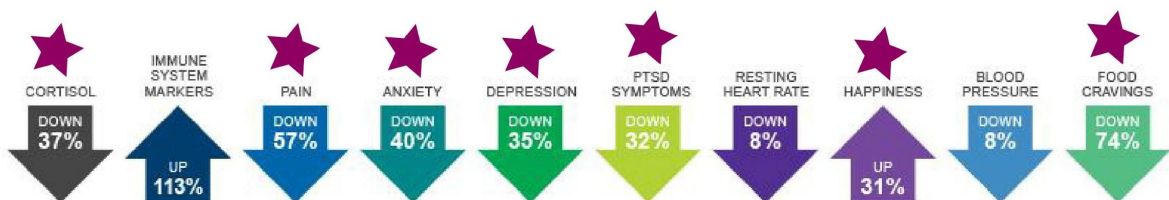
## EFT for AD[H]D?

- **Personal Experience**  
The evolution of my own healing journey
- **Neuroplasticity**  
EFT impacts neuropatterns and neuronetworks in the brain
- **Emotional/Self Regulation**  
Experts citing importance for regulation in ADHD children adults  
EFT interrupts the stress response, fight/flight/freeze
- **Established Clinical Research**  
Already long list of positive research on the efficacy of EFT for some noted comorbidities
- **Why heck not?**  
I couldn't find anything substantial research for it or against it so...why not try?!



# Established Clinical Research

Clinical EFT (Emotional Freedom Techniques)  
Improves Multiple Physiological Markers of Health



Bach, D., Groesbeck, G., Stapleton, P., Banton, S., Blickheuser, K., & Church, D. (2018). *Journal of Evidence Based Integrative Medicine*. © Mind Heart Connect 2018.

# RESEARCH

## Project Support & Framework

**RESEARCH:** 'Acupressure Tapping as an Intervention for Adult AD[H]D Symptoms'

**HYPOTHESIS:** Over an 8 week period, by applying 'bronze level' acupressure tapping daily for 20 minutes, participants will see a decrease in the intensity of felt/experienced AD[H]D symptoms. Additionally, will feel more emotional/self regulation as their window of tolerance expands; THUS decreasing stress and anxiety levels and increasing clarity and focus.

### Support

- Guidance: Mentors, John Freedom & Marg Hux
- Feedback from ACEP Research Committee
  - Project name change
  - Questions around tapping time
- 'Emotional Anchor': Carla Dawes

### Framework

- Inclusion criteria
- Data collection
- Expectations and mechanics

### Safety

- People before outcomes
- Clear expectations & exit plan
- Gentle exposure

# RESEARCH

## Measurement Tool (ASRS+)



### Adult AD[H]D Self Report Scale, ASRS (10)

- Measures impulsivity, inattentiveness, restlessness & executive functioning
- Fails to measure or consider the emotionality of AD[H]Ders

*"People with AD[H]D feel emotions more intensely than do people without the condition. For many, difficulty with emotional regulation is one of the most challenging symptoms to manage."*

– Thomas E. Brown, PH.D / ADDITUDE Magazine

### Emotionality & Emotional Regulation (10)

- Created my own questions based around my curiosity as Investigator
- Where I believed we'd see the biggest impact
- Remember: tons of research already available (just not specific to AD[H]Ders/Neurodiverse folk)

# RESEARCH

## Global Interest & Participation



- 6/7 - Felt 20 minutes was too much
- 5/7 - Wanted more information/education
- 3/7 - Wanted more interaction or engagement from Investigator
- 4/7 - Decrease in negative self talk
- 7/7 - Will continue tapping



# PARTICIPANT Feedback



### Week 1 (Psycho-education)

#### Participant #2/Group #1 after 5 minutes of 'bronze tapping' together for the first time...

"I feel focused. I feel like I have blurry vision all the time when I'm not focused. I feel like I could go and do all of the tasks I wanted to do today without getting distracted."

### Week 4 (Data Collection)

#### Participant #5/Group #2 check in about initial experience...

"I was really surprised because I did feel some changes. There was a situation where I reacted because I was very sensitive and I went to the car and started to cry. I didn't want to stay crying so I just told myself to try it and start tapping. And to be honest the stress went away so fast. I was surprised by how calm I started to feel."



### Week 8 (Data Collection & Conscious Closing)

#### Participant #6/Group #2 how the 8 week experience was overall...

"I feel more at peace. This felt like actual self care I was giving myself..."

#### Participant #7/Group #2 will you continue to use it...

"Absolutely. I feel like it's amazing. Once you start doing it you know there's something going on. The more you do it the more you feel it."



# LEARNINGS

## & Next Steps



- Research is NOT easy
  - Creating a safe container essential in this research process
  - If you can't find information/data, do your own research and create it
  - **YES!** EFT is an effective modality to support AD[H]Ders
- 
- Delve deeper into the data collected
  - 6 month data collection
  - Research 2.0 and beyond (juicy juicy!)
  - Increased interest



# IMPORTANT

## To Note...

EFT as an intervention for AD[H]D symptoms is NOT about finding a 'cure' for the neurodiverse. Many individuals who self identify as being or experiencing a neurodiversity actually do not want to be neurotypical. There is nothing wrong with a neurodiverse brain. It's just different. Different is okay.

This is about reframing and elevating the human experience; creating an internal environment that allows for further neurodevelopment so AD[H]Ders and other neurodiverse folk can thrive in their external environment.

**Different, not disordered. Different, not deficient.**





**Q&A**