

How I used EFT (Emotional Freedom Technique) on Prisoners to overcome PTSD in India?

P T Sunderam

Osmania University, India

Short Communication

Abstract

Clinical EFT(Emotion Freedom techniques) is a harmless self- tapping technique to get rid of physical pain and emotional distress in people. This consists of tapping acupressure pressure points creating a balance in the energy system of the body to heal the pain. EFT is now widely used to treat war veterans, people having anxiety due to prolonged stress, physical pain, depression, and insomnia. In the last 2 decades. The author has used EFT successfully to treat Post-Traumatic Stress Disorder (PTSD) among 400 prisoners of Central Jail in India for 30 days , and the result was impressive (over 90% of participants showed positive results). The present context of the COVID-19 pandemic, the fear of contracting the virus has led to an increase in worry and stress among people. Added to this is the new normal of working from home, temporary unemployment, etc., all of which have only aggravated the situation. EFT is a safe drugless therapy for preventing COVID symptoms . for any person on this planet.

Biography

Dr P T Sunderam is Pioneering Married couples Relationship Mentoring movement for the last 2 decades in India. He is CEO and Mentor of NTC academy . He has saved 25 k families through his online mentoring throughout the globe. He is graduate from Osmania university, he completed his MS (counselling and psychotherapy) and His Doctoral thesis is an Application study of NLP(neuro Linguistic Psychology) “ Sleeping disorder with prisoners” of Hyderabad central jail inmates. He applied EFT Nlp combination process .His mission is to empower 1 million young couples of the society.their mission towards “simplifying mind & being”, Shreehi has touched and transformed 2000+ lives. More than 1200 of them are women who faced challenges related to work life balance, fertility challenges, anxiety issues, overcoming emotionally or physically abusive relationship, inclusivity issues at work, etc.

Citation: P T Sunderam; How I used EFT (Emotional Freedom Technique) on Prisoners to overcome PTSD in India? ; Webinar on Anxiety and PTSD; March 12, 2021