

# Emotional Freedom Techniques (EFT) For Traumatic Brain Injury

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## **Abstract**

This article describes the resolution in one session of several residual symptoms following severe Traumatic Brain Injury (TBI) six years earlier in a 51 year-old woman. The intervention was Emotional Freedom Techniques (EFT), developed by Gary Craig, the first author of this article. Mind Mirror electroencephalogram (EEG) monitoring during EFT sessions revealed increasing patterns of relaxation and centeredness as the treatment progressed. Implications for further research and for assessment and treatment of wartime TBI, PTSD and depression are discussed.

Key words: Emotional Freedom Techniques, EFT, Energy Psychology, Traumatic Brain Injury, TBI, Post Traumatic Stress Disorder, PTSD, Depression, Mind Mirror Electroencephalogram, EEG, Vertigo