



ITM Free Resource for Day 9, August 9th, 2022

Today's Topic is from Dr. Peta Stapleton, Bond University, Queensland, Australia: Chronic Pain Research: *Effective + Creative Ways to Tap For Pain*

Dr. Peta Stapleton conducted research for chronic pain, which included a six-week program with 22 participants for a total of 12 hours. Among her findings were some effective and creative ways to use EFT Tapping for chronic pain.

“One of the things that we know works really well is being creative with pain. So instead of...saying, ‘There’s a seven out of ten pain in my right shoulder,’ I might then say, ‘If I was to put a collar on that pain, what color or that area of the body would I give it?’ And the first color that comes to mind might be something like red,” Dr. Stapleton said.

She suggests using other “descriptives” for Tapping on pain, such as “sharp, stabbing hot rod red pain in my shoulder,” for example.

Here is one of her suggested set-up statements using descriptives:

“Even though I've got this red hot, searing pain in my shoulder, it feels like someone is stabbing me with a hot rod, it's a seven out of ten. I accept this is how I feel. ”

Dr. Stapleton explains, “Then my Tapping could become about that kind of color, an actual feeling. So that could be , ‘This red hot, stabbing pain,; this red, hot rod in my shoulder.’ So tapping through those types of things we found really, really useful. The next layer is to actually say, okay, if I was to again think about that body area where the pain is, and if I could give it an emotion, if I could guess what emotion might be in there, even if it's the first thing that pops to mind and doesn't make any sense, what would that be?”

With feelings, Dr. Stapleton gives an example of a set-up statement using the feeling of grief:

“Even though this area of my body in my right shoulder has a red hot, searing pain and it seems to have the feeling of grief, I accept this is how I feel this grief in that area of my shoulder, that red hot, searing pain that has grief, that red hot, searing pain with grief in my right shoulder.”

Dr. Stapleton says, “You may actually find that by taking those extra creative levels down, you get more movement on that side rating out of ten or indeed the sensation of pain. The one thing about working with physical things in the body is you can absolutely feel the shift and whether it's happening. So of course, moving the body area to see, “How does that feel?”



Dr. Stapleton also says that during her research people were asked “if there was any origin to when that pain started. And, if there was an injury associated with it. So, if it was indeed an injury, of course, using Tapping to work through, whether that's *Tell the Story** or the *Movie Technique**, working through exactly what happened to result in that injury.”

She said that sometimes there was no injury. Dr. Stapleton also said that on average, people in the research trial had their pain for 14 years or for some, much longer. In the cases where there was no injury, Dr. Stapleton asked about what was happening in life at that time, “Were there any other strong emotions that were going on? So it may have been stressful, something else may have been happening in life, but it could be another feeling. There could be feelings again that are of other types of distress that were going on during that time.”

Interestingly enough, Dr. Stapleton says, a lot of people with chronic pain have feelings of anger.

“Now, anger may be towards the body area, so it could be that, ‘I wish this pain would go away,’ and the anger is towards themselves. It could be towards what happened to actually result in that chronic pain. It could be anger unrelated to the body pain area, but something else in life,” she said.

Dr. Stapleton continued:

Anger is a really interesting emotion. So, anger actually has a neurohormone that's released when we're in that state and the hormone is actually norepinephrine— a big, long word which actually acts as an analgesic. So, when we're in heightened states of anger, and if you think about that fight or flight response, those heightened states of anger allow us to kind of have almost an analgesic effect or numbness, so that we can fight the tiger and not be aware of an aching muscle or run away and flee from something that's dangerous. And again, not be aware. So as anger is present, so is this neurohormone.

Now have a think about that in the chronic pain space that if you have any anger and you Tap on anger, you're actually lessening that amount of neurohormone. So, we know lots of EFT research has shown the effect on different kinds of hormones in the body.

So as norepinephrine reduces, you may feel the pain more because you're actually lowering that analysis, because you're lowering anger.

What do you do?

Of course, the answer is you keep Tapping.



But lots of people in our trial actually realize they have a lot of anger towards lots of things in their life, not realizing it was having a biological, physiological effect for them that actually was helping them with their pain.

So, the thing to keep in mind:

If you Tap on anger in your life, you may become aware in the short term the feeling or sensation of pain being more intense. The solution there is to keep Tapping and to Tap on, like I've suggested today, lots of other areas in the body so that you can actually get those outcomes that you're looking for.

We wrapped our trial with a functional MRI brain scan of 22 of our patients. And I can absolutely tell you that there was a significant difference in the pain modulating and catastrophizing areas of the pain. So, we hope that paper will actually come out this year so everyone can see the brain scans. So, we have now a second fMRI paper that shows Tapping changes brain activity.

In closing of this special edition of ITM 2022, Dr. Stapleton says:

So, I hope this has been really useful, and that perhaps for your International Tapping Month, you get lots and lots of things out there that will actually help you. And perhaps if you're using it with clients or yourself with pain, you can take it a step further.

I look forward to seeing you at another time.

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** Tell the Story or the Movie Technique = two EFT Tapping techniques used for more effective Tapping.*