

# EFT Stop smoking pilot study

How come stop smoking?

Learning from the process

Some don'ts!

Some does

What I wished I'd known!

Learning from the clients

Personal learnings

# EFT and Stop smoking pilot study

- History in the NHS
- NHS Stop smoking service

# EFT and Stop smoking pilot study

Tobacco is unique. It is the only legal product that kills half of it's users when used as the manufacturer intends.

The industry needs to hook 100,000 new smokers in the UK every year to replace those who have quit or died.

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8 out of 10 smokers start before the age of 19.

They use

‘Point of sale marketing’

‘New pack designs’

‘If your brand can no longer shout from billboards, let alone from the cinema or the pages of a glossy magazine ....it can at least court smokers from the retailer’s shelf, or from wherever it is placed by those already wed to it.’ (Elegant Packs Promote Image’, World Tobacco 1999.)

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WHO states that

The difference between the tobacco industry and other disease carriers is that

‘Infectious diseases do not employ multi-national public relations firms. There are no front groups to promote the spread of cholera. Mosquitoes have no lobbyists.’

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Smoking some of the research and facts

More addictive than cocaine

Alpha 4 Beta 2 receptors in the brain

Research re smoking and associations

Physiology

Psychology

Habit

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Learning from the process

## **Some 'Don'ts'**

Don't stay curious about difficult issues

Don't make it obvious that change needs to happen

Don't tell anyone you're interested in research

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Don't put ideas on the EFT research discussion site – Dawson Church may get involved!

Don't expect to be greeted with enthusiasm

Don't be put off by fob- you- off managers

Don't think this will happen overnight

Don't expect support

Don't expect payment

Don't expect to have time on your hands

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Don't expect it to be straightforward

Don't expect perfection

Don't give up

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## **Some Does**

Do tap on everyone

Do recruit support

Do the 'dog-at-a-bone' thing

Do ponder the process – rewrite when  
necessary

Do look for encouragements from wherever

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## **What I wished I'd known**

Getting permission

Managers

Research and Development in the NHS

Ethical committees

Intellectual property – my audacity

Tools

Devising paperwork takes time and revisions

Informed consent

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## **Learnings from the client**

Anxiety re quitting is often high

Belief in self to quit is often low

Motivation is often confused with confidence, wanting and hoping

Relapses often related to

Grief/bereavement

Loss or sadness

Boredom

Stress

Unresolved underlying issues

Social gatherings

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Coping mechanism often limited

Fear of inability to handle cravings

Cigarettes seen as a 'friend'

Internal locus of control less than external

Associations from early smoking history  
usually present

Awareness of stress often poor

All of this needed to be built into the 6 week  
programme

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## **6 week EFT 'course'**

1 Informed consent

Fill in forms

Cravings – experience EFT

locate 'cravings'

Give EFT sheet

Cravings graph to complete during week

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2 Fill in forms

Check graphs

Tap on emerging issues

Focus on craving awareness

Focus on any P R present

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## 3 Fill in forms

Check progress and setbacks

Smoking history and associations

Any limiting beliefs?

## 4 Fill in forms

Check experience during week

Identify triggers

Associated trauma?

Stress awareness?

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## 5 Fill in forms

Check on progress

Check stress charts

Check confidence at quitting

Identify any remaining limiting beliefs

Underlying issues/history

Start positive affirmations

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6 Complete all data sheets

Check confidence at quitting for good

Check on feeling of 'safety'/ belief in self /  
handling stress

Notice any 'tail-enders'

Tap in the +ve

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## **Personal learnings**

The 'slow timing' could just be right

Tail-enders will emerge

Frustration and dips in confidence are inevitable –  
looking up and forward helps

Keep remembering to trust the client and to trust  
the process

Staying in the present is useful

Overcoming addictions can be fun and easy –well  
sometimes!