

Emotional Freedom Techniques (EFT)

A Grounding Tool for Doulas



Step 1: Identify the Focus

Choose one specific feeling or concern.

Example:

- “This fear about birth”
- “This self-doubt”
- “This tension in my chest”

Rate intensity (0–10).

Step 2: Setup Statement (Side of Hand)

Gently tap the side of your hand and repeat 3 times:

“Even though I’m feeling _____,
I’m open to supporting myself in this moment..”

(Use your own words — stay specific and honest.)

Step 3: Tap Through the Points

Tap gently on each point while repeating
a short reminder phrase:

Example reminder phrases:

- “This fear”
- “This doubt”
- “This tightness”

Move at a steady, comfortable pace.

Step 4: Pause & Reassess

Take a breath.

Re-rate intensity (0–10).

If needed, repeat and adjust language:

- “This remaining fear”
- “This part of me that’s still unsure”

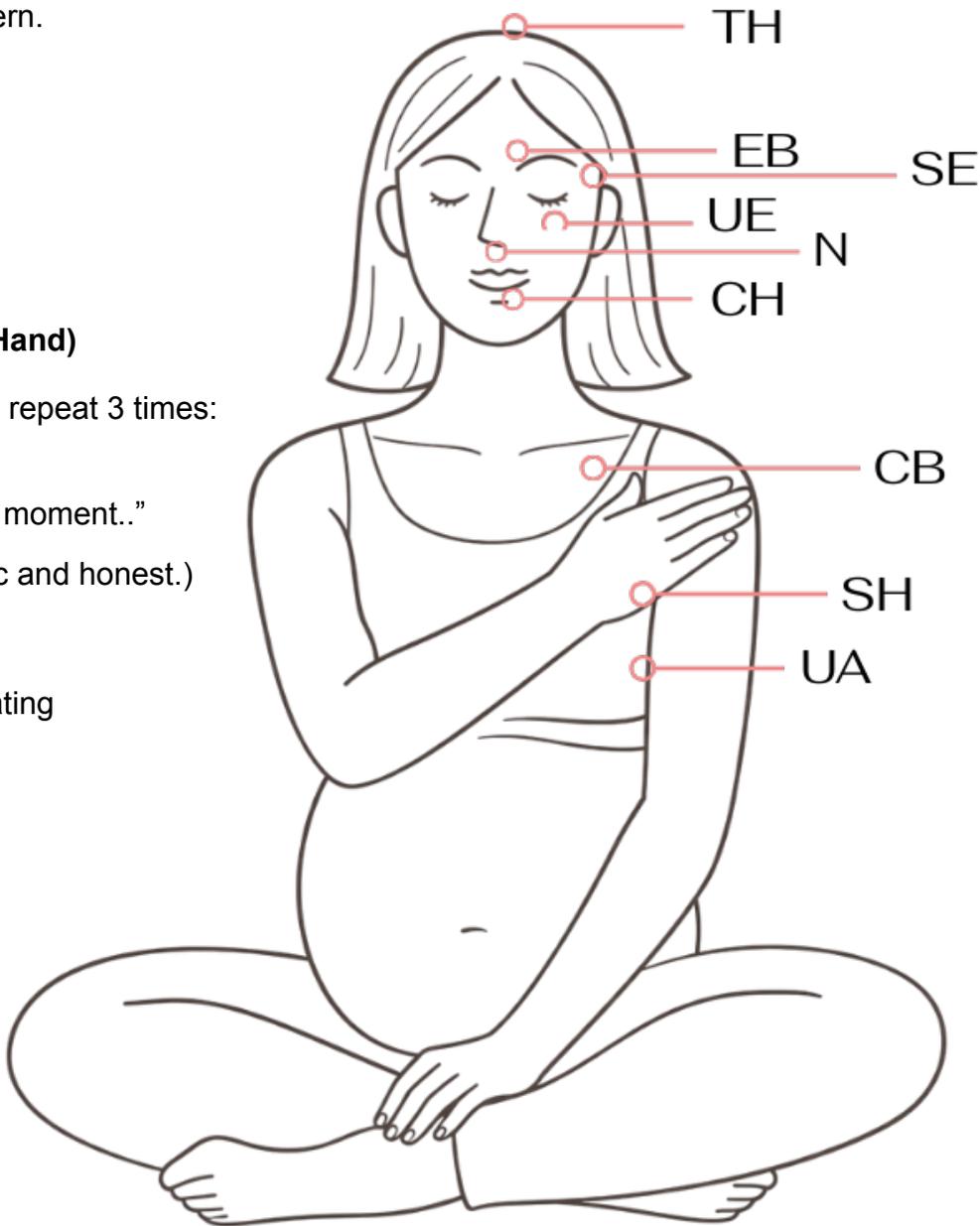
Important Notes for Doula Practice

EFT is used for emotional regulation, not treatment.

Always obtain consent before guiding a client.

Clients may pause or stop at any time.

Refer when concerns exceed doula scope.



Tapping Points:

Side of Hand (SH)

Top of Head (TH)

Eyebrow (EB)

Side of Eye (SE)

Under Eye (UE)

Under Nose (N)

Chin (CH)

Collarbone (CB)

Under Arm (UA)