

# Journal of Cancer Research Forecast

## Emotional Freedom Technique in Cancer Patients

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### Short Communication

Looking across the world, it is seen that complementary treatment types have increased and preferred by people. According to the researches carried out in the United States, it has been determined that one out of every three people undergo complementary treatment. According to complementary medicine, the individual is a psycho, socio, bio and spiritual whole. Accordingly, the individual acknowledges that there are constantly interactive changes in and around him. In complementary medicine, they use healing techniques from nature or from past to present. While some of these are methods taken from nature, some of them are techniques that have been studied for many years and carry the wisdom and accumulation of ancient cultures. These therapies are used in addition to the treatment of the person, not as an alternative but as a unifying method. Emotional Freedom Technique (EFT), phytotherapy, aromatherapy, acupuncture, chiropractic, naturopathy etc. are the methods used in this technique [1-3].

Emotional Freedom Techniques is used today by many people, doctors and therapists to provide psychological support and counseling. This practice, which was discovered in the 1980s based on Chinese medicine, accepts one's mind and body structure as a whole. EFT is an emotion-oriented therapy technique. Emotions are, in a way, life energy. Life energy at different frequencies makes people feel different. For example; fear feels low frequency, and enthusiasm feels high frequency. While a person full of fears feels exhausted and uncomfortable due to low energy emotions; an enthusiastic person feels alive, creative and energetic. If emotions are not expressed, it creates energy blockages in the body. What makes life alive is that emotions flow. In a person whose emotions are clogged, these unexpressed emotions cause physical and mental discomfort. EFT touches on events and situations that cause disruption in one's emotional world. EFT application is basically performed by lightly tapping the acupuncture points of the individual's body with fingertips. Before starting EFT application, a suitable instruction is given for any emotion (anger, anxiety, etc.), problem (phobias, etc.) or if a negative situation (traces of negative experiences in the past, etc.) will be worked on [1,2]. EFT is a scientific method that is used in many subjects such as anxiety, fears, phobias, traumas, pains, mourning, anger, guilt, and improving performance (business, career, sales, sports...) and relations. In recent studies on EFT, it has been reported that this method provides positive results in many problems such as anxiety problems, depression, phobias, test anxiety, interpersonal sensitivity, post-traumatic stress disorder, insomnia, nightmares and overstimulation [3-7].

The fact that EFT is good for physical and psychological disorders and is a complementary method in this area has brought its use to cancer patients. However, there is no study in the literature on this subject yet. When the above studies are examined, EFT aims to manage the difficulties of the individual's cancer experience and to activate the feelings of having control over one's life. At the same time, psychological disorders such as depression, anxiety, fear, guilt, and insomnia in patients with EFT cancer provide physical relief without the need for medication. EFT improves self-criticism ability of people with cancer, allows them to abandon the search behavior and turn towards the fault. Thus, EFT is not problem oriented; gives solution-oriented perspective [7,8].

As a result, EFT is a derivative of energy psychotherapies. In this method, it helps to establish the balance between the mind and the body, the limiting thought that the individual has and the feeling that he is disturbed. There are no empowerment questionnaires approved for cancer patients in the literature. The scale should be developed for EFT to work on patients with cancer. Innovations and contributions to be made on these issues will enable EFT to become a social benefit, especially the benefit it provides to the individual.

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