

# Neural Facilitation Technique

Developed by Stephen Kaufman, DC, Neural Facilitation Technique is derived from the same ideas and clinical observations that led to the creation of Thought Field Therapy, Mental Field Therapy, Neuro Emotional Technique, and several other techniques that use acupuncture points and meridians to help treat anxiety, forms of depression, phobias, some cases of PTSD, chronic pain, moodiness, grief, and other negative emotions.

It has been demonstrated time and again by many scientists on many continents that activation of certain acupuncture points produces clinically significant increases in serotonin levels, endorphins, enkephalins, dopamine, and other brain chemicals that modify negative thoughts and even pain sensations. These chemicals help the body modify pain and negative emotions and help bring about remarkably quick and effective emotional relief and physical relief of pain that has emotional elements (Please see the PDFs for Tensomyositis Syndrome for more about this).

I advise you to look at the PDFs in this section of the website for Mental Field Therapy, Thought Field Therapy, Neuro Emotional Technique, and Eye Movement Integration. Ongoing bouts of anxiety, depression, and other negative emotional states diminish immune activity, increase sensitivity to pain, raise fatigue, provide a lack of motivation to get up and do the things necessary to get well (even to keep doctor's appointments, eat well, take supplements and medications, get exercise or physical therapy).

I have seen these techniques completely resolve long-standing conditions, improve healing after medical procedures, prevent side-effects of chemotherapy, restore deep, quality sleep, provide positive motivation for proper self-care, increase motivation for exercise, reduce cravings for unwanted and unhealthy trigger foods, eliminate avoidance of pleasurable and healthy social and professional activities, provide relief from pain when nothing else did, restore personal and professional self-confidence, eliminate childhood fears and nightmares, and more.

The techniques are employed in my office and are based upon both Oriental Medical diagnostic procedures and Western Psychological diagnostics. Simple acupuncture meridian treatments are developed based upon my assessment, and patients are asked to touch, rub, bend, or tap strategic acupuncture points and meridians while engaged in conversation about the issues at hand. Aspects of hypnotherapy may be used. Guided imagery may be used, as well. Sometimes, when one matter is resolved another matter surfaces. So, we deal with this. Then, the whole matter may be treated or another issue may surface. Treatment continues for the length of a single session or, perhaps, for three, four or five sessions, when matters are very complex. There are no needles used. No drugs. No long talk sessions. If follow-up sessions are requested, then they are scheduled. Often, if significant but not full results are achieved in the office, patients find that a day or two after treatment the matter does not matter so much. You are feeling better in a very subtle way.

Keep this information in mind when you read the other PDFs.