

I'd like to thank Tracy for this very moving account of what she has suffered since her husband's suicide seven years ago. Tapping has enabled her to begin to live her life again.

We met when she came on a course which I was running, where we did some Tapping in a group over a period of a few weeks. She then had a session with me which lasted no longer than about 25 minutes where we Tapped for the first time on the trauma which she had experienced. She now looks ten years younger than she did and is full of energy – totally revitalised now that she has let go of the grief.

'At the age of forty, my husband of 22 years committed suicide.

The shock of this event led to me having years of acute chronic depression and to suffer from post-traumatic stress syndrome.

Approaching the one-year anniversary of his death, I was hospitalised for overwhelming grief.

The lack of treatment or one iota of compassion I received led me into a downward spiral. Now wary of doctors, I received two bouts of counselling from different sources. I found grief counselling useful to a point, but found it too grueling and disturbing to continue. I had difficulty in opening up fully and after raking through painful emotions, I would isolate myself further. Panic attacks about going for more counselling stopped me going. The aftermath was too much for me to cope with. In the end it was too grueling and therefore unsuccessful.

I became isolated and things gradually worsened to the point where in desperation I went back to my GP and accepted an appointment for CBT. The catch - a waiting list at least a year long.

I found EFT on a self-confidence course through Yolande.

Over the weeks, I used EFT to calm myself when I shot awake in the morning. I didn't know how it worked but it did. I used it if I started to panic and it worked on that. I began to feel calmer and more sociable than before but still had unresolved problems relating to my husband's death.

A one-to-one session on this subject took my anxiety level down to 1 from 10 [out of 10], something I believed impossible. As I became surer that this wasn't a false dawn, it went down to 0.

In the session, as memories came, I found that the Tapping helped me to cope, as if it somehow released the massive surges of adrenalin which came with remembering. The images and the turmoil that I had taken home with me after 'normal' counselling stayed within the session.

Afterwards, I felt renewed and in touch with myself.

In the morning I had been anxious to the point of paralysis. That evening I celebrated by going on a motorbike ride I'd been putting off for a year - hitting 102 miles an hour! I hadn't been like that for twenty years.

I waited, expecting the effect to wear off but it hasn't.

The session freed me from the guilt, fear and despair of my husband's death. I am still amazed and feel I am now looking outwards again and I believe there may still be a place for me in this world. As I told Yolande, I wish I had found this treatment years ago - it would have helped my grief and saved me from years of terrible suffering.'

Tracy.