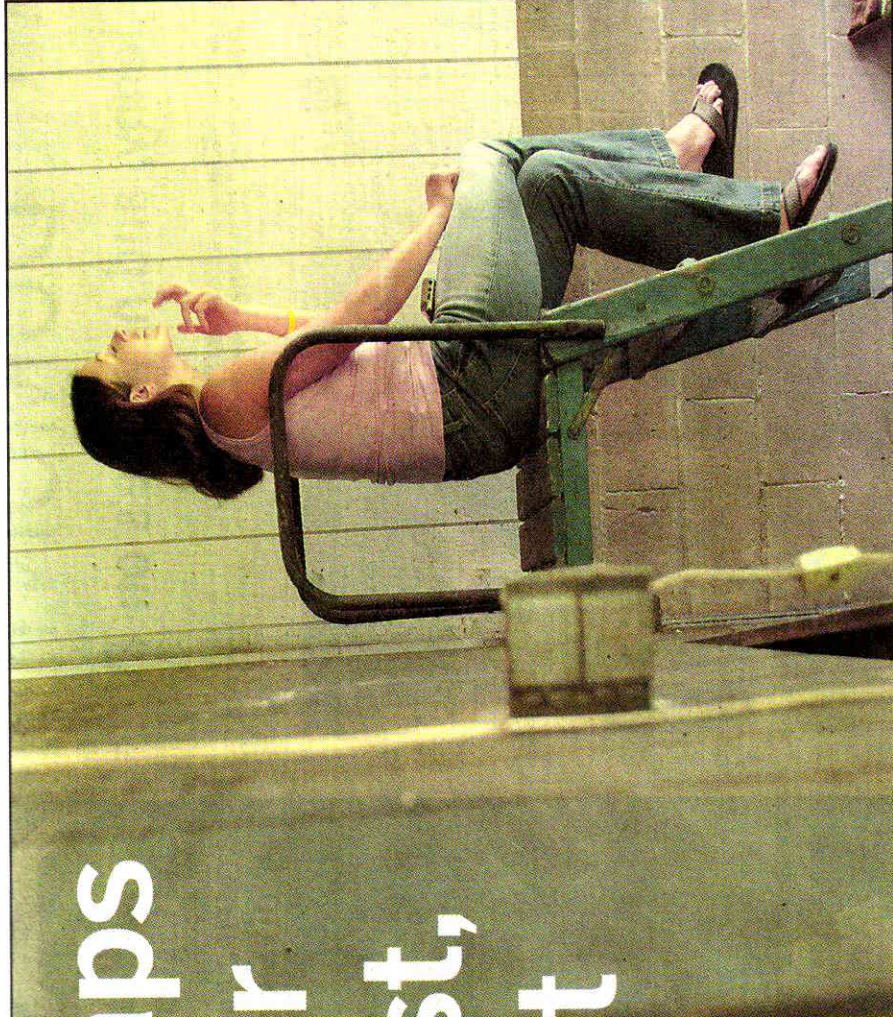


Pam taps into her deepest, darkest fear



Following the lead of Tom Porpiglia of Life Script Counseling Services, Pam Cowan uses Emotional Freedom Techniques.

Tries therapy that uses touch, the 'Happy Birthday' song

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My fear of dark, unfamiliar places hasn't kept me from driving at night, and it certainly hasn't kept me from camping. It has, however, prompted me to keep a flashlight handy and travel with a buddy in the woods.

Flashlights aren't heavy, so I never sought out someone to help me let go of them. Then I was contacted by Tom Porpiglia.

He uses Emotional Freedom Techniques to help people overcome everything from depression to phobias. EFT is similar to acupuncture, except without needles or a hands-on practitioner (see sidebar). Instead, you use your own fingertips to tap on "energy pathways" through-

out your body while saying a particular phrase. Mine was, more or less, "even though I have this fear of unknown dark places ... I deeply and completely accept myself."

Tom said those words first, then I repeated them and mimicked him by tapping my forehead, my eye, below my nose, my chin, my collarbone, my armpit, the side of my thumb, my fingers, the side of my hand and the top of my hand.

I thought it was a bit hokey, but I went with it. Then he told me to hum "Happy Birthday," with him, count to five and hum the song again. I put my reservations aside and continued.

Then we resumed reciting the phrase and, over the next 20 minutes, did a lot more tapping — something William Resides is familiar with.

"I had a dread of spiders because of my service in the Gulf — there were big ones there,"

said the 39-year-old city resident. Then he tried Tom's technique.

"Before we started the treatment, Tom asked me what I thought about spiders, and I said 'I hate them.' By the end I said, 'I don't know, there aren't any here.'" Not long afterward William was standing in his neighbor's garage and noticed a spider dangling by his head.

"Before I even thought about it, I grabbed the web and put the spider in the lawn."

While William can't say for sure that that was a result of the therapy, he says, "it did work in that one incident."

"I can't promise it wasn't my own mind helping me, but I walked away not being afraid of spiders," William said. "At this point, (Tom) has a vote of confidence in my book."

Who knows? But I plan to ditch the flashlight when I go camping next weekend. ♦

LIFE SCRIPT COUNSELING SERVICES

WHAT: Tom Porpiglia uses Emotional Freedom Techniques to help people overcome everything from trauma to addiction to depression to fears and phobias.

BACKGROUND: Tom has an advanced certificate of completion in EFT.

SESSIONS: By appointment.

COST: \$55 to \$150 per session. Sessions can be scheduled for 45 or 90 minutes.

DETAILS: Call 704-0376, or go to: www.lifescrptcounseling.com

WHAT IS EFT?

■ A controversial psychotherapeutic tool that claims to relieve psychological conditions, including depression, addictions and phobias.

■ The basic technique involves thinking of a disturbing memory or emotion while simultaneously using your fingers to tap on a series of 12 specific points on the body that correspond to meridians used in Chinese medicine.

■ The theory behind this technique is that negative emotions are caused by disturbances in the body's energy field, and that tapping on the meridians while thinking of a negative emotion alters the energy field, restoring it to balance.

— www.wikipedia.com

For additional information, go to: www.emofree.com