

## *What is PTT – The Picture Tapping Technique?*

The Picture Tapping Technique is an add-on to the Emotional Freedom Technique. It is a fusion between Art Therapy and Energy Psychology that brings impressive resolution of clients' issues rapidly and painlessly.

The Picture Tapping Technique is a way of using EFT along with the power of metaphor and the imagination, to release problems in a painless and indirect way.

Because the Picture Tapping Technique uses metaphor and symbols it allows disclosures that are difficult to express either verbally or by using other modalities.

The Picture Tapping Technique is particularly useful where the problem is very non-specific or "Global" in nature. When used on these types of problems, it will often find the underlying core-events, or it will deal with the underlying core events without the need to bring them into consciousness.

In PTT the pictures are hand drawn by the client. The use of hand drawings allows direct access to the subconscious - where all issues are stored and their healing takes place. The pictures are not evaluated or discussed or interpreted in any way. The Practitioner does not have to be aware of what the issue is for the client.

Children of all ages love to use this technique because drawing is something that anyone can do, and it means they don't have to verbalize their problems. This is particularly useful when the issue is embarrassing or taboo.

### **For More Information:**

Dr. Marianne Reiff has trained with Phillip Davis, the EFT Master Trainer who originated PTT.

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[Picture Tapping Home](#) – Phillip Davis

“Picture Tapping in Action” You Tube: <https://youtu.be/ZxTBdb5XVNY>