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One of Non-pharmacological methods in pregnancy and childbirth: Emotional Freedom Technique

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Emotional Freedom Technique (EFT) is an acupressure method and is a psychotherapy technique that is used to heal negative emotions such as sadness, anger, anxiety, and envisions pressing the meridian crossing points of the organs responsible for negative emotions. The person makes a match by selecting a memory or event that negatively affects him (as in exposure therapy), expressing the existence of this problem and self-acceptance (as in cognitive behavioral therapy). Imaginary exposure paired with tactile stimulation of acupuncture points reduces midbrain hyperarousal and counterconditions anxiety and traumatic memories. It is also referred to as "needle-free acupuncture" or "an emotional form of acupressure" because it does not require invasive intervention and uses acupuncture meridians. Although pregnancy and childbirth are natural processes, some women fear childbirth for some reason. EFT is an effective method that can be used safely to reduce the time spent in labor and to help the pregnant woman get rid of the pain of contractions during labor and delivery and to reduce the time spent in labor. It can also help reduce the stress and anxiety experienced during pregnancy. It is a very effective method that can be used safely in the amygdala. In response to the stress response in the person, the amygdala and other cerebral parts that respond to stress are activated. EFT, on the other hand, acts on the amygdala to respond to stress. organizes them. As a result, EFT, which can be used in many negative emotions, can be safely applied during pregnancy and childbirth.

Biography

She completed her undergraduate and graduate studies at İnönü University. She worked as a midwife for a while, then she started to work as a Research Assistant at the Faculty of Health Sciences of İnönü University. Esra Karataş Okyay, who continues her doctoral education has articles on pregnancy, childbirth and women's health and presentations in congresses. She has attended various courses related to her field. She has memberships in professional organizations related to its field.

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