

Tapping Solution App

RELEASE STRESS & FIND BALANCE



Media Kit

2022

thetappingsolutionapp.com

What is Tapping?

Tapping, also known as EFT (Emotional Freedom Technique), is a powerful stress relief technique. Tapping is based on the combined principles of ancient Chinese acupressure and modern psychology.

The basic Tapping technique requires you to focus on a negative emotion at hand - a fear, a worry, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, you use your fingertips to tap 5-7 times on 9 specific meridian points of the body.



Click on the video to watch a 2 minute reel about Tapping

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The Tapping Solution's Mission

is to help you release stress with the power that lies at your fingertips, quite literally.



The only meditation app that incorporates EFT Tapping and the ability to measure the intensity before and after the Tapping Meditation, you can track your results in real time.



thetappingsolutionapp.com

12 Million+

TAPPING
MEDITATIONS
HAVE BEEN
PLAYED ON
THE APP

130+

COUNTRIES
HAVE
DOWNLOADED
THE APP



4.8

STAR
AVERAGE
RATING

170,000

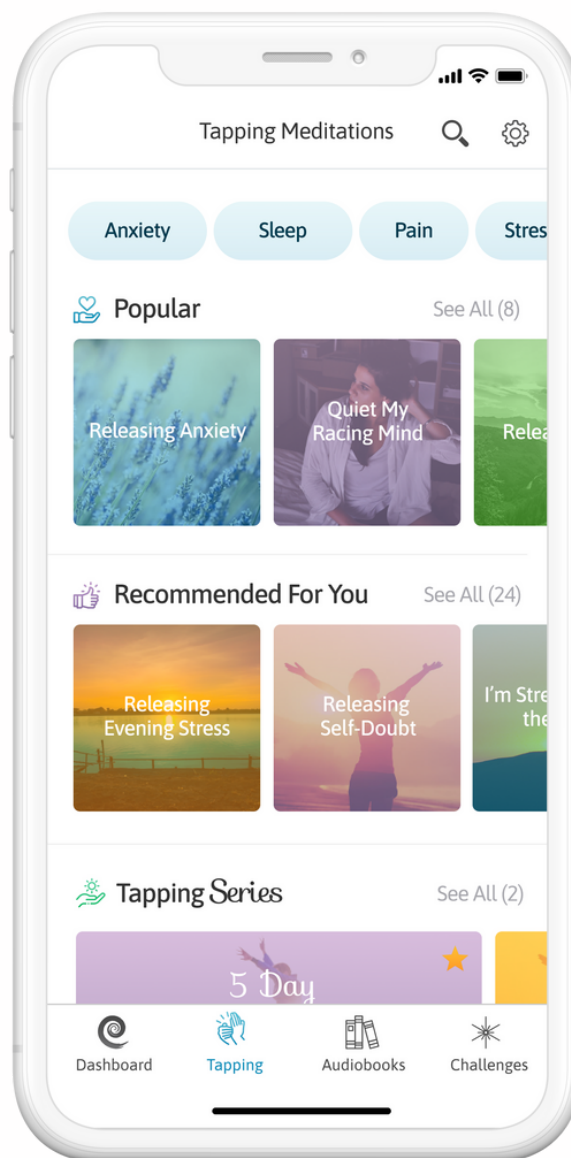
MONTHLY
USERS



Discover Guided Tapping Meditations

CATEGORIES:

Emotional Freedom
Extended Sessions
Fears and Phobias
Heal Your Body
"I'm Stressed About..."
Instant Boosts
"Motivate Me To..."
Pain Relief
Pregnancy & Early Motherhood
Relationships
Sleep Support
Turn Your Day Around
Wealth & Abundance
Weight Loss & Body Confidence



Start seeing results today with hundreds of meditations in our library to bring relief to numerous stress related challenges.

**In under 10 minutes you can reduce
stress and anxiety by half**



Releasing Anxiety

PLAYS

1,031,423

LENGTH

9:17

41%

AVG. REDUCTION
IN INTENSITY

Quiet My Racing Mind

PLAYS

525,191

LENGTH

9:54

47%

AVG. REDUCTION
IN INTENSITY



Motivate Me to Have a Productive Day

PLAYS

313,011

LENGTH

7:51

47%

AVG. REDUCTION
IN INTENSITY



Instant Boost of Happiness

PLAYS

311,391

LENGTH

6:15

51%

AVG. REDUCTION
IN INTENSITY



* Stats are accurate as of June 2022



How the App works

- Download The Tapping Solution app for free from the Apple App Store or Google Play Store
- You can learn how to tap right away with an introduction to Tapping Basics, as well as free Tapping Meditations, including our most popular, Releasing Anxiety Tapping Meditation
- With a free membership you can also customize your experience by changing your Tapping avatar, choose your tapping background, set the music volume, and schedule tapping reminders for yourself
- To unlock additional content, paid subscription options are available, which offer over 150 Tapping meditations

About the Founders



THE ORTNER FAMILY

The Tapping Solution app was created by siblings Nick, Alex and Jessica Ortner. With 6 books published between them, they are passionate about making Tapping easy and accessible for all.

Since 2008 they have been pioneers in the field of EFT Tapping. Their yearly online event, The Tapping World Summit, has been attended by over a million people from around the world.

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What experts are saying:



"In my role as a United States Congressman, I'm constantly on the lookout for new and innovative methods that can change our country and help my constituents. EFT Tapping is one of those methods that I believe holds great promise and I highly recommend it be further researched, explored and used."

TIM RYAN,
United States Congressman (Ohio)

"Tapping is a powerful tool I use in my personal and professional work."

DR. IYANLA VANZANT,
Host; Iyanla Fix My Life, (OWN)
Author, Get Over It



"It's crucial that we teach our children that it's okay to have big feelings. Tapping is a wonderful tool to help them express themselves and find relief from anxiety. The Tapping Solutions App is a great resource for children and parents."

DR. SHEFALI



"Tapping is one of the most directed and powerful ways to peel those layers away of chronic stress."

DR. MARK HYMAN,
New York Times best-selling author

"I use Tapping on a regular basis and have personally benefited from this powerful method. It's one of the most important practices in my healing arsenal."

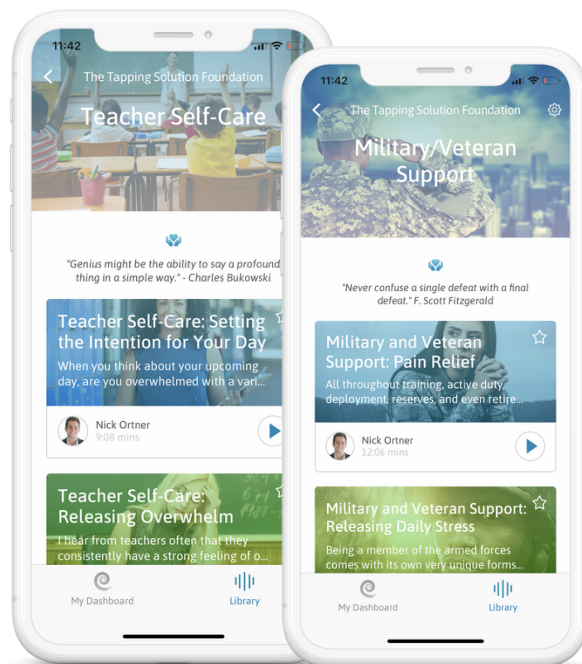
KRIS CARR,
New York Times best-selling author





The Tapping Solution Foundation

ALL FREE, ALL THE TIME!



The Tapping Solution Foundation shares the healing effect of EFT Tapping to people of all ages around the world. We are currently focused on several key initiatives, like Tapping for Trauma Response in National Crises, Tapping for Stress Relief in the classroom, Tapping for Global

Relief Efforts and Tapping for War veterans.

Within the app, you'll find The Tapping Solution area where Teachers and Veterans can find Tapping Meditations specifically designed for their unique challenges

The Tapping Solution in the media

FEATURED ON...



The Tapping Solution for Pain Relief
Nick Ortner on Megyn Kelly TODAY
[WATCH THE CLIP](#)



The Tapping Solution for Weight Loss
Jessica Ortner on Fox News
[WATCH THE CLIP](#)



The Tapping Solution
Nick Ortner on The Dr. Oz Show
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The Tapping Solution
Nick Ortner on CBS News
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Psychology Today



allure

SHAPE

COSMOPOLITAN

Contact Us!



LET'S WORK TOGETHER!



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alexortner.ts](https://www.instagram.com/alexortner.ts)

Over 75 million video views on YouTube and Facebook



The Tapping Solution App Scientific Advisory Board

The Tapping Solution App is based on solid science. The form of tapping we use is called Clinical EFT. It's an "evidence-based" method that has been validated in over 100 clinical trials. If you'd like to find out more about this research, you can see a current list of studies at Research.EFTuniverse.com. The Tapping Solution App has been evaluated in a scientific study and found to produce statistically significant reductions in anxiety and stress. The app developers consult regularly with the scientific advisory board members below.



MELANIE A. GOLD, DO, DABMA, DMQ, FAAP
COLUMBIA UNIVERSITY MEDICAL CENTER

Professor of Pediatrics and of Population and Family Health, CUMC Medical Director, School Based Health Centers, NY Presbyterian Hospital Columbia University Medical Center. Over the past three decades, Dr. Gold has enhanced her patients' access to integrative medicine by developing and expanding her skills in osteopathic manipulation, hypnotherapy, Reiki, medical acupuncture, aromatherapy, mindfulness, Iyengar yoga, Ayurvedic Medicine and Transcendental Meditation. She is board certified by American Board of Medical Acupuncture since 2014. She completed a Doctorate in Medical Qi Gong in January 2017. She is a Reiki Master since 2008. She has been gradually expanding the use of integrative health care modalities in the school based health centers (SBHCs) at the New York Presbyterian Hospital by adding aromatherapy, acupressure, mindfulness and self-hypnosis to the range of services offered by the SBHC staff. She completed the Foundations in Integrative Health Course, a 45-hour online course sponsored by the University of Arizona College of Integrative Medicine and the National Center for Integrative Primary Healthcare (NCIPH).



DAVID FEINSTEIN, PHD

David is a clinical psychologist and a pioneer in developing innovative therapeutic approaches, leading to nine national awards for his books on consciousness and healing. He and his wife, Donna Eden, have built the world's largest and most vibrant organization teaching energy medicine. Their latest award-winning book, *The Energies of Love*, achieved best-seller status on the NY Times Relationship List. David has served on the faculties of The Johns Hopkins University School of Medicine, Antioch College, and the California School of Professional Psychology.

David received the 2002 "Outstanding Contribution" Award from the Association for Comprehensive Energy Psychology (and again in 2012), the U.S. Book News Award for the Best Psychology/Mental Health Book of 2007, the 2015 "Outstanding Leadership" Award from the Canadian Association for Integrative and Energy Therapies, and the Infinity Foundation's 2013 "Spirit Award" (with Donna) for their contribution to "the evolution of consciousness" and its "impact on society." A licensed psychologist (Oregon), he has contributed more than 100 articles to the professional literature.



KIM D'ERAMO, D.O.

Dr. Kim D'Eramo is a physician, bestselling author of *The MindBody Toolkit*, and founder of The American Institution of MindBody Medicine. She completed residency at Emory University in Atlanta, received board-certification in Emergency Medicine, and completed a fellowship in Osteopathic Medicine. After healing herself from a chronic illness using MindBody Medicine, she has empowered thousands of patients to ignite their body's healing capacity and transform their health and life. Dr. D'Eramo assists clients all over the

world to incorporate MindBody Medicine for healing through online programs and live retreats. Receive your complimentary MindBody tools now at: DrKimD.com



LARRY BURK, MD, CEHP

Larry Burk, MD, CEHP, is holistic radiologist and dream tapping coach, trained in hypnosis, acupuncture and EFT. He was co-founder of Duke Integrative Medicine, a founding board member of the American Board of Scientific Medical Intuition and former board president of the Rhine Research Center. He is author of *Let Magic Happen: Adventures in Healing with a Holistic Radiologist* and *Dreams that Can Save Your Life: Early Warning Signs of Cancer and Other Diseases*. His many articles, video blogs and newsletters can be found at letmagichappen.com.



PETA STAPLETON, PHD, MAPS, MCCLP, MCHP

Dr Peta Stapleton has 20 years experience as a registered Clinical and Health Psychologist in the State of Queensland, Australia and has completed a Bachelor of Arts, Postgraduate Diploma of Professional Psychology and Doctor of Philosophy. She is a member of the APS Clinical College and Health College.

Peta clinically specialises in Eating Disorders; Obesity; Binge Eating Disorder; Food Cravings; women's health; adolescence; lap-band (bariatric) surgery; Complementary and alternative medicine/integrative medicine; energy psychology; and health psychology. She is active in researching the effectiveness of energy psychology techniques for food cravings.

Peta has been awarded many honours including the Australian Psychological Society Elaine Dignan Award

for research into women's issues, and the 2014 Harvey Baker Award for excellence in Energy Medicine Research. She has served as the President of the Eating Disorders Association of Queensland numerous times and is a certified practitioner of Neuro Linguistic Programming, Timeline Therapy and the Emotional Freedom Technique. Peta is the founder of the Gold Coast Eating Disorders Association Inc., and facilitated the support groups for 8 years. Prior to her position at Bond University, Peta spent 14 years as an academic for Griffith University.



DAWSON CHURCH, PHD

Dawson is an award-winning author and researcher who has edited and written a number of books in the fields of health, psychology, and spirituality. His best-selling book *The Genie in Your Genes* has been hailed by reviewers as a breakthrough in our understanding of the link between emotions and genetics. Earning his doctorate in Integrative Healthcare and postgraduate Ph.D. in Natural Medicine, Dawson founded the National Institute for Integrative Healthcare, a leading-edge 501(c)(3) nonprofit institution dedicated to education and research on evidence-based healing modalities. His groundbreaking research has been published in prestigious scientific peer-reviewed journals. He is the editor of the professional journal *Energy Psychology* and a blogger for the Huffington Post. His website, *EFT Universe*, is one of the largest alternative medicine resources on the web, through which he provides EFT learning opportunities, training, certifications, and a host of articles supporting the effectiveness and advancement of Tapping.