

Practice

Energy Psychology, EFT and Baseball

By Mary Hammond MA, LPC, D CEP
with Greg Warburton MA, LPC

Greg Warburton and I went to lunch at my favorite local deli to celebrate his new fame, (one of his EFT protégés got “caught” on national television tapping in the dugout between innings of the games he was pitching) and the Oregon State University Beavers winning the college world series for the second year in a row.

Greg caught me up on his life working for the past 20-plus years as a mental health counselor. A couple of years ago he started his own counseling/consulting business, Inner Liberty, Inc. and now has a private mental health counseling/consulting practice including a contract with a child abuse clinic.

It turned out that Dan Spencer, the OSU baseball pitching coach worked out at the same gym in Corvallis that Greg does and over the years they became friends. Greg showed Dan EFT. The soft-spoken and enthusiastic Greg said, “Because Coach Spencer trusted me, he agreed to my working with some of the team members using EFT and other energy psychology techniques.” Greg introduced energy-based techniques to the pitchers and catchers one time only during mid-season 2006, teaching them EFT, heart-center tapping, the hook up, three thumps, and the cross crawl.

Greg followed the athletic performance of a few of the players who used EFT with great success for the remainder of the 2006 season including Kevin Gunderson, the all-star closer for OSU, who said he used EFT by tapping in his hotel room prior to each game at the college world series. Kevin pitched with great success in several of the

games during which the Oregon State Beavers won six straight elimination games to win their first college World Series championship; Kevin threw the last pitch of the championship game. Kevin also told Greg that year that he taught EFT to their star center fielder who had missed several games earlier in the season with a hamstring injury, adding that “We got 9 innings out of him every game after that”, after they started tapping in the locker room prior to game time.

After the successful introduction of energy-based techniques during the 2006 season, Coach Spencer thanked Greg and said, “Let’s make this a regular part of their routine starting with fall ball.” Greg then re-introduced the energy-based techniques to most of the pitchers and catchers, subsequently meeting with 3-6 players nine different times over the course of the 2007 season, for approximately thirty minutes each time. Coach Spencer joined a couple of sessions and participated in the tapping. The players tapped as a small group and worked on eliminating self-defeating behaviors and locking in positive performances. The pitchers all report that EFT and/or other of the energy psychology techniques that they were taught helped with their game-time performances. They all developed their own pregame preparation that included the energy-based techniques.

One pitcher, Blake, reported that he also used the techniques to help himself academically. He said that he had always had difficulties sustaining his mental focus during morning classes. He reported using the hook up and EFT tapping to sustain his mental focus using the set up phrase “think thoroughly and stay focused.”

Greg beamed as he pondered the future with his work, and gave me a copy of the Oregonian article and also an article from the New York Times that men-

tioned the pitcher, Jorge, tapping during the college world series. Jorge then



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