

Newton Chamber guests free their emotions

Expert shares stress-relieving tips

LAFAYETTE — EFT, shorthand for “Emotional Freedom Technique,” was the decidedly non-traditional dinner subject at Wednesday’s meeting of the Greater Newton Chamber of Commerce.

In lieu of typical business discussions, high-profile attendees such as Surrogate Gary Chiusano, Freeholder Dennis Mudrick and others were treated to a spirited presentation by Debra Hollinrake, a “certified EFT and life activation practitioner” at The Tree of Health Center.

For approximately 20 minutes, Hollinrake led the group in a spirited interactive performance consisting of EFT “tap-

ping points,” with the ultimate aim of reducing stress.

Tapping points, for those not in the know, consist of “face points” — from top of head and eyebrow, to under nose and chin — to “body points,” such as the collar bone.

Hollinrake moved through the room, encouraging stragglers to join in the fun.

There was a reference to the “karate-chop point on non-dominant hand.”

Then Hollinrake sat down, for a well-deserved dinner break.

Founded in June 2012 by Linda Mitchell, the Tree of Health Center, located at 55 Newton Sparta Road, is among the region’s newer businesses.



Photo by Daniel Freel/New Jersey Herald

Debra Hollinrake, a motivational speaker and emotional freedom technique practitioner, center, dances around the room as a stress reliever during a Newton Chamber of Commerce dinner Wednesday at the Lafayette House.