

EFT SERVE



Working with children & teenagers



Rapport

- Meet them where they are at
- Creativity
- Flexibility
- Give them choice
- Match & mirror

Working with children

- Children who cannot verbalise, and are babies and toddlers (0-3)
- Children who can verbalise and pre-schoolers (3 - 5)
- Children who can verbalise and school years (5 – 9)
- Tweens (10 – 12)
- Early Teen (13 - 15)
- Teenagers (16 – 18)

Babies & Toddlers

- 0-3 months
 - Crying
 - Laughing
 - Smiling
- 4-6 months
 - Vowels
 - Ooh & Aah
 - Da Da & Ba Ba
 - Respond to people smiling and cooing
- 9 months
 - Understand basic words
 - Yes, No, Bye - bye
- 11-18 months
 - First words
 - 18 months – 20 words
- 2 years
 - Combine words
 - Daddy Big
 - Identify objects
- 3 years
 - Comprehension increases
 - Put it on the table
 - Colours
 - Descriptive concepts: big versus small

Babies & Toddlers & EFT Tapping

- Connect with the feelings
- Surrogate tapping
- Tap on them gently

Preschoolers (3-5)

- Structure
- Enough sleep
- Food intake
- Help with emotions
- Empathetic limits
 - No punishment
 - Want what they want & do not want disapproval
 - Empathise with their emotions
- Floor time
- To be heard (Why?)
- Downtime
- School
 - Home after lunch
 - Feel at home in school

Pre-schoolers (3-5)

- Sleep
- Food
- Rules
- Group

Pre-schoolers (5-9)

- Stay connected, but not too much
- Family rituals
- Problem solving and negotiating
- Healthy food habits
- Limit electronics
- Express your feelings

Pre-schoolers & EFT Tapping (3-5)

- Express feelings
- Tell the story
- Tappy Bear
- Happy handshake
- Creative measurement

Tweens (10-12)

- Stay connected
- Rebelliousness versus independence
- Repair versus punishment
- Hormones
 - Mood swings
 - Distractibility
 - Competitiveness
 - Pre-occupation with sex
 - Full blown tantrum
 - Yelling (Drop dead!)
 - Scared
 - Peer pressure
- Anxiety & dependency
- Peer pressure
- Attitudes about men, women & sexuality
- Developing confidence

Tweens (10 – 12)

- Get yourself out of the way
- Admire their courage
- Stay in the here and now
- Creativity
- Keep it simple
 - I am a good boy
 - I am a good girl
 - Daddy loves me
 - Mommy loves me

Early Teens (13 – 15)

- Check in daily
- Be there after school
- Space for communication
- Exam anxiety
- Eating problems
- Fear of the dark
- Bullying
- Parents' divorce
- Moving home/school

Early Teens (13 – 15)

- Weird technique
- Be vulnerable
- Be real & honest

Teenagers (15 – 18)

- Exams
- Peer pressure
- Fears
- Life decisions

EFT SERVE

- ~~23rd January 2021 – Freedom from Limits~~
- ~~20th February 2021 – Working with Physical Pain~~
- ~~20 March 2021 – Emotional Eating & Cravings~~
- ~~17th April 2021 – Freedom from Fear & Phobias~~
- ~~15th May 2021 – Personal Peace Procedure~~
- 19th June 2021 – Children & Teenagers
- 17th July 2021 – Surrogate Tapping
- 21st August 2021 – Low self esteem and confidence
- 18th September 2021
- 16th October 2021
- 20th November 2021
- 18th December 2021

Mark Your Calendar

- INNER CHILD MATRIX: 10-13th & 17-20th May 2021, 10-1pm & 4-7pm IST
- EFT ADVANCED PRACTITIONER (Level 3): 5-7th July & 12-14th July 2021, 10-1pm & 4-7pm IST
- EFT PRACTITIONER (Level 1&2): 23rd - 25th July & 30th July - 1st August, 6th - 8th August & 13th - 15th August 2021, 2:30pm - 6:30 pm IST Daily
- Assist/Resit: <https://bit.ly/AssistTeamInvitation>

Your EFT Serve Portal

<https://vitalitylivingcollege.info/eft-serve-community-portal/>

EFT Practitioner Training

