

EFT Foundational Training



Welcome Back

Where do you live?

What is important to you in life?

What are you passionate about?

What makes you uniquely unique?

Clearing Psychological Reversal

- Most people have PR over most issues
- Part of standard EFT protocol in the Set-up
- Quicker to clear PR than it is to test for it
- It can come and go in seconds
- The points to clear PR are:
 - Karate chop
 - Sore spot
 - Upper chest
 - Collar-bone

Abreaction

- A normal but intense reaction to a specific stimulus
- Likely when intense emotions are buried or repressed
- Stay calm and continue tapping with the client
- Tap under the eye, collar bone and under the arm
- Ask the client's permission to tap on them
- Hold the 9 Gamut after the tapping round on trauma
- Be there for your client and you can also say
 - “stay with me, stay with me..keep tapping..breathe..encourage and reassure”

Your Point

- Notice which point seems to have the most effect or seems to get results faster

At the time a person will say “I really felt it when I tapped THIS spot”

- You can use this point more often



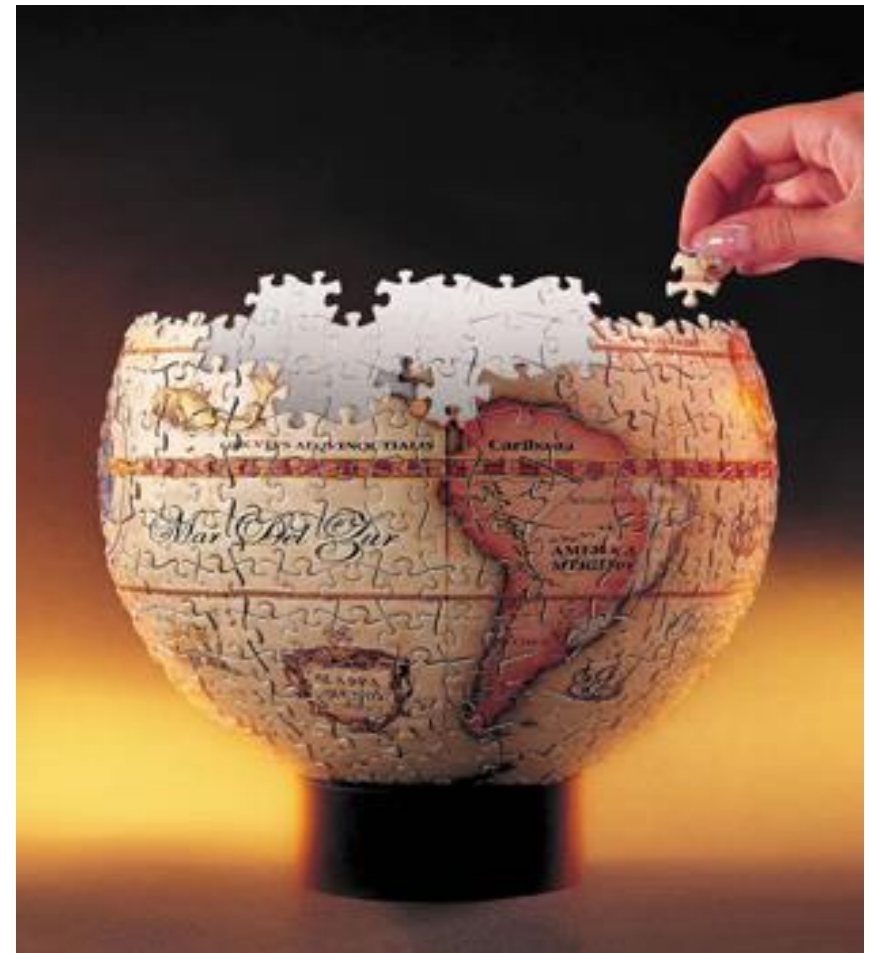
Touch and breathe

If the client has pain, physical discomfort or is embarrassed about tapping then TOUCH and BREATHE instead



Issues are like puzzles

- There are many pieces: **Be specific**
- Each piece may have several sides: **Aspects**
- Some are critical to putting the picture together: **Core issues**
- When some parts are put together the rest fall into place: **Generalizations**
- **Listen to your intuition and always check with the client**



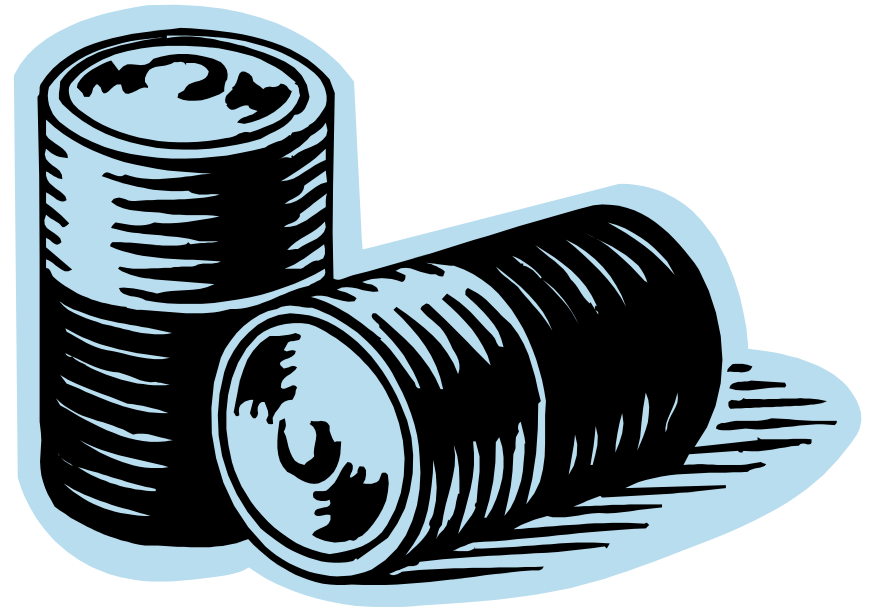
Shifting Aspects



- Naturally shifting
 - Related scene
 - Related memory
 - Related emotion
- Shift by asking questions
 - What does it remind you of?
 - When have you felt like that before?
- Notice links
- Notice core issue which underpin the presenting problem

Psychological Reversal

- Sub-conscious block
- Batteries in “backwards” or “sdrawkcab”
- May block EFT working
- May appear as resistance
- Common in cases of depression, addictions and chronic physical illness
- Correcting PR is in-built
 - Karate Chop
 - Sore Spot

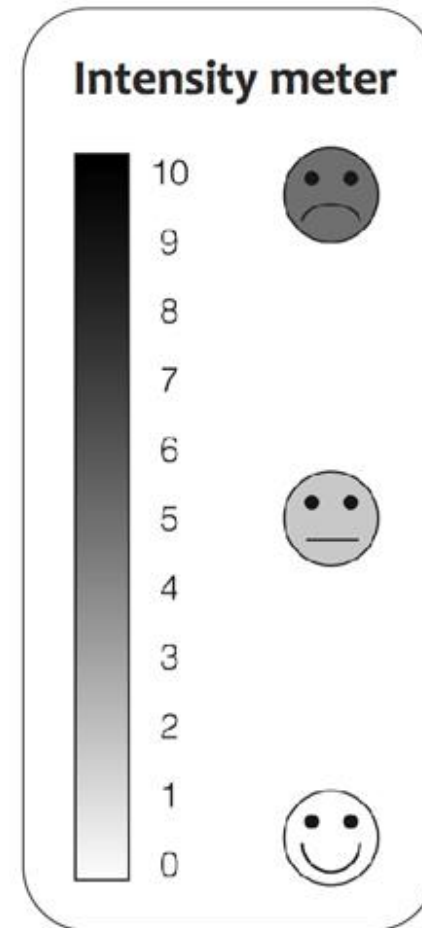


Simplified EFT

1. Become **aware** of the problem
 - Ask questions and get information by saying tell me more
 - Identify exact issue
2. Identify intensity or SUDs
3. Set up with specific words to **balance**
 - Karate chop, sore spot, upper chest
4. Reminder phrase to **clear**
 - Facial points, collar bone, under the arm & finger points
5. Karate chop to close sequence
6. Breathe and take a sip of water
7. Testing
 - Check for intensity, observe changes, cognitive shifts and aspects
 - What happened? What is the number at now? How do you feel about that issue now?
8. Repeat till intensity is low and the tap to close (Re-frames)
 - Even though I have this remaining problem...I love and accept myself
 - Even though this happened...THAT was THEN...this is now...I love and accept myself
 - Even though this happened...I WAS DOING THE BEST I COULD...I love and accept myself

Testing the results

- It can be done at the beginning or end of the session
- After every round of EFT
- Whenever there has been a switch or shift in aspect
- Testing methods
 - Subjective units of distress (SUDs)
 - Verbal and non-verbal signals
 - Tell the story again
 - Cognitive shifts



Persistence

Repeat	Repeat	Repeat
Repeat	Repeat	Repeat
Repeat	Repeat	Until Intensity is low

Borrowing Benefits

- Get everyone to identify a specific event or issue and give it a number
- Tap with one person on their specific issue or event and then test
- At times audience members may get emotional – recommend they tap on the triple point calmer
- Get the audience to test their numbers
- It is a cost-effective way of working



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