

EFT Mentoring & Supervision Questions & Answers 31st October 2020

Self-Assessment

- Where are you now in your personal and Professional EFT Development?
- Where is it that you want to be?
- Any areas you want to explore for yourself with EFT practice in mind?
- Are there any client cases you want to share?
- Are there any challenges being faced with clients and in your private practice? For example, following COVID safe procedures.
- Are there any client cases so brilliant where you said to yourself, for example, "Wow I did so great here." What did you do? What did you discover? What happened and why is that important for you?

Questions Explored

1. If asked by my client's medical or mental health practitioner, how do I inform my clients medical or mental doctor about EFT sessions?

So firstly, you are not required to inform the client's medical doctor or mental health practitioner about the contents of the sessions, which are confidential. Now the caveats to this are:

- If your client's ask you to share information with their medical or mental health professional.
- If you are in a managed care situation where you are in a coordinated situation with the client's medical and or mental health practitioners. Examples of this can include if you are the EFT Practitioner with a client in an integrated practice where you are part of the team which might include a mental health practitioner, a medical doctor and or any other professional support the client. Another example is being part of a client's treatment in an addiction or rehabilitation client. Now of course the client must give their consent. They can either agree or refuse. In some cases, informed consent is sought at the start of treatment.
- If it is required by law in either the country or a state, you practice in. Check your local laws.

- If the client consents to disclosure, you can send a letter to their medical or mental health professional. However, you cannot advise the client in any way on their medical diagnosis, treatment, or medical course of action, even if the client asks you for advice. In the event you are a medical practitioner & an EFT Practitioner you can provide medical advice, however, must do so while respecting their existing primary medical and mental health professionals. Keep the letter brief (medical doctors tend to be really busy and on average spend 7 minutes with a patient so be mindful) with information on (even though the client has given consent double-check with them that they are comfortable with what you are sharing):
 - Client name
 - Sessions Completed
 - Your name and qualification (credibility and reputation)
 - Presenting Problem (the reason the client came for the session)
 - Progress made
 - If relevant, any support needed
 - Clinical information about the treatment, <https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>
 - Your details providing the option or them to call you
 - If appropriate you can follow up with a phone call
- Assuming you have consent, it's the right thing to do with your client in mind.

From the code of conduct

14.14 Non-Interference with medications: If a client expresses doubts about their current medication, or reports side-effects or other issues that concern them and/or the practitioner, the practitioner should advise the client to discuss this with their qualified medical adviser and record that they have done so.

14.15 Diagnosis: Practitioners should never make a medical diagnosis unless they are qualified by other medical training to do so. Nor should they knowingly contradict a diagnosis or advice given by a client's qualified medical advisor.

Example of Letter

[ADDRESS OF YOUR PRACTICE]

[ADDRESS OF THE CLIENTS DOCTOR OR PRACTITIONER]

Date

Dear [Title & Name]

I am writing to inform you that your patient, [Patient Name and any reference numbers that the doctor will be familiar with] has completed [Number] of Emotional Therapy sessions with myself with a treatment named Emotional Freedom Techniques (EFT).

Enclosed is a signed release form from the client giving me permission to share this information with you.

My names is [Your Name] and I have been certified through Vitality Living College as an EFT Certified Practitioner to provide emotional therapy and coaching to clients.

The client came to see me for sessions to overcome [what they wanted to overcome] and to achieve [what they wanted]. During sessions we explored [briefly in one sentence]. At the end of the sessions completed so far, the outcome is [the outcome].

I will keep you informed of future treatments. For more information you can call me on [your number] and email me on [your email if].

EFT is proven to treat stress, post-traumatic stress disorder, fears, past trauma to feel lighter, happier and more relaxed. Here are the list of clinically documented papers, <https://vitalitylivingcollege.info/training-seminars/eft-training-course/what-is-eft/eft-clinical-study/>.

If need be I am happy to meet and share more about this technique.

In addition, from time to time I need to refer my clients to a medical doctor like yourself, so if you would like to explore this further please let me know.

Sincerely,

Your Signature

YOUR NAME

THERAPY INFORMATION RELEASE FORM

I authorise [EFT Certified Practitioners Name] to provide information from our therapy and coaching sessions to:

[Name of Medical or Mental Health Professional] at [Address of the Professional].

The purpose of this release is to

Signed

One of the additional benefits of getting in touch with their doctor is that you get to build a relationship with potential contact that you can send clients to. It also gives you an opportunity for that professional to explore if they want to refer clients to you.

In the case of Mridula Nair, who has a private practice in Bangalore, Redesigned Thinking, she approached the doctor, Dr Sudipto, and asked to partner together. Whenever a client comes in who might need medical or mental health diagnosis they are first seen by Dr Sudipto. He then decides the best possible care, which might be hospitalization, EFT alongside psychiatric or medical treatment, or straight away to begin with counselling, EFT, and Coaching.

So one thing you can do is find your local mental health and medical professionals and approach them. Primarily to have local professionals that you can refer your clients to. This will open the door to the medical or mental health professional becoming curious about what you do. At times they can invite you to come and give a talk in their practice and support their staff with emotional wellbeing or make their patients aware of emotional therapy as an adjunct to medical or mental health treatment.

2. Some of the clients who come to see me are terminally ill. I am not comfortable with it. What do I do?

It is completely ok to know your limits and boundaries of what you feel comfortable with and to stick to them. Let the client know in a manner that is supportive of them and truthful to you. Have an alternate Practitioner you can recommend them to. If you wish you can explore what is it that terminally ill clients bring up in you as part of a personal peace procedure.

From the code of conduct

7.2 Remain aware of their own limitations and wherever appropriate, be prepared to refer a client to another practitioner or coach (regardless of discipline) who might be expected to offer suitable therapy or coaching sessions. VLC Therapy & Coaching Professionals should give full consideration to the efficacy of therapy, including the manner in which their rapport with the client may affect such efficacy.

The practitioner or coach has the right to refuse or terminate any therapy or coaching sessions if it is a reasonable belief that it will not be, or continue to be, efficacious. In refusing or terminating therapy and or coaching sessions due care must be given to fully explaining the rationale for refusal or termination to the client in a manner that is truthful and yet respectful.

3. Every time my client comes back for a session, they come back and share that they feel stuck. What do I do?

So begin by reviewing the real reason the client came to see you. If being stuck is not one of the things, it is not so important to the client to explore it.

If this is the case then,

- Become aware of what the client is seeking from being stuck, for example, safety and protection.

- Explore with the client how they feel about being stuck and if they want to explore it and how is it connected to what was written in their intake form.

If the client has come to see you because of being stuck, then explore:

- Secondary gain
 - Explore the cost of stuckness and how it makes them feel.
 - Explore how your client's life will change for the better once they are free from being stuck.
 - The benefits of being stuck.
 - Ask what their life will be like when they can be free from being stuck and still benefit from it.
- Finally, ask yourself if your client coming back repeatedly and saying they are stuck, how it makes you feel. If you are triggered in any way explore the challenge with a professional practitioner, in buddy swap sessions, or as part of personal peace. If need be, you can tap on yourself before the session and you can surrogate tap before each session. The role play tapping taught in EFT Advanced Practitioner is a great technique to step into the world of the client and also empathize with your own situation and gain balance on how to move forward.

4. My client feels too clingy, what do I do?

So there are several different avenues to explore. For example,

- Explore with the client how they feel and whether they perceive themselves to be clingy.
- Explore how you feel about your client being clingy and what it brings up in you and tap on yourself, if need be. At times our clients can be mirrors for situations in our lives. Explore if there have been ever any instances when you might have either been too clingy or perceived that way and how it made you feel.
- Have an honest conversation with your client and explore if the sessions need to slow down. You can gradually stop sessions.
- Balance the need for kindness and support with empowering the client to build their own independence from their practitioner, for example for some clients the practitioner can be a lifeline and the only safe support they have.

- Consider referring them to another Practitioner or different therapists so that they are not solely reliant on you.

5. My client identifies me as a God-like mother figure, what do I do?

So this is known as transference. It is an unconscious projection of feelings, attitudes, and behaviour onto another person. A common form of this is *when the client forms an emotional attachment to the Practitioner*, may elevate a Practitioner to an idealized position (e.g. the role of a parent, partner, or object of sexual desire). These projections can be positive or negative.

In EFT, this is more likely to happen when the client views the Practitioner as the “healer” or Practitioners cast themselves in this role. For example, if you see yourself, as a “fixer”, a client is more likely to see themselves as the “broken” one in the interaction. When we work in a client-centered way and clearly communicate the self-empowerment of EFT, this is less likely to occur.

Indicators of a *client to Practitioner transference* include statements such as, “You are the only one I can turn to,” texts from the client after business hours, expensive gifts, a client frequently asking overly personal questions of the Practitioner, or a client asking to see the Practitioner socially (e.g. inviting them to a wedding, having a coffee date, requests to “friend” on Facebook).

When a client sees the Practitioner as a mother or God-like figure, just cross-check with the client’s spiritual beliefs. In certain cultures, clients might identify with others as God and have a belief in seeing God in others.

You can also explore with the client:

- The reason the identification with God-like or mother-like figures are so important.
- When they do that, what does it mean to them?
- Who else in their life represents this for them?
- What does this identification mean to them?
- By sharing this information with another person what does it give to them – as in do they have a deeper motivation, for example in their belief system it’s the highest compliment and a form of respect.

Ask yourself, what it brings up in you when it happens. If you feel triggered, then explore this with therapy. Consider role play tapping to enter the world of your client and to be able to empathize with your situation. Also ask yourself, what does this type of identification mean to you and what are your own judgments about it. Sometimes therapists can be against God like identification.

Empower the client so that they have the choice of what to do. If you feel uncomfortable, then have a conversation with your client about it and set the boundary.

6. What are the safe ways of working with the current client of COVID?

So above all follow the local procedures as per the local laws in the country where you practice. In India, in this link, you will find the government-approved information, <https://www.mohfw.gov.in> .

In some countries, face to face sessions for close contacts is being allowed. On the whole social distancing and wearing a mask are mandated. Cleaning the place before and after a client visit and washing the hands in soap and water. In the UK here are the close contact workers protocol, <https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/close-contact-services>

7. I have not found EFT to be as effective on myself and with my clients, how do I build an EFT practice?

So maybe first explore, what kind of results are you expecting. Secondly, explore what you feel when giving EFT sessions. If you notice fear arising or the need to get things right and not to fail, then these will interfere with your ability to give sessions. Figure out how to get yourself out of your way.

Thirdly, practice with yourself and with your clients. This is the best way to increase confidence. Each time you have a success, celebrate, and when you notice that inner voice that might want to put you down make a note of it for your next personal peace session.

8. I feel so fearful sometimes that it can accelerate into a panic. This can be the case when I am tired or overwhelmed. What can I do?

Here are some suggestions:

- Explore what it that you want is. Where are you now and where do you want to be?
- What is the role of the acceleration of fear into a panic?
- When does it arise? Can you give yourself choice at that moment?
- How can you support yourself when you feel tired or overwhelmed so as not to accelerate into a panic?
- What is your internal dialogue and belief system that is driving the behaviour? Explore the underlying beliefs that are keeping the patterns in place.

9. Every time I am triggered on the outside, I notice myself to withdraw. For example, my father recently had a health scare and instead of supporting, I just withdrew and froze. It has cost me my friends in my life who have walked away from me.

Here are some of the approaches you can take:

- Ask yourself what do you want?
- What is the withdrawal keeping you safe from?
- What is it that you really want in those moments?
- Explore one to one therapy with a professional or personal peace
- Ask yourself the cost and benefit of withdrawal as well as the fear of the situation changing (explore secondary gain)
- Explore if there are deep-rooted inner child beliefs that cause you to freeze

10. I feel very intimidated by clients who come to see me with trauma, depression, and anxiety. Even clients come to see me because they want to commit suicide. What do I do?

Here are some of the approaches you can take:

- Explore what's the cause of feeling intimidated?
- Explore what do you want?
- Explore personal therapy and give yourself choices

- Notice if there is any pattern of taking on self-responsibility and if there are any beliefs that trigger stress in these situations.