EFT Mentoring & Supervision Questions – Session 1 – 7th November 2020

Topic Covered: Client Case Study Format

- How to write up a case study?
- What are the case study guidelines?
- What are the do's and don'ts while writing up a case study?

Questions Explored

1. **When you write down the case studies does it have to be in the 1st person or 3rd person?**

   It doesn't matter whether it's written in the 1st person or 3rd person. The main thing is the assessor needs to be able to discern what you did and what made you decide on the chosen approach.

   At times there can be more than one valid approach. For example, if the client is feeling overwhelmed, you can either use the triple point calmer, or the 9 Gamut or start tapping for the client or asking the client to breathe. The most important thing is what made you decide the one you chose that maintains rapport with the clients and makes them feel safe and supported yet being able to release and let go.

   The important thing is how you fill in:
   - The background. Provides general background information about the client and might be the same for each case study for one client.
   - Presenting the problem. This is what the client has written in their intake form and as a result of your conversation with them.
   - Your assessment. This is your impression of what the client wants, free from judgement but evidence based. The assessment might need to be written for each session as new insights can emerge.
   - How you explained EFT to your client. This can include information on how you explained EFT, managing your client's expectations, pre-framing what is to be expected and letting them know that they are in control and can stop at any time. If you are introducing an EFT technique for the first time to the client, take the time to explain the

technique briefly. This is to make the client feel safe and supported. Some clients can get anxious and knowing the next steps can make them feel reassured and give them a choice to align on the approach or not. This is known as informed consent.

- The intervention performed which will be the largest part of the write up. Here you explain in detail what you did, the techniques used, the questions asked and how you kept the client safe and overcame any challenges faced. I am curious to know your perspective. What you did and the reason you did it? How you used the specific words and was able to judge when to introduce reframes and positive tapping versus working on bringing the SID's down.
- The overall outcome. While the focus is not on the result but rather the process you followed this is so that you are aware of where you started and where things ended.
- Future Planning. Brief notes on the plan for the next session. You have to judge whether to ask the client directly or make your own assessment. Sometimes the clients volunteer. The most important thing is you have a sense of what was completed in the session and what is left based on what the client wanted.
- Your learnings and reflections. In this section write what you did really well, what you could do even better and what were your overall learnings and reflections. I begin reading every case study in this section as I am curious to know what you learnt and what are your insights in terms of your development.

More: https://vitalitylivingcollege.info/eft-case-study-guidelines/

2. How do I fill in the assessment section?

In the assessment section, provide your overall impression and give the appropriate assessment. Explain how you reached your assessment, how the client's symptoms were presented.

Keep the assessment factual and evidence based versus based on judgement or prejudice.

Example of assessment are below:

Example 1: Client who came to address feeling lonely as a result of the demise of her mother.

When the client came for her first appointment, she was very calm. We talked for a while about her relationship with her mother and her father. I noted that GR had additional issues apart from the ones mentioned in her email. These included:

- Resentment that GR's father was so selfish about his loneliness and doesn't appear concerned with how much GR misses her mother
- Feelings of guilt that GR couldn't help her father
- A weight problem
- GR feels lonely even when she is with friends
- Low self-esteem

Example 2: Client came to resolve the knee pain

The client seemed quite healthy, but had knee pain, and seemed un-energetic in her body language. Her knee pain was bothering her.

Example 3: Client came to overcome past memories

When the client spoke of the incident; he spoke with clear dissociation as it was too painful for him. He knew he had to go through the process of releasing the trauma, but at the same time, was afraid of facing the pain, as he had been consumed by it many times earlier. To cover this vulnerable side of his personality, the client has developed an outward personality, which is extremely strong and tough.

3. Can we use the 9 Gamut Hold for Abreactions?

Yes, you can use the 9 Gamut hold, assuming it's supporting the client to calm down.

The recommended approaches to lower the intensity of Abreactions, overwhelm or high levels of stress that is causing the client to be in distress are:

- The Triple Point Calmer: tapping under the eye, collar bone and under the arm
- The 9 Gamut hold (holding for up to 3 minutes can clear a past cellular memory)
- Share with your client: "Imagine, I'm tapping down your spine"
- Say to the client, "Stay with me, stay with me, breathe, breathe."
- Ask the client to have a sip of water and breathe
- Tap on yourself for the client and you can ask them to keep tapping on themselves, giving them the option to say the words out loud or not.

Note: It is important to ensure you and your client are both safe.

4. What is the Validity of Cognition (VOC)?

The **Validity of Cognition** (VOC) scale is used in EFT to measure how true a limiting belief might be for the client and to test that limiting belief after the EFT tapping process.

Once the client shares the limiting belief ask them to, "*Say the belief out loud and ask yourself how true it is on a scale of 1 to 10, where 10 is true and 1 is not true at all."*

5. My practice session client said her SUD's was at 10. When I calibrated, she looked calm. So, is it okay to straight away start with tapping?

Yes, it is okay to start tapping straight away. Begin by tapping on what your client has told you or what she has written in her intake form. At times clients look calm, but not feel calm on the inside.

So you have to judge the best method that keeps your clients safe and supported. If unsure you can preframe, *"In case you start to feel an intensity level higher than 10 just let me know as we can use another technique to quickly make you feel calm."*
Also, you can ask the client and let them know what you notice, *"So I noticed you shared that the level of intensity is 10/10 and yet you seem visibly calm. Can you share a bit more, what are you really feeling?"*

6. **I feel I'm still a little confused about the questions to ask and the technique.**

   Here are a couple of resources that might support you to have clarity.

   - Read the information in the manuals and slides from the training: https://vitalitylivingcollege.info/community-resource/eft-level-2-grads/
   - Watch the EFT Training videos on the Portal and complete the self-help worksheets which are written for each of the techniques, https://vitality-living-college.mykajabi.com/login
   - Read the definitions of EFT here, https://vitalitylivingcollege.info/the-eft-definition-of-terms/
   - Ask your questions to clarify your confusion on the group
   - Explore if there is an internal dialogue or limiting belief that needs clearing
   - Attend the EFT Swap Meets where you get an idea of how to work with a client in reality

   Also bear in mind it can take time to fully understand everything and that is part of the process.

7. **When do I use Argument Tapping in the Tapping sequence – in the middle or end?**

   With the limiting beliefs protocol, argument tapping is best to use when the VOC for the limiting belief has come down or the client has made a cognitive shift. This is usually ¾ into the limiting beliefs protocol when any past memories associated with the limiting belief have been resolved. For the Limiting Beliefs protocol, it is necessary to use Argument Tapping every time.

   You can also use argument tapping in general. The main thing is to use it only when the SUDs have come down and not as a replacement for exploring the root cause or past events. For argument tapping to be effective the deeper underlying root causes need to be addressed first. If the root cause is not explored, then argument tapping can become a temporary fix.

8. **When your client does not want to speak out loud, what do you do?**

So the most important thing is what the client wants. If there is an opening, you can explain how when the words are spoken out loud it releases from the nervous system.
Give them the reasons why it's great to take it out.
A. You can tell your client for example, "From my training and experience: It's best to get it out of your body or your nervous system/neural pathways."
B. Give them creative ways:
1. "If you're worried, I'm listening: You could mute yourself." Or *"whisper it to yourself"* (Sneaking up)
2. *"What part of it do you prefer to keep private and would you be willing to share the ones you're okay with?"*
3. "Could you share the feeling while NOT having to possibly share the story out loud?" Tap Tap.
You could reassure them and nudge them to share.

Note: A client always gets to decide at the end of the day, nudge in different and every way possible. And share the truth of what the client chose and the ways of your approach in your case studies.

9. **I get that speaking out loud is a good form of expression. Is writing a good form of expression instead of saying it out loud?**

So of course, writing is a good form of expression, but not the best in terms of expelling information out from the nervous system as the words we use are connected to the nervous system.

The safer your clients feel the more they are likely to share and express. Focus on creating a space where everything is welcome.

If writing is a good place to begin, then begin there. But to really get it out of the nervous system, speaking out loud works best. You have to judge based on calibrating your client whether to nudge your client or let it be.

10. How you spoke about the movie technique. There have been times when I have switched from one technique to another without completing it. Is that okay?

Yes, it is completely okay to switch from one technique to another as long as you are in rapport and at pace with your client. At times some techniques just do not work for the client so you have to switch.

11. Do I need to submit a one-hour video for EFT Practitioner and another one for EFT Advanced Practitioner to be certified in both?

Yes, submit your best session via video using the skills for which you are submitting your case study.

12. Is it ok if the client does not have time to fill in an intake form if it is just for one session?

So if the client does not have time to fill it in, then that might not be the best client to take on. The intake form does not have to take long to fill in. It can take as little as 2 – 5minutes. You can pre-frame this with the client.

Plus, you are giving an hour of your time to the client and what you have to offer them is so valuable so just check in with yourself what feels right for you.
If need be you can use the WhatsApp intake form instead. This is sometimes preferable for busy clients.

Here are some of the reasons why getting an intake form filled in is important:

- First and foremost, the intake form provides clarity on what your client wants: where they are right now and where your help might be needed. This clarity manages expectations.
- Next, you are able to discern whether the client is right for you and that you are able to meet the requirements of the client. This keeps you and the client safe.
- Finally to get informed consent and let them know about confidentiality, data protection and record keeping. If the client does not sign the record keeping informed consent you cannot use it as a

case study. It protects you as the client has to sign the intake form as a means of informed consent.

13. For EFT Practitioner case study, clients do 50 practice sessions of EFT Level 1 & 2 skills. In certain sessions Inner Child Matrix might be needed. How do you stop yourself from using Inner Child Matrix on them?

So of course, if you need Inner Child Matrix you can perform it as a small part of the session. This is known as being kind to your client. Once completed go back to Classical EFT.

That having said it is possible to conduct the whole session with Classical EFT. It might take longer and yet completely possible.

Some clients do not like the EFT Advanced Practitioner or Inner Child Matrix skills so practicing how to resolve any issue with Classical EFT is a beneficial approach.

When writing up the case study, just mention the reason you felt Classical EFT would not work and the reason you needed to use the Inner Child Matrix. This is allowed for 25% of the write up but not every single one.

The case study write-up and practice sessions for EFT Practitioner level need to be largely using Classical EFT.

For EFT Advanced Practitioner Inner Child Matrix can be used for clearing trauma along with the EFT Advanced Practitioner skills.

14. You have explained in detail about the case studies. Is there any sample document you can share with us?

On the EFT Graduate Support link, https://vitalitylivingcollege.info/community-resource/eft-level-2-grads/, scroll down to the below section and click on the case study guidelines:

On the link, you will find full details of case study guidelines along with an example of a write-up.

15. What to do if some people are not able to fill in the intake form completely?

So you can complete the intake verbally by asking them the questions. Some clients do not like to fill in the Intake forms and others find it hard to write things down. So just adjust to the needs of your client while exploring the reason for the parts that were not filled in.

Send a summary of your conversation along with the appointment letter by email or WhatsApp and get their signature to proceed. The signature gets permission to proceed and informed consent.

You have to judge if filling in the intake form needs to be part of the ordeal for certain clients. I find when clients take the time to fill in the intake form they are more committed to themselves and the outcome.

16. Does the consultation session need to be written up as part of 6 sessions?

Coaching consultation sessions do not need to be written up separately as a part of your case studies. However, information from the consultation session might be included in:

- The Background
- Presenting Problem

- Assessment

17.Is it okay to discontinue the session mid-way through the technique and continue to the next session?

It is not ok to discontinue the session midway unless this is what the client wants.

In the event the session time is coming to an end then it is better to let the client know in advance. Especially if you feel that the time is insufficient to finish what is being explored with the client.

Ideally, you should be able to complete the session within the given time. It's the reason that I recommend the session time be between one hour to one hour 15 minutes and to book out an hour and a half. The extra fifteen minutes allows for overspill and to be able to close the session properly. The additional 15 minutes allows for any delays or internet issues.

If you feel that there is still quite a bit to be resolved you can say, *"We have just 15 minutes left in our session, where do you want me to focus?"* It is okay to have aspects that continue in the next session as long as there is a proper close to your current session.

18. If a client appears to be visibly crying and when asked, "What happened?" the client responds nothing, what do you do?

Well, the client might tear up, but it might be something else. For example, it could be an allergy or dry eyes. Accept the information the client provides and continue with the session. Some clients are not comfortable expressing their emotions or tears.

19. In EFT Advanced Practitioner case studies, the SUD's are not necessary - right?

Well, there is no fixed rule like that. Testing is always important whether you use SUDs, VOC, calibrate the changes, listen out for the cognitive shift or they are able to share the story calmy.

Some clients do like measuring with numbers, so you might need to get creative. The important thing is to be aware of what you are doing.

Measuring and testing is an important aspect of EFT Practitioner & Advanced Practitioner sessions.

20. If I have not worked on a technique for example, cravings. Do I write that down as an extra case study?

If there are any techniques that have not spontaneously come up in your case study sessions, you can include them as part of your practice sessions. For example, complete 1 practice session on cravings or with a client where the cravings protocol is part of the session.