

EFT Mentoring & Supervision Questions & Answers 13th March 2021

Questions Explored:

1. What are the types of clients we can come across?

There are three types of clients whom we'd come across:

- The Body Client: If the body is in hyper vigilant awareness due to some deep trauma in the past, begin with something that connects with their body (assuming they've had no physical violence or sexual abuse background).
- The Mind Type: These are ones who are stuck in the clutter of their head, they might not be able to do EFT with you, they might prefer finger holds, physical tensions, keywords, reiki or Jin Shin Jyutsu, to relax the nervous system here.
- The Emotional Client: They like sharing and talking about everything and anything; here, you could do one of three things:
 - Sit there and hold space with no requirements to do any EFT or fix/help them. They might take their own sweet time, you just let them do it and once they're done, ask them, "*what do you want from me?*". If you feel guilty about not doing anything with your client, tap on yourself.
 - If you have a good rapport, ask them what they want you to do. Ask them how it's making them feel. Get them back into self- power; focus on their emotions and not on their stories. People who are emotional are very good at expressing their emotions, but you need to discern if this is an emotion born from stories and victim or is the emotion born from genuine release happening from the body, mind, and self.

Make sure to not do this with anyone with any kind of trauma, since that would be unkind.

2. How can I help clients who are diabetics and require healing?

The first thing you need to work on, is their nutrition since it looks at the biochemistry in the body and what nutrients you need inside the body to help you heal.

The only time you would begin the sessions with EFT, is when you need to change the client's mindset in order to accept the nutrition plan, since this is the biggest issue diabetics have – they do not like their nutrition plans. The moment you work on the mindset for nutrition, it would help them reverse their diabetes and heal.

You also need to work on resistances to making the change in lifestyles, since these resistances will interfere with them reversing diabetes.

3. How can I work with clients who have cancer?

With cancer, the first thing you share with the client, is that you are working at the level of emotion and it will help to lower the stress hormone in the body. It will allow them to be calm, because when the body is relaxed, it allows healing to take place. What you can't do, is promise that you will cure the cancer.

With cancer, chances are, they have a vow in place like, *"I don't want to live"*. If there is trauma there, you use the Inner Child Matrix.

If they're undergoing chemotherapy, EFT is great before, during or after the procedure. You could tell them to tap on positive phrases like *"Even though I'm receiving treatment today, I'm open to the possibility that the treatment only kills the unhealthy cells, and it's leaving the healthy cells intact. I'm so lucky the treatment is leaving the healthy cells healthy. I'm so lucky the treatment is working. I'm so lucky the treatment is not killing my healthy cells. I'm so grateful my body gets to heal. I'm really grateful."*

You could even ask them to tap while they're receiving the chemo.

The next stage is, they need to love the label cancer - *"Even though I have cancer, I love and accept myself."*

Most of the times, they'll come to you only after chemotherapy since they want to work on the emotional level. This is when you help them move on from cancer and create a new life.

4. While filling the intake forms, I feel like the client is being too hard on themselves. Is it okay to ask them why they're doing so?

Never start with asking them *"why"*, since it would make them feel like there's something wrong with them. It could trigger them and make them withdraw from opening up with you.

Also, you are making an assessment that they're hard on themselves. You need to ask your client more questions to unveil what actually is happening.

You could assess them during the session, but the intake is just to understand what they're saying with open questions, instead of assessing them.

5. One of my clients is pregnant and told me that she was beginning to feel sleepy during the session; so, I stopped the session in 45 minutes. What that the right thing to do?

Ideally, case study sessions are an hour long but if the client wants to end before the time's up, you cannot write that up as a case study. All shorter sessions need to be put under practice sessions.

This is very normal with people with cancer and other chronic illnesses as well, so you need write those as practice sessions as well.

6. I feel anxious every time I tap for the case studies since I don't know which kind of tapping to do. How do I decide?

If they bring up a memory, you could use Tell the Story, the Movie Technique, Tearless Trauma or Continuous Tapping.

If the trauma is less, you can use Tearless Trauma and Continuous Tapping. Use the Movie Technique only if they're abreacting and feeling uncomfortable, since you want to dissociate the memory.

7. Is it important to know the client before giving sessions?

No, you don't need to know the client before giving sessions. The intake form will help you to get to know them better.

8. When I recommend EFT to others, they feel lazy to tap on themselves. What do I do in such situations?

You don't need to see them at all. They don't necessarily need to engage in EFT, they can use whatever works for them.

Additionally, instead of telling them that EFT is very helpful, you could maybe tell them that EFT helped your clients with relieving stress, lowering physical tension and feeling calm. Ask them, *"do you need anybody who wants to feel calmer?"*

You cannot do anything or force anyone to try EFT out, the only thing you can do, is respect techniques they are comfortable with.

9. I have a client who has physical discomfort, but when I asked them how that made them feel, they were unable to get in touch with their emotions. They were just narrating their stories, but when I asked them about what they were feeling, they just told me they don't like the pain. What do I do in such situations?

If they just tell you that they don't like the pain, thank them for sharing this with you. Then, tap on them – *“Even though there's no feeling, I just don't like the pain and I don't like this pain because....and I love and accept myself.”*

You could also tell them, *“It's great to know you don't like this pain. How do these words make you feel? What do you experience when you hear the words, “I don't like this pain”?”*

Keep it simple, work through their thoughts first and the feeling will eventually come up.

10. I had a client who wanted to try EFT because she didn't like talk therapy, but when she came in for the session, we tried to start tapping, but she talked for the entire session. She booked a second session, but how do I navigate through this situation without upsetting her or shutting her down?

Let her talk. Allow her to express herself as much as she wants, and there will come a time when she doesn't want to talk anymore. Then ask her why doesn't like talking anymore. You can just show up and listen to her from a place of no judgement.

You could also tell her that you are going to tap on yourself while she talks, she can follow the taps if she wants, but even if she doesn't want to, it's completely alright.

You have to include it as a practice session and not as a case study.

11. Can I tap on myself while the client is talking?

Yes, you can tap on yourself while you're with a client, regardless of whether they're tapping or not.

12. I gave a session to someone and a lot of memories that were an 8 or 9, came out; it was a lot to process. We went step-by-step, but she kept remembering similar things that were happening in the past. The session exceeded the time limit, so I used the Box Technique. Post session, she experienced heaviness in the heart. I was also going through something in my life, so I wasn't able to give her another session. I know I need some time to myself, but I also know she needs a session. How do I manage this situation?

You need to remember that it is okay to have a life of your own. If there are other things going on in your life and you haven't committed to connect with your client, it is completely alright.

If your client genuinely needs urgent help, you could call them and inform them that you can't see them for a session; give them a choice to either wait another week for a session with you or tell them that you could get them in touch with another practitioner for an emergency session.

It is also okay for the client to have mild chest pains the next day. Assure them that it's completely okay and natural since the work done during the session, was very deep. Let them know that this is a part of the healing process and to just allow yourself to feel it.

13. I had a client who stammers. I noticed that every time I said the word "love", she was finding it difficult to say it. How can I replace the word to ensure she doesn't feel offended?

You could politely tell her that you noticed that she was finding it difficult to say the word "love". Ask her, "*what does it mean? I'm curious to know what is happening*". Get the information from her and then ask her if she's comfortable using that word, and if not, what she would like to replace it with.

14. What do I do if the client changes their problem after the session?

If it's the end of the session, tell them that the 90 minutes are up and that you've made a note of the issue and will address it in the next session. If they say it's not okay with them, let them know that working more on their emotions will only create more problems and that they can book a sooner appointment if they want.

15. How can I respond if the client keeps asking me, "what do I do?"?

You don't need to answer their question since you don't know what they can do, but you can tap on it.

16. I have a client who wants to have her own house and needs a job. Yet, every time she comes for a session, she tells me she's feeling calm and peaceful. How do I respond to the situation? I feel stuck, how do I take this ahead?

Ask her what is stopping her from getting her own house and a job. This could be due to self-doubt, so you have to check if she's calm and welcoming or calm and disconnected.

17. How would you go about in a case where feeling unloved reduces in SUD in one session, and by the next session it is back up again? What can we ask to explore why is that the case? I had the client identify the link between that emotion and a belief but it doesn't seem to shift.

Emotion can go back up in every session, but what happens with the memory? Unloved is an emotion that may come up every time. You need to take one step at a time and the feeling of unlove has to be touched on, from its root cause.