

EFT Mentoring & Supervision Questions & Answers 29th May 2021

- 1. In the intake form, the client mentioned I want to work on grief and depression, when I made the consultation call, I found that the client was in a very positive space when I started the session. How exactly do I connect with them? Where do I take them from there, since they're already in a good space?**

Ask them what they want to work on, in the session. Go back to your intake form and ask them, *"How is grief and/or depression showing up in your current life?"*

Digging around would help them to uncover different emotions. Most of the times, clients don't know the correct term to use, for what they are going through. Sometimes, speaking to them in their language (lay terms) would help to clarify the issue.

- 2. I was working with someone yesterday and she said she was stressed. I asked her the level of stress, so she said it was a 10; but when we worked yesterday, her stress levels had already come down to a 5. So, when we start working, do we start working on the 5, or the 10 that was there initially?**

Ideally, you want to uncover what the stress is about, and if it takes her to another memory, work on that.