

## **EFT Practitioner Mentoring & Supervision Questions & Answers 26<sup>th</sup> June 2021**

- 1. There are different domains where EFT can be utilized: on the leadership front, and the personal front. But there is a pattern of the people coming to me. The issues are all so related to both the fronts: women dealing with self-love, etc. How to go about professionally taking up EFT at the Leadership front on an individual level? For this segment, they skeptical about healing and EFT.**

Since you are interested in working in the leadership area, your tribe would be executive women and men – high-performing individuals. With this target audience, you need to identify what is the main pain they have. What is the pain they would be comfortable approaching a coach about? So you might want to call yourself a Wellness Coach for Leaders. They could come to you for work, money, etc. because they are ready to invest in their own development. They might not be comfortable coming to you for being stressed out, but they might be comfortable if it's about energy and wellness. Once they come to you, your secondary message would be addressing the feelings of burn out, stress and challenges in the work place.

Talk about performance and interference (fight with spouse, IBS, not sleeping well, issues in outside world) . Focus on the part as to how the removal of interference allows performance to improve. People will buy positive futures.

- 2. I want to do EFT with children (11) across schools to provide them the emotional resources at an early age. How do I go about it?**

You can put it up on FB. Get it out there. Reach out to do practice sessions with children (the sessions with kids is max 30 minutes). Work

with at least 10-20 children in the age group to get case study experience. Or you can become a facilitator.

**3. I had a full one hour session with a ten year old. Can I add that to my case studies?**

If it was a full one hour session, then yes, you can add that.

**4. Do we need to submit more case studies after EFT 3?**

Yes, you'll have to.

You submit the case studies for EFT 1 & 2 first. Revisit EFT 3 and then start working on the case studies.

**5. Is the Apex Effect same as skepticism?**

Yes, it could be.

**6. How to overcome the situation where one has a liking for a particular client?**

Recognize what is going on. Become aware of what is going on for you. Set firm boundaries. Make sure you pull your energy back in at the end of the session.

If the feeling is mutual, finish the current session in a professional manner. Find them a suitable practitioner replacement. Do this gently, making sure the client doesn't feel abandoned. Tell them something has

come up for you. You may say *"I'm so sorry. I hear you. Something has come up in my personal life. I'm so sorry we won't be able to continue our sessions"*. Hand them to another practitioner and then connect with your mentor.

**7. When giving feedback, we try to sugarcoat it. But sometimes, it is impossible to keep from sounding a blunt or harsh. What to do in those circumstances?**

Discuss it at the level of intake form. During the intake, address the section on the client's expectation of the practitioner. Share that you are really direct and have that aspect in you but you don't mean to offend them. Be mindful if they find it uncomfortable. Note it down and calibrate.

You may also ask open questions like *"I notice something going on here. Would you like to tell me more about it?"* Gauge the client and understand the psychology of the client? Whatever you want to point out/give feedback on, ask it as a question with no sense of judgement.