

## The EFT Online Serve Questions & Answers 19th<sup>th</sup> June 2021

### 1. What are the themes that parents bring to you for therapy as a matter of concern and what is the concern of their teens on the other hand?

Reena shares the contradictory themes she dealt with as follows:

- The difference between the concerns for which the parents bring their teenagers and what the teenagers confess when they are in for therapy; this has to be noticed and discussed with the parent
- The way teenagers who are forced to channelize themselves into the direction they are not interested in and how the stereotype of the societal pressure is laid onto the teens and how they try resisting to it
- The concerns of parents brought regularly to her was this that their teens are overly addicted to tech-media, but on the contrary, this seemed very common and minimal to their teens how the stereotype of the societal pressure is laid onto the teens and how they try resisting to it
- The concerns of parents brought regularly to her was this that their teens are overly addicted to tech-media, but on the contrary, this seemed very common and minimal to their teens
- The ever-present issue of teens seeking independence in views and decisions (like their peers do, for instance in smoking cigars) and how the parents still want to foster them as they do with toddlers
- Sexuality is another issue which Divya constantly faces and the problem with Sexuality is another issue which Divya constantly faces

and the problem with the education system which fails in educating the teens sufficiently in matters of sexuality

- The parents' expectation for their teens to grow in the setting of their generation and the mismatch of the choices of the teens where they are faster generation. For instance, they want to go on a solo trip at the age when their parents stated going to school alone
- Another issue with Divya faces is this the teens were obedient to their parents, but their parents doubt them and check their phone for instance, and thereby breach the trust of teens

## **2. "How significant is EFT tapping to teenagers and how do you perform it on them?"**

Divya shares how she deals with the teenagers who are brought to her by their parents, how she makes them feel free around her and elicits the open-mindedness among the by being the same with her.

The teenagers who are definitely different from school-agers and adults and stand out in their personality complexes, are to be handled in unique and different ways, like I have board games in my clinic to allow those teenagers who are not interested to talk.

Respecting the identity of the teenager is necessarily indispensable because the teenagers expect an empathetic therapy, and there would be definitely some issues to which you would relate and thereby can build on.

### **3. What if we don't have the option of spending time with the parents and the teens together?**

If the teen is not feeling comfortable to have his parents with him/her in the therapy, it is advisable to transfer the case to a therapist with whom the family is familiar with.

Rajat also answers this question from his experience saying, he does family sessions in those case and creates a level of comfort in two stages:

- One is by asking primeval questions of the holiday he/she went to recently or the things that most annoy them or the things that make them happy the most. By doing this, the comfort zone of the teen is destroyed.
- Secondly, when the parents and teens are coached together (for instance in a zoom session on different windows), the teens feel okay to proceed as they are not the only ones being focused.

### **4. How did you use the tapping in your first session and what was the result post that?**

Reena shares two instances of her EFT Tapping Sessions:

“One, was of a teen who was an adult but had this neurotypical condition where he was not maturing according to his age and his emotions were uncontrolled. He used to throw a chair at his mother in anger over a simple issue. After the first session, they were a bit disinterested to join for the second, but when they came back after a long time, seeking therapy, the client teen felt me as an angel with a magic wand. He started to believe in me a lot, that he noted all points of tapping I have given to

him on the screen and was so happy about the recording of the session which he could view whenever needed. When he asked what EFT was after googling it, I shared that it was like opening up all the emotions to let them flow as does the gardener with the pipe.”

“Secondly was a girl who was pregnant at an age of fourteen years. She was overcome by the sense of guilt and that she had broken the trust of her parents. When I had dealt with her empathetically and told her that I had been through similar situation and guilts, she felt that she was not alone on that. I also advised her to write, ‘I am not alone in this’ on a note a paste it on her cupboard so that she would be reassured whenever she opened it!”

#### **5. With kids of what age categories have you worked with?**

Reena shares how she has worked with the youngest of kids by doing surrogate tapping. This included the parents tapping for their toddlers who can’t speak yet, (but there is a flow of the emotions from in and out through their parents) and how it worked for those little ones.

#### **6. What do you tell the parents of your clients who come to you asking to fix their children?**

Reena shares her unique way in answering this:

“I start off right away with the note that I am not here to fix them. This startles them at first, but they slowly settle down and come to an understanding towards which I am trying to drive them. I make it plain to them that there is no such imperfect kid in this world to be fixed. I tell them that they tend to behave stereotypically because predictability makes them feel safe. When the child asks few questions like, “Aunty,

how do you say goodbye?" and then the parents interrupt in, I told them their cortex is as developed as mine to think and process on their own."

## **7. How do you perform EFT therapy on younger ones and how significant is EFT in them?**

Touch sensory integration is the method most advisable to be used. The children could be asked to touch their arms so that they could feel the touch. Vestibular touch is the most preferred in this. Arms are the limit to the point to which we would touch them and if they are old enough to touch on their own, it is advisable to show them the place to feel the touch. The parents are to be asked to engage with the kids in work which includes touch, throughout the day. The emotions they are going through is like a dissociation of soul from the body and hence touch is the way to bring the re-establishment. The parents are also to be asked to empathize with their children in their emotions and not view their struggles from their point of view and thereby deny the pain.

Reena also builds upon a rhetoric question from herself saying, "What if the parents feel that their children are doing these deliberately or intentionally?" She gives few ways by which it could be determined if those actions were deliberate or inadvertent:

- Their voice conveys their physiological stage at the best
- The expressions on the upper part of the face (which can't be pretended as the lower part) can be observed
- Condition of the body and their disposition well speaks of their intentions

Reena also adds that Primitive Reflexes are to be understood. Simple things which they do defying our instructions might seem disobedience to us, but those can also be said to them without being triggered.

For those, who say, “*I am fine!*”, situations which seem similar to you from your life can be spoken to them. They might not feel free to open up right away. Some might return after many days, but they will come back opening up for sure, about their struggle. Reena had a client who returned to her after two years.

She also takes it to different level by saying that, parents who feel that the wrong is with their kids only, have to be included in the therapy, because no parent is perfect and parents sometimes don’t accept their shortcomings.

About the significance of EFT:

Reena feels that everyone has a spiritual curriculum they have to learn through and the client who comes to a Practitioner might have a God-destined purpose to come to them.

**8. What are the kinds of kids you have dealt with and how did you deal with them? How did you make them comfortable around you?**

Match your energy with them, if they come to you crying, stay silent for a while, if they come to you happy, shout with them. List out their fears and if they don’t open up, tell what you are scared of (for instance, Disha shares her fears of childhood when she was scared of lizard or going to bathroom) and rate them on a scale of 1-10. Get to know from them what makes them feel angry and try to vent out that emotion.

**9. Could you suggest me any activities for my kids in girl-guiding program?**

- Writing or acting out their emotions

- Stand in a circle and laugh in a different manner, one after the other so that each laugh is innovative. Repeat this with crying and feeling sad and so on. This makes them to be elastic in their emotions
- Make them draw their fears on a paper and thereby draw their fears out
- Make them tell sentences or phrases like la la la la for kids who can't speak in different emotional intonations. They can start by saying in a laughing manner, one after the other. They can continue the above step by doing in crying manner and so on. Kids who can talk are to be encouraged to speak sentences.

## **10. How do you build rapport with tweens?**

The only way to build rapport with them is by loving them wholeheartedly despite of their shortcoming and making them feel assured that they are loved

## **11. How do you do EFT on kids of 5-9 age? How are you doing it online?**

Diksha says that she had a client who came to her with her teddy bear with a bandage on its knee. She asked her, "What happened to the teddy?" When she shared the pain of the teddy, she then took it onto the child to ask if she feels the same pain.

There was a friend of her at that time, but she left her when this girl was hurt and was on the road. She was angry with that friend who left that she did not help. Later, this girl's mother came to help. When Diksha asked "how did your mother know this all of a sudden and come to you, did you friend go and tell your mom?", then the child started understanding and let go of her anger. Likewise, kids can be determined with their appearances and things with them.

**12. How do you answer the people who say modalities aren't logical as the energy can't be transferred from one body to the other?**

Rajat shares a story on this as to how they had to wait for 14 months just to get a chance to speak of EFT in a school as their management was reluctant and finally agreed just to give it a chance. They also had to name it leadership workshop to cause no hindrance.

**13. What group activities can I make my children do make them feel calm and not jump into therapy directly?**

As EFT is a regular therapy, we can always have tantrum tapping, immune boosting, crown stretching, hair pulling, etc.

**14. My 4.5-year-old son is bed wetting. How to work with him. He was formerly stubborn to do it in the washroom so much that he didn't want even poop, to be cleaned in the diaper. Now he goes 4-5 times to washroom and even in nights. I feel uncomfortable and scared for him?"**

Talk to him openly about this, make him feel it is okay until you find a solution for this.

**15. My son hits people around him for no reason. That affects me and hurt me, but it doesn't affect him at all. What to do?**

Him hitting the person is not right, but his emotion to hit was right. Because, he might have been triggered (in this case, he was obstructed by a girl standing in his way. This might seem small to us, but it is not so in their way). They also might have seen people hitting when they are in anger. His anger has to be empathized with and vented out.

**16. My daughter was into much in her childhood which was hated and restricted by me and then she started hiding what she was doing. from**

**me, in fear. Now she is 16, and she recently went to point of committing suicide out of peer pressure as she lost herself seeking attention from a group of friends. I started working on myself first and then she is closed now. I allow it to feel. But how about this specific emotion and how I should make her open up? I am struggling being a parent and a therapist at the same time and not adjusting the balance between them?**

Now that you are working on your emotions first and not hers, that's the right thing to be done. Talk to her about this and keep continuing your endeavour because the day you find yourself emptied of your emotions, you might find her starting to open up. If things don't really work in the balance, taking her to another therapist is also advised.