

EFT Advanced Practitioner - Day 1 July 05, 2021

Questions and Answers

1. What is Sneaking Up?

Sneaking up is where you go around the main issue if the client feels unsafe, starts to abreact or does not want to explore the issue directly. The purpose is to keep the client safe and to go at a pace that the client is able to manage.

Some examples include:

- Not approaching trauma directly and using the key word instead or trauma in a box approach (example of the sexual abuse case provided and how the past traumatic experience was split into 6 episodes and placed in a DVD box and then in another box and placed in the bottom of the ocean. After that was completed, the first session was just on the emotion associated with knowing that past experience happened).
- Not approaching the medical diagnosis or mental health label directly. For example, a client of mine came to see me to support them to resolve the anxiety they were experiencing. During the session, my client shared that, "Even the word anxiety makes me feel anxious." So, we stopped using that word and used **a metaphor** instead where we could indirectly explore the anxiety. One of the metaphors we used was **picture tapping** where the client would draw their feeling associated with the anxiety. It's best to have a discussion with the client and work out what metaphor would work for them. For example, some metaphors that work are fairy tale characters or superheroes.
- When the client is experiencing an abreaction or it seems that they might experience an abreaction, you can pause and check in with the client. For example, you can ask, "How are you feeling?", "What would you like me to do?" or "Do you still want to explore this challenge?"
- When the client starts to abreact and they share that they are not able to go there, then reassure your client and let them know that it's completely

ok. After reassuring your client, begin by encouraging them to tap on the **triple point calmer**. Once the client is calmer, take a step back and ask the client, “How are you feeling?”, “What would you like to explore now?”

- When the client directly shares, they want to resolve a challenge, but they are uncomfortable directly going there. You can explore with the client areas that feels safer to explore that go around the main challenge. For example, there was client who came to see me for, Agoraphobia. (Definition from Mayo Clinic, Agoraphobia (ag-uh-ruh-FOE-be-uh) is a type of anxiety disorder in which you fear and avoid places or situations that might cause you to panic and make you feel trapped, helpless or embarrassed. You fear an actual or anticipated situation, such as using public transportation, being in open or enclosed spaces, standing in line, or being in a crowd.) In my client’s case, she would start to panic the minute she stepped out her front door. So, what we did instead was conducted sessions in her outdoor garden space. While her garden space is outdoor it is also in a space where she feels safer rather than outside the front door.
- When a client wants to forgive and is not ready to forgive. You can again use the sneaking up approach starting by working around the periphery and then circling into forgiving directly. If you have rapport with your client and they are not sharing a traumatic incident you can introduce humour. For example, “Even though they really hurt me, I refuse to forgive them.” “No matter what I am not forgiving them.” **use humour and the refuse technique** only if the client is ready. Be sensitive and judge the way forward based on the cues you get from the client.

Main thing is the client will give you the cues as to whether you need to go around the issue versus if they want to directly approach it. One of the ways to judge whether to sneak up or not is to calibrate. Look at the facial cues, pick up on the tonality and body language. If unsure just briefly pause and ask.

2. What is Tearless Trauma?

Where you ask your client to guess the intensity of the past incident so that they are not associated with the incident, and it does not cause unnecessary re-triggering. You can also distance the past movie and move it to a different city or country or make the past movie black and white or send some positive resources in that make your client feel safe. The purpose of distancing and changing the colour of the movie is to dissociate from it.

3. What are Unconscious Blocks?

Unconscious blocks are certain aspects that prevent EFT or therapy from working. With EFT, tapping on the Karate Chop, Sore Spot, Thymus Point and Collar bone will support your client to reverse it. There can be various **unconscious blocks**, for example psychological reversal, secondary gain, sabotage patterns and there are other techniques for these.

The metaphor for psychological reversal is an AC remote control where the batteries are in the wrong way round. Another person walks into the room they do not know the batteries are the wrong way round and they keep trying to switch on, but it does not switch on. There is some block to the remote control working but we do not know what it could be. It could be the batteries are drained, the remote control is not working, or the batteries are in the wrong way round.

4. What is a Tail Ender?

Tail Enders are also known as “YES BUTS” when you want something in life. For example, I want to earn \$10k per month but it’s too hard. The sentence after the BUT is the tail ender that prevents what a client might want. The metaphor is of a car being rear ended from behind and then it becomes stationary or stop. The tail of the car is what gets banged and hence stops the car from moving forward. The same thing happens with a belief which is a tail ender - it prevents what is being desired from manifesting.

5. What is redirecting using the client’s specific words?

Redirecting using the client specific words is when a client is jumping from one aspect to the other and to pause for a moment and check with the client, “Where would you like to focus?”, and then use their words to redirect the session. There are three aspects to it:

Aspect 1: 1, 2, 3, Hah!

Aspect 2: When a client is jumping from one aspect to the other and to pause for a moment and check with the client, “*Where would you like to focus?*” and then use their words to redirect the session.

Aspect 3: Deletions during a session, if a client turns back on something they said earlier in the session, you redirect and ask them to talk. Apex Effect comes into play here.

6. A, B, C, D & E

Next steps from A, B, C are D and E:

- **A is for Awareness**
- **B is for Balance:** Establishing balance by uses phrases like:
 - Even though I'm trying to remember, I'm not sure I can remember; I love & accept myself.
 - Even though I can't remember; I love & accept myself.
- **C is for Clearing**
- **D is for Development where you can ask:**
 - What's the learning?
 - What's the insight?
 - What are the new beliefs?
 - Who and what resources might be required?
- **E is for Ecology Check**
 - Check if your client is grounded.
 - You can conduct ankle tapping (follow COVID procedures like gloves and sanitizers) or ask you client to tap on their ankle themselves.

7. Even Though Variations

- I accept my xyz emotions, I choose to accept xyz behavior or situation, I am ok with this now
- Even though I feel so stuck its ok I am a good girl.
- Even though I'm hard on myself ... it's okay for me to let go and just be.
- Even though I get irritated easily, I am doing the best I can.
- Even though I judge myself I choose to learn to be gentle on myself.
- Even though I push myself too hard, I choose to be at ease and to be me.
- Even though my body support sometimes, I am doing the best I can
- Even though i feel overwhelmed with responsibility, I accept the situation I am in now.
- Even though I feel like I can't handle responsibility, I'm okay.
- Even though I feel I am not good enough, i choose to love and receive myself.
- Even though I feel unproductive I completely love and accept this feeling of being unproductive.
- Even though I feel too lazy to participate sometimes I am doing my best I can.
- Even though I feel stuck I have faith in myself.
- Even though I feel anger I chose to be peace and calm.
- Even though I want to prove myself right I am okay.
- Even though I'm so tired, I'm doing the best I can.
- Even though I feel, I have to know everything, I'm ok to not knowing everything and being open to knowing and learning.
- Even though I feel I'm being unproductive and lazy I choose to allow myself that extra time.
- Even though I feel clueless at times, I am wise.
- Even though I feel so scared and criticised before anyone said anything, I choose to hold my scared self-safe right now.
- I even though I am not in best of my health, I am happy to be me :)
- Even though I am in pain, I am open to possibility to heal... It's safe and ok for me to heal.

- Even though I have this feeling of inadequacy, I accept myself the way I am.
- Even though I self-judge and abandoned myself I'm here for me now and I'm perfect.
- Even though I have these thoughts I love and forgive myself.
- Even though I feel a bit tired I accept my emotions.
- Even though I can be a workaholic at times, I can choose to relax.
- Even though I beat myself up at times, I accept myself and my being where I am, and open to this new awareness, open to the possibility of accepting myself with this new awareness.
- Even though I push myself too far from my comfort zone, I am open to possibilities to new opportunities & people.
- Even though I'm uncertain about what is in store for the future, I'm open to the possibility of whatever unfolds.

8. What to do if the pain comes back and the intensity remains the same?

If you've got to the root cause and still the pain comes back, then it is because of localisation. But if you haven't got to the root cause, then it is because there are still various aspects need to be explored. It can take time to unpack since some clients might hold onto it. For example, there was a client who was riddled with trauma from the deaths of her mother, brother and uncle. It took well over a year for her to heal from all this.

Localisation can happen when the stress is localised in the body. Here the body is trying to communicate and get your attention. When you give it the attention it needs, the pain will go away.

9. What to do if a reframe given by a practitioner is not acceptable to me?

There is a belief about anger there. It uncovers as you begin to understand what is being judged. What someone else does in anger is their problem not yours.

10. How far can this acceptance of anger go?

If a client said that someone has beaten them up in anger, you won't reframe that. You will tap on that. You see, there is difference between the behaviour and the human. They have uncontrolled rage and no channel to express it. It is great to get it out. Better out than in. There will come a time when they realise that everything around them is broken. But the practitioner judging them is wrong. You don't need to make it your story or to engage in with it. You can say *"I am sorry that happened to you. Let's tap on that"*. You participate equally in the process of someone else hurting you. Their rage is mirroring the emotions underneath.

The only reason you can't reframe is because you are holding onto the emotion. You have to first let go of the pain by expressing it verbally. Someone on the giving end of the anger may have a belief about it as well. You want to understand what it means to them. That meaning is the reason in place. This is shadow work- not being able to accept a part of others and so of ourselves. It doesn't mean we forgive that behaviour, but we forgive the soul. Everyone has goodness in them, and we need to learn to acknowledge that.

11. Would the dynamics of anger be viewed differently if it's between an adult and a child?

You don't want to reframe that they can spank the child. The reframe would be that the adult even had the gumption to spank them. Children who are beaten up have low self-esteem, low confidence, and the feeling of not good enough.

Second reframe could be that the parent is incapable of giving them the love they need so that they stop hankering that they will love them someday.

The third dimension is about choice. It is about giving yourself a choice and empowering oneself to make decisions. It is in choosing that I am worthy, and I deserve the best.

12. What is the difference between Tearless Trauma & Sneaking Up?

They are very similar, but the main difference is, tearless trauma revolves around a specific memory; but sneaking up doesn't have to revolve around a memory.

13. What are Core Issues?

Core issues are basically the deeper feeling behind a surface issue. It can be a memory that's a root cause. It can also be a subconscious belief that the client has – a Limiting Belief. RRC shares the experience of a previous client who went through severe back pain. The Core Issue here was a memory of him surviving a car accident where he lost his mother & son. This has 3 aspects, the trauma of losing a loved one, the guilt of surviving, and punishing himself.

14. What is Intuition?

It's basically when we have a sudden feeling about a specific thing we're observing in/around the client during therapy. It is recommended to not mention your intuition during EFT 1 & 2. However, during EFT 3, you can present in front of the client, your intuition. But we accept what the client tells us. For example, if we have an intuition that they are irritated, and we ask them; then they shout and irritatingly tell us they are not. We accept that they are not irritated, even though it seems so. Do not push your intuition over the client. You ignore your intuition in terms of therapy and just go on with what your client says.

15. What are Reframes? What are the different types of reframes?

Reframe is when you try to change your perspective of something.

It is of two types:

1. **Context Reframe**- It pertains to what is on the outside. In a certain context, it is okay to feel a particular emotion but isn't in another context. Context is basically a scenario/situation.
For example, a wooden frame around a picture.
2. **Content Reframe**- It pertains to what is inside the memory. This is exclusively about the memory part.

Here are some tips on how to go about Reframing:

- In the basic EFT we feed back the client's own words.
- In using reframing, we feedback something added.
- Something that may be gold leads to a new perspective.
- Something that is garbage may not be relevant.
- Stick with GOLD and let go of GARBAGE.

16. What is the difference between Observational and Observing?

Observing pertains to examining what is going on in one's face, for example, looking for signs or discomfort and such. Whereas, Observational pertains to noticing one's immediate surroundings, for example, me noticing the painting of Shiva behind you.