

## EFT Advanced Practitioner - Day 2 July 06, 2021

### Questions and Answers

#### 1. Questions to ask when checking in with someone the day after the session or when the next session commences:

- Asking questions around how are they feeling now and not how are you? How are you sends the person into the mind versus connecting with their feelings. A good question to ask is, *"How are you feeling?"*
- Create a space for truthful communication where the client can share what has transformed and what might be still left
- Reassure, reassure, reassure.
- Confirm truth back to them - let them know what you notice. For example, *"You seem so much lighter."* or *"You look rested."* Be honest. If they seem tired, share that and ask them what might be going on.
- Open the door to it being complete and something being left. You can ask, *"What was it that changed?"* *"What was it that did not change?"* *"What is left or remains?"*
- Questions you can ask after you have checked in and at the start of the next session: *"What would you like to work on today or based on what we worked last time, is there anything that's left to be worked on or addressed?"*
- Give them permission to give you truthful communication of what has transformed and what might need further exploration.

#### 2. Intake Form Steps:

- After you have read the form the first thing to check is the commitment level 10/10 or less. If less, then after establishing rapport explore the reason for the commitment being less than 10/10. Explore what they want, what needs to happen for it to be 10/10 and explore if the priorities need to be revised for the commitment to be 10/10. Explain the importance of commitment.

- Step into the energy of what do you love and appreciate about the person.
- Acknowledge and thank your client for filling in the form. Be really specific about what was fabulous about what they filled in.
- When you share what you love and appreciate you are engaging the feeling and creative part.
- When you share what you like about the form you are sharing the logical and fact-based part.
- Different people process differently so when you include both you can feel reassured that you have engaged all different types of people.
- Ask questions to clarify and to get a better understanding but not to begin the process work.
- You might need to take permission before asking deeper questions.
- Stay away from WHY questions, they disengage and can put the persons back.
- Strike a balance between questions, reassurance and listening.
- Examples of open questions are, *"Tell me more."* *"What happened?"*
- Example of pointed questions, *"What has to happen for you to feel sad?"*
- Examples of questions to be clear on the evidence, *"I noticed that you wanted to feel happier as a result of our sessions. Can you tell me more what how will you know you are happy?"*, *"How specifically will you know the issue is complete for you?"* , *"What has to happen too feel XXX?"*
- Examples of clarification questions, *"I noticed you have more than 3 priorities, where would you like me to focus in sessions?"*

**3. Boundaries:** The energy of honouring boundaries (there's compassion and yet firmness), being the therapist.

#### 4. Limiting Beliefs (LB) Recap with Advanced Skills:

- Say the LB out loud and truth scale
- Tap Tap Tap to bring SUD's down
- Identify Reinforcing event: Is more of a current event and touch the event, that's all.
- Go to Root > Ask questions to unearth more.
- Use flexible language and reframing as needed.
- Tap Tap Tap bring SUD's Down
- TEST the LB.
- Argument tapping
- ASK the client to choose for themselves the new belief.
- Future pace it

Explore deeper LBs as you ask questions.

#### 5. Role Play Tapping to clear energy block with a client

- What is the conflict or energy block you would like to work on? How does it make you feel?
- Breathe as the other person and feel as the other person. Find out their name and address the client by the other person's name. How are you feeling? How do you feel about [the issue that is being explored, for example about your Practitioner and the sessions]?
- Now step in as the Practitioner and I will step in as you. Let the Practitioner lead by asking the client how are they feeling?
- At the end ask the client, *"How are you feeling?"*, *"How do you feel about that person?"*, *"How do you feel about sessions with your client now?"*. Note: You can also use the same process to clear energy blocks with another person. If there has been any abuse do not step inside the person. You can bring a mentor in if need be. The 3rd step you will have to judge if the person is ready or not.

If the other person is experiencing a block or unable to feel what you can do instead is ask them, *"If someone cannot feel, how they are really feeling on the inside?"*

## **6. Questions to explore during Shadow Work**

- Who is it that you hate?
- What is that you dislike in another?
- What is it that someone has to say to me that really triggers me?

## **7. What to do if a client says “You’re the practitioner. You tell me what to focus on”?**

Tell the client that you’re really glad they trust you. You just want to know what place they are at. Try to get them in a brief dialogue. This will help you understand their psyche and get to know what they want to focus on.

## **8. When and how to tap during the set of questions for secondary gain?**

We need to tap only when the client begins to abreact. You may also briefly highlight some specific scenarios wherein we need to do the tapping.

## **9. How is the process different in EFT 3 from EFT 2?**

The difference is in the type of questions we ask. The questions are more advanced here. There are other processes that are invoked during the sessions like deeper beliefs, limiting beliefs, flexible endings and working with intuition but not pushing it.

**10. When you connect with a client who has a lot of self-awareness and the same toolkit as yours, it gets hard for the practitioner to go ahead in that scenario. It is also accompanied with them being uncomfortable with more probing. How do you go about dealing with such clients?**

Personally, I don't go where the client doesn't want to go. I don't push them. Sometimes, there might be a client who is intellectually very developed. Such cases might be reluctant to opening up. They are just okay with talking and being heard. On the other hand, an overthinker will think it through and come up with the answers on their own. In such scenarios, your role is to just listen and be there and ask a few questions in between.

**11. What if the client says "I don't know" to any of the questions I ask?**

You can say *"Thank you for sharing that you don't know. I'll move on to the next question."* Or you can also ask *"What would you say if you knew the answer to it?"*

**12. Would you often go at the level of depths like you did with Urvi?**

It varies from client to client. For example, Girija made it very clear with what she wanted. She said she had tried a lot of things but hasn't figured out what works for her and didn't ask for clarity. She gave me my brief.

It is all about listening. You see, it has to be customised to an individual. You should be able to admit that you don't know what to do or where to go next. That gives the space for intuitive listening. You cannot let the ego meddle in, either. It is about being comfortable on the knife-edge.

**13. During my interaction with my partner in the Breakout room, we discovered that we have a lot of similarities, like our profession. As the session proceeded, the boundary between the coach and the client disappeared. How do you maintain the archetypes?**

Don't declare the similarities out loud to begin with. Let the client give and give while you receive and receive. If you bring it up, the client might feel unheard at some point. You have to make sure to make it about them and not you. You may bring the similarities up while you debrief.

**14. What should be the tonality while asking the Secondary Gain questions?**

The tone has to be polite while asking the questions because:

- It can be private.
- It can trigger self-esteem challenges.
- It's a sensitive topic.

You'll have to move forward very gently and politely.

**15. What do you do when a client says that nothing is coming up?**

You may ask "*What would you like to do now?*" or "*What would you like to explore in the session?*" Give them options. You can also tap on not wanting to share.