

## **EFT PRACTITIONER TRAINING DAY 2**

**24<sup>th</sup> July 2021 - Questions & Answers**

**1. Why is it recommended to take a gentle breath instead of a deep breath at the end?**

The reason for a gentle breath in and out is for it to be a soft experience, as with a deep breath it can be too much at times. It is also to give space for reflection, which is easier done with a gentle breath.

**2. How do we know that sadness is there?**

The client used the word “sadness” when she was asked the question, “How does it make you feel?” It is all about listening to the client and using their own words.

**3. How do we ask someone who has arthritis or is a paralysis patient and whose hand movements have become too stiff or numb to tap?**

If someone’s hand movements have been stiff or numb to where they cannot tap, you can either:

- Tap on them, following safe COVID procedures.
- During online sessions, ask a family member to tap on them while you lead them.
- You can also work surrogately, where you tap on yourself either describing their situation, or as if you were them.

**4. When are we supposed to do the Karate Chop? Do we do it after the Nine Gamut Hold, or after the finger tapping?**

We tap on the Karate Chop after the Nine Gamut Hold.

**5. Can we change the hand while tapping on the Karate Chop point?**

Yes, you can.

**6. My dad is a severe diabetic patient and is currently having extreme nerve pain in his legs. Is it advisable for me to start tapping on him yet, or should I wait?**

Yes, the nerve pain can be common in diabetic patients and there can also be neuropathy. So, you must ask him what he wants.

Below you will find the stages of using EFT for diabetes. For the nerve pain, you would use the Physical Tension technique.

With EFT, the different phases of treatment are as follows:

- Phase 1: Clearing the initial shock and fear about receiving the diagnosis.
- Phase 2: Releasing the anger, and any resistance, due to lifestyle changes.
- Phase 3: Shift from putting others first to putting yourself first.
- Phase 4: Focus on self-love.
- Phase 5: Empowering yourself and staying strong to the lifestyle changes you have made.
- Phase 6: Sharing with other people what you have learned.

**7. The pain goes away right after the tapping, but it comes back in 5 min or so. Why is that so?**

We are just learning to work on the surface symptoms level, so we start slow. It is so because if we go deep at once, it can be quite overwhelming for some people. Sometimes it's just surface discomfort, and sometimes it's a deeper issue. Here, we just want to address the surface issue and have everyone get comfortable with this level before we go deeper.

**8. Do we explore the reason behind anger?**

No, we do not explore the reason behind emotions at this stage.

**9. What if the tension in that body part spreads and become worse? How do we go about it?**

We call this “Chasing the Pain”. It is when the pain shifts from the original spot and moves around to various body parts. In this case, you keep tapping on each body part one at a time until the SUDs reduce.

**10. Which hand do we tap on after 9 Gamut?**

You can tap on either hand after the 9 Gamut.

**11. What is the meaning of colour and texture?**

As human beings, we can store physical pain possibly as a colour / texture / sound / sensation / feeling. The colour and texture describe the tension, whether it is high, low, or medium, and we ask questions to unearth the same.

**12. What to do if someone mentions physical tension at multiple locations?**

You can ask them which location they would like to work on, and you can also get the numbers for the different locations. Just empower them to decide where to start.

**13. Can we use visuals to explain in case vocabulary is limited?**

Tell me more. What kind of visuals were you thinking of?

#### **14. How does deeper exploration help? How can you explore an issue at a deeper level?**

“Deeper exploration” refers to asking more questions once you are with done with the

EFT Tapping process. You may ask questions like:

- Is it worse or better?
- Has the nature changed?
- Has the location changed?

In case of Chasing the Pain, you must test the original location first by saying *“Okay I know it’s in another location now, let’s come back to the original one first”*. Then, you can ask where that is at. If you want to explore the emotional aspect of it, then you may ask *“What does the pain remind you of?”*