

EFT PRACTITIONER TRAINING DAY 6

1st August 2021 - Questions & Answers

1. If, as a practitioner, you know an issue isn't resolved, do you let it go?

You have an honest conversation with the client - follow up with them in the next session when they come in. Sometimes, the issue gets resolved in the gap between sessions, as the cognitive shift happens with time. But sometimes, it can still be there. So, when they come in for the next session, you can ask them how they feel about the issue you worked on in the last session, what happened after that, and what they want now.

2. What do I do if the client is showing mixed emotions - crying one moment and laughing the other? Should I also laugh along with them or just keep a poker face?

You do what feels natural to you. If someone is laughing and you laugh along them, it will make them feel safer. It is great if they laugh because it means they're having cognitive shifts. But do it only if it comes organically to you. Do not mimic them because that isn't cool.

3. What to do if there is a common thread of feelings that's running across different conversations, for example, a person bringing up the feeling of betrayal quite often in the session? Do we need to work on all the memories related to that feeling?

No, it doesn't mean you have to work on each memory. You can work on all the memories collectively, and then there will probably be a memory that has more betrayal in it than others.

For example, I was betrayed in a relationship emotionally and financially. As I dove into the memory over the years, I discovered that there was also a theme of rejection to it. After deeper exploration, the theme of abandonment also came up because I had a memory of abandonment when I was 2 or 3 and my parents went on a second honeymoon leaving me with my aunt and uncle.

The client might resolve it, and then come back after a year and a new theme will be uncovered.

4. There can be some challenges while giving and receiving the process, like language barriers, problems in the flow, the giver being very insensitive, or the receiver not being able to communicate. Can these challenges hamper the process?

No, they won't hamper the process.

However, if you are in the room and you're uncomfortable with the giver, you can ask them to stop. You take charge of your healing. Having said that, you are being certified to work with stress. If you want to work with deeper trauma, you will need to learn Inner Child Matrix because it is a much gentler technique.

5. I got so involved in taking the client's words that I forgot the tapping sequence. Is it okay if you forget the tapping sequence?

Yes, it is completely fine.

Honestly, the order doesn't matter. What does matter is that you follow what the client wants and use their words. Stay with them where they are at.

6. Somebody asked me in the breakout room if EFT works for positive things too, or if it only works for negative stuff. So, can EFT be used for positive things like abundance?

Yes, you can use EFT for abundance and positive stuff as well.

It's not so much about the negative stuff as it is about the truth and putting the truth out. We tap on the truth of the experience. For example, people consider anger to be a negative emotion. But I consider it to be just another emotion like joy, happiness, etc. If it is their truth, then so be it.

So, one thing you can do is when the session comes to an end and the SUD has come down, you ask them how they feel now and tap along: *"Even though I didn't feel calm before, that was then, this is now. Now I am open to the possibility of feeling calm anyway."*

This way, you can tap on the positive part as well. The thing to remember is that you mustn't put your words. You must use their words and their emotions.

So, yes, you can do EFT to attract money or business or abundance, which will more extensively taught when we'll get to Limiting Beliefs.

7. As per the case studies submission guidelines, we need to share the recording of an hour-long session. Since the Tearless Trauma technique is too intense, it might take a complete hour. What to do then?

The session can exceed to an hour and fifteen minutes but not more than an hour and half. We need to be kind with the client as well. Sometimes, it is also important to keep it to a certain limit because they can't take more than that.

If the session exceeds two hours, you need to mention in the case study, *"Why it took long?"* It's okay if Tearless Trauma takes the whole time. But I want to know what you did, how your tonality was. In case the time is going well over, explain the Box Technique to them and let them decide if they want to go ahead with that.

8. What is "Down the Spine" tapping? What is its significance?

"Down the Spine" tapping means tapping along the length of someone's back, either physically or energetically from a distance.

To understand it more correctly, get a pillow, cushion, blanket, or towel. Imagine it to be a baby, with its head resting on your shoulder. Tap down the spine of the "baby" in one direction, keeping its heart against your heart.

Its significance lies in the fact that it gives you a window to form a heart-to-heart connection as you put your hand on their head and with other hand, you touch their spine, tapping down it in one direction. You become a surrogate to them on the level of energy, letting them know that they are loved.

9. Do we always need to seek permission to do Down the Spine tapping while doing the Movie technique?

Yes, you always ask permission even while doing the Movie Technique. It involves touching the person, whether energetically or physically. So, you need to ask permission before you touch them even virtually. It is also a part of calibration. You tap on yourself and do the Spine Tapping for them simultaneously. In case they say no, you can say *"It's okay. I'll tap on myself"*. There's a technique taught in Inner Child Matrix (ICM) where you must touch the other person. Since we don't know where they come from or what their history is, it's better to ask for permission before.

10. What are the nuances to keep in mind while performing Down the Spine tapping, or hugging a client of the opposite gender?

I treat all clients the same. Also, we don't know what their gender preferences are. You always seek permission, no matter what gender they are. I even explain to them the process of hugging and thereby take all the romance out of it.

It is also about your energy. If you wink or smirk at them, it is certainly going to send a wrong message. Instead of genders, take it as male or female energy. If they have male energy, they will be uncomfortable expressing their emotions.

When there are tears, I might just put the tissue on their thigh or near them and they can decide if they want to use it or not. Besides, I don't give it importance if they say no or are uncomfortable with it.

11. While doing the Movie technique, should we ask the client to cry and do the Triple Point Calmer simultaneously?

Let them cry only if they feel like it. Don't make it about yourself and what you want. Ask the client what they want.

During the demonstration with Jade, I asked her what she would like to do with the tears. I didn't lead her as to what to do. Let it happen in its own time. My objective is to not have an agenda. If a client comes to see me because they are having these big fights with their partner, for example, all that matters to me is what they want and where they are at. I am not there to shift the place or fix the fight. Instead, I am there to be with them even if it means being stuck with them.

12. What is Tearless Trauma?

When a practitioner asks a client to *guess* how intense a problem or issue *would be* if they were to imagine it, tune-in to it, or describe it, this is called the Tearless Trauma Technique. Tearless Trauma, also called "Guessing," is another gentle way of Sneaking Up. The client guesses what the intensity level would be if they were to think about the issue.

Tearless Trauma is also a form of "*protective distancing*" – a deliberate strategy of tapping from a distance to ensure greater safety, comfort and/or to take the edge off the emotional intensity. It can also be used in combination with other gentle techniques. For example, a practitioner might say, "*If you were going to focus on just the title of that movie, how intense would it be?*" A more nuanced variation might be: "*Imagine this issue is on the other side of the mountain. What's the charge on that issue, way over there?*" It might also include the value of "*placing this issue in a safe container*" if there is more to do (more intensity to address), but there is a need for closure at the end of a session.

13. What are the steps to use the Tearless Trauma technique?

- Identify a traumatic incident
- Guess the emotional intensity - don't actually picture the scene
- Develop a reminder phrase
- Tap until guessed intensity is manageable
- Then imagine the incident
- Tap on any remaining emotion

14. When do we use the Tearless Trauma technique?

You use it when the guessed intensity is 10 or above, and if they are abreacting.

15. While practicing the Tearless Trauma technique, the word I gave to my memory was 'pregnancy'. Is it okay to shift the entire charge onto a word?

Since the charge is on the word, you don't need use the memory. It helps with dissociation. If you can handle its intensity, then it's okay. But if you abreact, then shift the entire charge onto a word because we do not want to reinforce anything.

16. Is the objective of the Tearless Trauma technique to just get the intensity low enough to explore the experience?

With this technique, we are trying to keep the client safe, go slow and not make it about the result.

17. What is an Abreaction?

Abreactions are normal but intense emotional reactions – when a client is hijacked by strong emotion or simply overcome with emotions

These often display as a marked increase in negative emotional intensity (uncontrolled sobbing, disconnecting from emotions and/or emotional overwhelm). For example, the client can suddenly:

- Cry
- Feel panicked
- Feel overwhelmed

The chance of having an abreaction can be minimised, or potentially avoided, by mindful, careful, and gentle application of Foundational EFT skills, especially building rapport, and the using the gentle techniques.

18. What is the Box Technique?

Principles of protective distancing are sometimes taught in a variation known as the Box or Container technique. In “boxing,” the event is placed in a container as described by the client and safely put away in any location the client selects. Boxing is a valuable distancing technique that works especially well for visual learners. Boxing gives the added benefit of returning the client to some control over the troubling event or memory.

This type of containment can be offered anytime there is a need to minimise emotional intensity. For example, a practitioner might say, *“If you were going to put this issue in a safe place or container for now, what does the container look like?”* or *“Where would you like that box to be?”*

Boxing is one way of offering effective *closure* or a *putting away* of any remaining intensity or ending an EFT interaction safely. Other means of closure include “tapping down” remaining intensity in creative ways, putting the issue in a locked container in the client’s choice of safe place (bottom of ocean, on Mars, etc.), or freezing the event in the memory.

Tapping on the aspects of the box also works as a metaphor and lowers intensity (e.g., “*Even though it’s large and heavy, I deeply and completely...*”). In class I had shared the example of my client who had signed up for EFT sessions so she could make peace with a past sexual abuse incident.

In her case:

- The first session started with splitting the whole incident into 6 episodes. The episodes were placed in DVD boxes, then in another box, and finally in a trunk at the bottom of the sea. The client chose the DVD boxes and trunk, as well as bottom of the sea. During the first session we only tapped on the box being at the bottom of the sea, and the complex emotions she felt as a result.
- Then each subsequent session we worked with one episode at a time.
- The second session we worked only on the first couple of minutes where she had an intuition to get out of her friend’s house but did not act on it. So, we mainly tapped on the regret.
- The next session we combined Box numbers 2 and 3, and the next session Box numbers 3 and 4. When we got to Box 5 and 6, it did not seem as important anymore.
- At the root cause was a lack of self-love and confidence, and the ability to say no.
- The closing sessions were on my client letting go of beliefs associated with the incident, and to open to a healthy relationship.
- On finishing the 6th session, my client finally felt safe to go to a party at another friend’s house.

19. When you were working with Jade, you asked her to change the word 'violated' to 'a box'. Why did you do that?

I did so because the word 'violated' was bringing intense abreaction and while working with trauma, we need to be really gentle and kind. Thus, it's good to replace the word that bothers the person with something gentler and distinct.

20. Can EFT be used for ankylosis spondylitis?

Ankylosis Spondylitis can be a stress related issue. I had a client once whose back was tilted and bent to an angle. It happens when calcification takes place.

Here, we are not working with ancient or pre-conscious trauma. So, like other issues, we work on it step-by-step. We begin with the surface symptoms and then move on to see if there's a memory associated. At this stage, you can use Tell the Story or Movie technique, and the other two techniques that will be taught later. You may also unveil a limiting belief. Close the process with something they can use on themselves.

You need to combine EFT with other treatment procedures to work on issues like this. There are three aspects that matter in such situations:

- The mental and emotional aspect
- Nutrition as specific nutrients are very helpful while working with ankylosis spondylitis.
- Movement, for example yoga, dance, or osteopathy.

Be honest with the client about how you can help them. Inform them that EFT is going to work on the stress and their emotional health, and that you can't promise that it will all be healed by the end. In fact, nobody can promise that. If they want to work on the emotional aspect, then you can step in. This way you'll also be able to manage expectations.