

EFT PRACTITIONER TRAINING DAY 9

8th August 2021 - Questions & Answers

1. Is there any evidence of EFT working for Autism?

Autism is not a disease that needs a cure, but rather some neural wiring that is slightly off. With Autism, we do not recommend working with the child but with the parent. It is because the child is picking up the emotions of the parent. If this happens, then the child won't be able to understand what they are feeling, as Autistic children are very sensitive.

With children, it is more important to give them a structure, focus and understanding that other people have emotions and that they need to understand them in order to communicate with others. It is more about educating them.

Tantrum Tapping or simple tapping sequences can work with children. Another reason to encourage it is that EFT gets them to touch themselves. They need to learn what loving touch is because autistic children aren't used to being touched, but the touch must be a controlled one. Safety is a big aspect for them.

Ninety percent of the time, the parent is struggling because the child is so highly stimulated. So, the parents need to have weekly sessions with EFT to remain calm.

2. How does one go about reducing the screen time for children as it is a big issue for parents?

Children love excitement and adventure, and gadgets are a great source of this. If the parent wants to have screen time off, then they have to find some activity for a child that is as exciting and engaging as the screen. The parent will have to invest a good amount of time with the child. Engagement is the first condition, and EFT follows that.

3. How to work with children going through parents' separation?

You can follow a simple tapping sequence with them such as:

"Even though, sometimes I am with Mum and sometimes I am with Dad, I am still a good kid and both Mum and Dad love me. Even though I live in two different houses, I am still a good kid. I am still a great kid."

Here, you are trying to build the confidence that they are not responsible for the situation. Sometimes, the kid may open up and complain about their parent. Tap on that too and use toys to make them feel safer and comfortable.

4. How to work with a child if they are triggered by something they watched on YouTube?

You can either get a teddy bear or tap on the video or movie which triggered them - get them to tap on the teddy or tap on themselves. Reassure them that it's just a movie and it is all okay. For example, a young girl was scared of hair in the bathroom. Her mother did the tapping process for fears and phobias with her, and it got okay.

5. Can EFT be used for problems like bed-wetting? Is there any chance that there is something physical related to it?

I worked with a child who had the same problem. In his case, he saw a sheet in the dark and assumed it to be a ghost. He told me the story and we tapped along. Begin with investigating what they are scared of because, most of the time, it is related to fear or anxiety.

For instance, I worked with a couple who came to see me because their baby's urethra and penis were not growing at the same rate and that was causing a lot of friction for the baby while urinating. The baby was in nappies so any kind of rubbing would cause a lot of discomfort. The parents sat on either side, and the mother held the baby as the father translated the phrases in Marathi. I asked the mother to hold the baby and tell me how she was feeling about what was going on for the baby. She described the baby's experience and we tapped along. At one point, we stopped the baby's tapping and ended up tapping for the mother as she was getting very anxious. That was a live example where I noticed the baby calming down right in front of our eyes.

6. Is there any different technique to practice EFT for children of 10-12 years of age and children who are 15+?

For children who are 15+, only talking will do. They may not like the "*love and accept*" part. But the younger ones are playful. Ask them to tell the story of what happened. Take them slowly so they can start building confidence.

7. How to work with children of 16-19 years of age who have addiction like smoking or marijuana? What to do to bring them out of it?

It depends on what they want. If it's illegal, then you have some leverage. I worked with children of age 6-10 who had addictions and would often indulge in self-harm.

You can begin with providing them a structured disciplined environment. The journey will become easier if they want to give it up too. But if they don't, then you can't force them to do it or practice EFT. You can send them to rehab where they may use EFT. You have to understand that a person gives up addiction when something bad happens. You can try Surrogate Tapping with them for their highest best. But some may feel that they are good where they are at. Then, you doing the Surrogate work won't be for their highest best.

8. How to work with mobile addiction in teenagers?

Again, it's not the child's problem. It's the parents' problem. You can take the phone away, but then you'll have to stop using it too. You can't work on a child who doesn't want to change. But you can change yourself. Educating them becomes another important factor. Use EFT only if they want. For them to give up the mobile, the parent must give them other alternatives.

9. Does the child have to tap on the toy?

It depends on whatever the child prefers. You can use a toy or simply draw a bear with "magic buttons" on a sheet of paper and get the child to tap on them. Sessions with children hardly go on for more than 15 minutes.

10. A nine-year-old boy has minor ADHD. He got addicted to a particular video game and now he cries, has hallucination and sexual thoughts. How to go about working with him?

Tap on the crying, hallucination, and sexual thoughts. Have an open and honest conversation with them about sex and sexuality. For instance, once I had a mother bringing in her 5-year-old girl who was masturbating. I spoke to the child and explained to her these acts must be done behind closed doors and that it is perfectly healthy to do. You have to leave them with a balance around these issues. I am even open to swearing with teenagers. It makes them think that this is a cool therapist, and they can comfortably vent in front of them.

11. What is happening in EFT tapping on a neurological level?

Energy blocks are created in the meridians, and the tapping opens up the meridian tubes as well as your energy centres, so the blockages open up/dissolve.

12. How can I go back and uncover older memories?

Everything is stored on the inside – the mind stores memories symbolically for when we are ready to go and explore it. When your body knows when you are ready, it will make the information available to you.

13. I know a woman who lost her husband not long ago. She has a seven-year-old son who was very close to his father. Since she is a working lady, the boy used to spend most of his time with the father. Now that the father is gone, the boy has become addicted to his mobile phone. How can I help both the mother and the son in this situation?

Begin with the mother first, because she has probably got a lot of past memories around her husband's demise. Let her get it all out. The mother and child need to spend time and do things together. It can be anything - playing, cooking, etc.

For the child, get him in his body to start feeling, and teach him how to use it as a metaphor to tap. But first, get some bonding happening between the two.

14. What is Surrogate EFT Tapping?

Surrogate Tapping is using your own body as a surrogate for the other person, and tapping on their behalf. Usually that person is not physically present. A practitioner may also tap on/with another person who is acting as a surrogate for a third individual or animal.

In some cases – as with a baby or small child, an animal, a person in a coma, or one's own 'inner child,' – the tapping is on behalf of someone who is actually present but unable to tap for themselves.

There are three possible ways to provide Surrogate Tapping: **talking about** the person, **talking to** the person, and **speaking as if** you are the person. We usually begin with the 3rd person (i.e. talking *about* them, as above).

It is not necessary to go through all three modes, but many people find it useful to do so. As you begin to connect intuitively, words will often come to you and flow easily.

- **Talk about** them (3rd person = he/she/they): *Even though my son is anxious about this job, he's afraid he can't handle it, he's not feeling confident...*
- **Talk to** them (2nd person = you): *Even though you're feeling insecure about this new job... you don't know if you can do it...*
- **Speak as if** you are them (1st person = I), by tuning in to the person's feelings as best you can, using what you know about them plus your imagination and intuition: *Borrowing my son's energy for a moment and tuning in... what would he say? "Even though I'm so scared — what if I can't handle the new responsibilities? What if I'm not good enough? What if they've made a mistake hiring me for this job?"*
- As a closing exercise, you might tap to reclaim yourself: *I'm me now... this is my energy...*

You can read about Surrogate Tapping here:

<https://vitalitylivingcollege.info/what-is-surrogate-tapping-how-does-it-works/>

15. My partner took over the process, so I just stopped and followed her. Was that the right thing to do?

Honestly, there is no wrong way to it. While tapping surrogately, we understand the other person more, and that itself is a great awareness for someone to have.

16. Do we really need to know if we are tuned in with the other person or not?

No, it is not needed. It will come naturally to you.

17. How to protect oneself while doing Surrogate work?

I don't think protection is needed. People need protection when there's something sticky in others that sticks to them. That's mirroring. However, you can use different methods of protection like Reiki, energy healing or pranic healing.

You can also do something known as drawing a figure of 8. What I recommend is, imagine putting yourself in one loop of the infinity figure and the other person in the other loop of it. Imagine their loop rotating one way, and your loop rotating the opposite way – one loop going clockwise and the other going anti-clockwise. It doesn't matter which loop is rotating in which direction. You can use this for any client at any time, not just while doing Surrogate Tapping. Gradually, the circles will grow apart from each other, and the attachment will get cut. The formula is this: if you step into the experience, you need to step out of it as well.

18. My daughter is afraid of public speaking. She wants to spend more time with me, and I want her to be happy. How do I work with her?

Work on yourself first. Spend time with her and she'll be happy. Work with her when she's ready.

19. What if you really want to help someone, for example, I really want to help a friend of mine who is suffering?

Refrain from helping someone with Surrogate EFT Tapping. Work directly with them because then, it will be more powerful and effective.

20. Can we do Surrogate work with our own younger selves?

You can, but it is recommended that you work directly with yourself.

21. Can Surrogate Tapping be used on my brother, who has put a forgery case on me, so that he changes his mind and our relationship gets restored?

The purpose of Surrogate Tapping is for the highest and best. It feels like it is important to tap on yourself and how you feel about the forgery case first. As far as restoring the relationship is concerned, you can tap on that as well. Although it doesn't feel like you can do Surrogate Tapping because it is his decision to do the forgery case and our aim is not to change someone's mind for our own benefit but for their highest and best. The thing you have to ask yourself is, what is it that is driving him to do this; what is he feeling emotionally and thus, the session would be for his highest and best.

22. Can I work with plants using Surrogate EFT Tapping?

Yes, you can. In fact, plants are very responsive to EFT. Plants enjoy mathematical music like Indian classical music. So, you can put on some music too.

23. Is the Loop of 8 in our minds or are we supposed to draw it?

You can do both. Either you can imagine creating a Loop of 8 or Infinity by going clockwise and anti-clockwise or you can draw it on a piece of paper.

24. May we ask the person after doing the surrogate tapping how they feel or if they feel any better?

Yes, you can definitely ask the person how they feel or if they feel any better.

25. Can we use Box technique in Surrogate Tapping?

You can use the Box technique in Surrogate Tapping if you think you need it. However, if you feel the need to use the Box technique, it might be better to do sessions directly with the person, because it says to me that there could be some deep trauma there. Eventually, the only way forward is to tap step-by-step on what is in the box, because that's where the freedom is. The Box technique is only for safety and protection, and to pace things step-by-step.

26. Can we work on chronic pains with EFT?

Yes, you can work on chronic pains with EFT. You might want to begin with the timeline and work out on when it began or ended, what the relationship is with different events in life and the chronic pain. Begin with working with the Physical tension process; and then gradually move in to the memories related to either the pain or the emotion, and then close the session with a set of positive round of tapping. You can give the set to the client as an audio.