

RECORD OF EFT CASE STUDY SESSIONS FOR ADVANCED PRACTITIONER LEVEL

Name of EFT Student:	SM
Date of Session:	04 September 2016
Length of Session:	1 hour 15 minutes
Client ID (if applicable):	Client K
Gender:	Male
Case Study Number:	03
Session Number:	1 of 6 sessions

Background Information: Please refer to intake form attached (Client K)

Description of the presenting problem (the reason the client came to see you):

Client K had been emotionally shutdown for over a year. He knew whenever any emotions were coming up but couldn't feel them fully like he had been able to before. He was aware of them in a more mental way. He used to be a very emotional person before, and now that he could no longer feel his emotions fully like was able to in the past, he was anxious and afraid. He knew he was anxious or afraid because he would notice his body responding in a nervous way, but he couldn't really feel the emotions as such. He was ill at ease. Because of the shutdown, he was unable to feel even positive emotions like happiness, and therefore felt like he was missing out on a lot. There was apparently no particular event that had triggered the shutdown.

Assessment (your assessment):

Client K was very aware of his situation, and how his body responded to the emotions going on beneath the shutdown.

Explanation (how you explained what would happen during the session):

The client was another EFT practitioner, so we began straightaway.

Desired goal or change wanted (from your client):

Client K wanted to be able to feel his emotions again and overcome the emotional shutdown.

Intervention (what you facilitated during the session):

Once Client K had explained his condition to me, I asked him how the shutdown seemed or made him “feel”. I was looking for any internal response to the shutdown, even if it was mental, and not a feeling. He said it was dry, tasteless, and colourless. He also said that it made him feel like there was no meaning left anymore. I asked him where in his body he would experience it. He said he sometimes experienced it physically as tightness in his chest, as though it was a burp stuck in his chest. When he would explore it, there would be nothing there. It also made him lethargic. He said it was not peaceful. It was as if something was bugging him, but he couldn’t feel it.

We did a few rounds of tapping on all of these facts, and then I asked him to tell me if he was aware of how he used to feel before the shutdown.

Client K said he used to feel his emotions fully. Sometimes he would feel his emotions very strongly and got overwhelmed by them. He had faced a lot of hurts before the shutdown, and a lot of rejection. He hadn’t been able to pursue playing music professionally as would have liked to, because he had not reached the required level of practice. He had been bullied in high school, and faced rejection from friends, which made him feel left out.

In the past, he sometimes got overwhelmed by emotions, and even had Ab reactions. When he was in college, if he got depressed while in class, his depressed feeling would be so overwhelming that he would have to get up and leave the class. He mentioned that he wouldn’t be able to do that at office now that he was working.

We again tapped on all of these.

I sensed that there might be some benefit of the shutdown and did the Secondary Gains procedure. I asked him the questions for this process.

Being shutdown had cost him the ability to process his past hurts, and fears of the future, and that made him sad. In a sense it had also cost him his life because he saw no meaning or purpose anymore. This made him blank, very uncomfortable, and he didn't care about anything.

I asked him how things would change for the better if he could feel his emotions again. He immediately said they wouldn't – he would be a mess.

I asked him the same question again, and this time he replied that he would be able to move forward and do something about the way he felt.

Finally, he would also be able to feel again, and not miss out on being happy and excited.

He said he would initially feel a lot of fear and maybe even panic at feeling things strongly and be judged for being too emotional. He was afraid he might be labelled as 'mentally unstable'.

The benefit of the shutdown was that he didn't feel panic anymore. He noticed the symptoms in his body sometimes but didn't feel the emotion.

The other benefit was that when he was in college and depressed, he couldn't sit in class. Now he was at least able to sit at his job, without feeling the need to get up and leave.

He was afraid that if he could feel his emotions, he would be forced to work, even if he was experiencing overwhelm. The shutdown saved him from that. Another benefit was that he wouldn't know when he was depressed, and that would help him get through the day.

I asked Client K how he could have the benefit of the shutdown, and yet be able to feel his emotions again. He said he would need to take a break of about 4-6 months, where he would be able to work with himself to process everything. I asked him what was stopping him from doing that. He replied saying he didn't like his profession, so it wasn't that. However, he was in a committed relationship since 4.5 years, and might get engaged next month. That was stopping him.

I asked him how his fiancée would feel about it if he were to take some time off for himself. He said she tried to be supportive but tended to panic. If he quit his job, she would panic, and she was not a very nice person when she panicked.

He also had fears about being able to pay his rent and feed his family in the future.

Client K said he sometimes tended to stutter and stammer (since childhood), and now at this point he was having difficulty expressing himself freely, as the stuttering and stammering was getting a bit strong. We slowed down the pace of talking, to make it easier for him.

We tapped.

“Even though, I’m emotionally shutdown, I love and accept myself. Even though I’m shutdown, and my shutdown has kept me safe, I love and accept myself.

If I feel my emotions, I might be so afraid....

Might even panic...

I couldn’t sit in class when I was depressed before...

Now I can at least work...”

Even though my shutdown has kept me safe, and I’m thankful to it for keeping me safe, I love and accept myself. Suppose somehow there was a way by which I could feel my emotions safely, without being overwhelmed and afraid of them, I would choose that now. I open myself to the possibility of feeling my emotions safely, and remaining calm, even negative emotions come up strongly.

Even though I'm worried about being shutdown, this experience of being shutdown has taught me how to function smoothly in everyday life, which I wasn't able to do before. This experience has taught me how to function without getting overwhelmed. I'm grateful to my body and mind, for the learning it has given me through this shutdown experience. Even though I may not have always trusted myself in the past that was then, this is now. I now choose to trust my body, and its natural intelligence, and allow it to teach me the lessons it has to teach me through this shutdown experience.

Even though the shutdown has been a friend that kept me safe from feeling my emotions, I now choose to safely feel my emotions, and release the shutdown with gratitude. I release the shutdown... It's safe for me to release the shutdown... I safely release any attachment I might unconsciously have to this shutdown... I am safe anyway..."

By the end of this process, Client K was looking a lot more relaxed. He had had a frown of anxiety and his facial expression was worried when we started. By now it was much more relaxed.

I checked with him about how he was feeling. He said although the shutdown was still there, its quality had shifted. It no longer was dry, tasteless, or colourless. Since Client K was having difficulty in speaking freely, I decided to shift focus to the stammering.

Client K had had this problem since childhood. He tended to stutter or stammer more when he was around judgmental people. When asked when the first time was he remembered stammering, he said that he was around 8 years old. He was having difficulty speaking freely, and his father had said "Who will hire you when you grow up if you speak like that?"

Client K said he had already worked with that particular incident and processed it. However, as a child, the slightest things he wanted to do were not only judged but also had bad repercussions. He was scolded a lot by his father, who was his idol. He gave the example of a time when he was cleaning a video tape, and his father asked him to go to bed. Client K asked him to let him finish, and was trying to finish cleaning the tape, but his father got angry, and threw the tape. This was behaviour he experienced throughout his childhood. He was skinny, and small, and used to feel condemned. He couldn't defend himself

and used to feel helpless. He would also feel guilty, like it was his fault, and that he was a condemnable person.

We switched to the Inner Child process. I asked Client K to invite the younger Client K to sit beside him. Client K wasn't very comfortable imagining something outside himself, so we did a slight variation. I asked him to step into the body of the younger Client K, and to surrogate tap for the younger Client K.

"Even though Appa (Appa was how he called his father) always scolds me a lot, I love and accept myself. Even though I admire him a lot, he scolds me for little things, and I feel guilty, as if it's all my fault, and I'm a condemnable person. I'm so small and skinny and can't defend myself. Even though I feel so helpless, I love and accept myself.

It's all my fault...

I guilty...

I'm a condemnable person...

I'm so helpless...

Even though I feel guilty, and feel like a condemnable person, suppose somehow, I could love myself anyway, I would choose that now. I'm open to the possibility of loving myself, irrespective of whether I am small, skinny, helpless or at fault. Even though it might even be something I'm unfamiliar with, I choose to love myself unconditionally, no matter what my faults are, and no matter my limitations. I choose to love my limitations as a part of me. I love the part of me that feels helpless, the part of me that judges me for feeling helpless. I love and accept all parts of me.

(Top of the head) It's safe to love. I'm worth love."

We repeated the last line affirmation on all the tapping points and brought the session to a conclusion.

Client K was looking far more open, and he was smiling. He said that he had had a backache since some time. The pain was reduced to less than half by the end of the session. He was also speaking more easily towards the final process.

In this process, we worked with Continuous Tapping, Flexible Language, Secondary Gain, Inner Child with Surrogate Tapping, and Reframes.

Outcome (what happened at the end of the session or client feedback during or after the session, including any testimonials):

By the end of the session, Client K was no longer worried about the emotional shutdown. He said its quality had shifted in a more positive way. Since we had also worked on self-love for the Inner Child, there was more lightness about his presence.

Future planning (what you would propose in your next session):

Continue working on the emotional shutdown, and if the stammering comes up again, on that too. Will also explore the Inner Child process to heal younger memories, if required

Post session review and learning outcomes (your reflections and what you learned):

This was the first time I was doing a process for someone who was unable to feel his emotions, and was yet aware of being affected by them. I was unable to use the regular process of identifying where the emotion was felt in the body and identifying the SUDs. The Secondary Gain process was very helpful in this case. It was a great learning session, and taught me a lot.