

EFT ADVANCED SUPERVISION & MENTORING

9th October 2021 - Questions & Answers

1. What are the two levels of unexplored area?

The two levels of unexplored area are: first, a person may not want to explore their emotions, and second, there may be some conflict, and we cannot force our clients to walk down that route if they do not want to.

2. What is an archetype?

Archetypes are the interactions between inner function of the human body parts.

The concept of archetype was developed by Carl Gustav Jung. He was a Swiss psychiatrist famous for his views on the personal and communal unconscious, as well as extraversion and introversion.

The ego, the personal unconscious, and the collective unconscious, according to Jung, make up the human psyche, or body, mind, and soul.

3. What is the best way to stop being a people pleaser?

Setting boundaries is the simplest approach to stop becoming a people pleaser. It's also the most effective technique to show self-love. It will also poke other people who are not yet seated in self-love, or who are on their way to self-love, because they may be vibrating at a different energy.

4. What are the four archetypes?

The persona, the shadow, the anima or animus, and the self are the four main archetypes discovered by Carl Jung. These are the outcome of collective, shared ancestral recollections that can be found in art, literature, and religion, but aren't readily apparent to the naked eye.

These Jungian archetypes depict a path from unconsciousness to individuation, or the union of the conscious and unconscious.

Here's a look at the four Jungian archetypes:

The Shadow: Humans have a light and a dark side. The dark side is the part of ourselves that we choose to ignore—our it's shadow. There are components of our personalities that we don't appreciate or even recognise. They live in our unconscious state, which is made up of repressed memories and thoughts manifested as automatic reflexes. Our preconceptions and biases are the result of our shadow. They appear unintentionally and without warning.

The Anima or Animus: Our vision of the world is shaped by our culture, upbringing, and experiences. The anima, or woman, and the animus, or man, are both reflections of the ideal gender. In a man's psyche, the anima represents femininity, while in a woman's psyche, the animus represents masculinity. Society frequently forces us to suppress these radically different constructs.

The Persona: The Jungian persona describes the various masks we wear in social situations. When we're with our families, we're not the same person we are at work. Our persona takes on many shapes depending on our culture, upbringing, and general surroundings. A character, which has its roots in theatrical masks, depicts how we adapt to our circumstances, whether to blend in or to protect ourselves.

The Self: The self is formed when the ego joins with the conscious and unconscious realms. The self represents Jungian individuation as a whole. Individuation is comparable to individuality in that each person is distinct and no two people have the same personality. Individualization is the result of a person's unique life experiences.

5. What are some of the human needs?

Some of the very important human needs are significance, certainty, variety, love/connection, growth and contribution.

6. Can you give an example of certainty?

If a person is experiencing low energy, one of the tactics they may use to feel better is to eat. When they take in the food, they will have the certainty of feeling better.

Someone with OCD has to be certain all of the time. As an example, washing hands and keeping them clean and hygienic.

7. A friend of mine was in distress and she came to me for help. How can I handle this situation better?

To begin, picture yourself in her shoes and consider how she feels when she complains to you. You may not have faced the difficulties that your friend is dealing with in her life. Work on figuring out how this friend is triggering you.

8. My friends could have been my previous clients, and they sometimes discuss their life problems with me and ask for advice. I'm uncomfortable because I'm afraid that if I give advice outside of treatment, I'll be dis-empowering them. She keeps complaining about her situation and I feel annoyed and triggered by it. What is a good way to deal with this situation?

Consider what you admire about this friend. Be grateful for her existence in your life. Mention that you are uncomfortable giving your opinion because you have a professional relationship with her. Declare the truth and be open and honest about where you are and how you are feeling.

It appears to you that she is complaining. But she feels like she's letting it all out. It's all about differing perspectives. Support her since she picked you to express her sorrow and has faith in your ability to assist her.

9. People develop an addiction to therapy. They feel fantastic at first, but then they get addictive, which triggers me. And then they request for assistance and a session. Is that a shadow?

Yes, they can become addicted to therapy, but kindness has its place, and it's fine to move back and forth on the path.

When they return to the therapist on a regular basis, they may find that they benefit from the sessions. Take a step back and halt as a therapist if you aren't able to engage and aid them. Have an open and honest chat with that person about how you feel about their returning time and time again.

Only you can tell if there is a shadow there since you know yourself better than anybody else.

10. Even after we've reached the end of the therapy, a client of mine keeps coming back. I'm irritated because no matter how hard I try, nothing works, and we're back to square one. How can I improve my handling of this situation?

You believe you've worked everything out with that individual, but they still return, causing you tension. They have a secondary gain behind this, and you have to uncover it. It's most probably because they're not ready to let go that particular connection from their life.

11. I'd like to figure out how to deal with the reality that I see clutter in my house but do nothing about it. I've never been able to keep up with the entire house, and it's always been a source of stress for me. I'm completely stuck. So, what do I do now?

Consider what will be different if you make a change and keep the house tidy, as well as how long you want to remain stuck.

You're trapped because you haven't had an open dialogue about the matter with your husband.

12. When I ask my client to rate her intensity on a scale of one to ten, she says it's a lot and then gives a number like three or four. It's amusing to me that she was so serious about it and then gave such low figures. How can I approach this situation with more sensitivity?

For example, a metaphor with physical pain may be 4 but a lot could be a lot more severe for an individual.

You're being honest, and you're recognising the emotion and jot down why you're laughing. If she is offended, explain yourself and apologise for acting in this manner.

13. I'm facing a conflict about a person taking up as a case study client. I feel compelled to assist him, and everyone is pushing me to take him on as a client. But when I met him, I realised that everything about him is the fault of others. It makes me wonder if I can assist him and if he is willing to try new things. I'm already considering having an open and honest chat about expectations, but there's a part of me that wants to help but doesn't want to become tied to the outcome, and then there's a part of me that may be judgmental of him becoming so stuck and not being open to alternative perspectives. What should I do in this situation?

I believe you have a part of you that is a practitioner and wants to assist him. Communicate with him with an openly and honestly heart. If you decide to work with him, don't expect immediate results; instead, share your opinions and experiences.

14. There is little difference between a really suicidal client and some who are just feeling this way rarely in some moments. So how to gauge the difference?

You are not equipped to determine whether the individual is truly suicidal, and it is not your obligation to monitor their actions. We suggest that they contact a suicide prevention helpline. Let them know that we're concentrating more on emotions. You can also contact the helpline and inform them of your client's situation.

15. Is it okay to ask direct questions to the client?

It's quite acceptable to ask such questions because you're assessing the issue.