

EFT ADVANCED SUPERVISION & MENTORING

October 23, 2021 - Questions & Answers

1. How is stubbornness related to healing?

If someone is stubborn, they also have mental strength since one of the characteristics of stubbornness is that they are mentally strong, which means that if they make up their minds about something, they will make it happen in a positive way. On the other side, stubbornness can prevent healing since it is inflexible and closed-minded.

2. What is OCD?

Obsessive-compulsive disorder (OCD) is a mental illness that causes repeated unwanted thoughts or sensations (obsessions) or the urge to do something over and over again (compulsions). Some people can have both obsessions and compulsions.

OCD isn't about habits like biting your nails or thinking negative thoughts. An obsessive thought might be that certain numbers or colors are "good" or "bad." A compulsive habit might be to wash your hands seven times after touching something that could be dirty. Although you may not want to think or do these things, you feel powerless to stop.

Everyone has habits or thoughts that repeat sometimes. People with OCD have thoughts or actions that:

- take up at least an hour a day
- are beyond your control
- aren't enjoyable
- interfere with work, your social life, or another part of life

3. What is bipolar disorder?

Bipolar disorder, formerly called manic depression, is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression).

When you become depressed, you may feel sad or hopeless and lose interest or pleasure in most activities. When your mood shifts to mania or hypomania (less extreme than mania), you may feel euphoric, full of energy or unusually irritable. These mood swings can affect sleep, energy, activity, judgment, behaviour, and the ability to think clearly.

Episodes of mood swings may occur rarely or multiple times a year. While most people will experience some emotional symptoms between episodes, some may not experience any.

Although bipolar disorder is a lifelong condition, you can manage your mood swings and other symptoms by following a treatment plan. In most cases, bipolar disorder is treated with medications and psychological counseling (psychotherapy).

4. Why should you be careful while working with allergies, particularly peanut allergies?

One of the most common causes of severe allergy shocks is peanut allergy. Even small amounts of peanuts can induce a serious reaction in some people with a peanut allergy, known as anaphylaxis, which can be life-threatening.

So, do not work with someone if you do not have the necessary experience dealing with it.

5. Is it possible to work with the amygdala indirectly if it does not need to be calmed?

Cortisol levels can be reduced by tapping on the meridian. Affirmations using EFT are used in studies on the amygdala. For example, *"Even though I am so exhausted and really tired, I choose to love and accept myself."*

6. Does it mean anything if someone experiences pain when holding the 9 Gamut?

I'm not sure if it signifies anything, other than the lymph. The 9 gamut does not signify pain other than the lymph, which might say it needs cleaning.

7. I have a client who has a couple of labels and is right now very resistant to EFT when she's upset. How can I help her?

To begin, consider why you want to help this client if he or she is resistant to EFT.

8. What does 'Stepping Stones' mean?

If someone approaches you with labels, you might want to examine it more. You might want to go over each aspect step-by-step.

9. What does non-discrimination mean?

Non-discrimination refers to not favouring one person over another and treating them equally. For example, being biased when neutrality is required.

10. I spend so much time being emotionally triggered that it takes me a long time to recover. I've been working on this for a long time, and while I'm much better now than I was before, there are still some areas where I need assistance. Is it something I'm doing wrong?

You're most likely doing everything correctly. You are significant in your world, regardless of what you say. You must make a decision on your relationship. It will all make sense if you put yourself first.

11. What do you mean by peak performance and perfect parenting?

Peak performance is where you work with people in the area of peak performance, for example, with celebrities.

Perfect parenting is when you use the EFT scale with your bare hands to assist them let go of the triggers they faced as a parent so they can be present for themselves and their children.

12. Is there a structured way for us to get our client-session questions answered in one place and in a consistent manner, such as a monthly "bring your questions" event?

So, you can text your queries to the EFT 3 Supervision Group at any time. We have a monthly EFT Serve session on the third Saturday of the month - you can ask your questions prior to the call or when you join the call, you can indicate that you have a question to ask, even if it is not connected to the topic. You can also ask questions during the monthly EFT Advanced Masterclass calls. We plan to start monthly drop-in clinics for clients next year. We didn't want to do was to make the practitioner wait till a monthly meeting because clients sometimes require answers sooner.

13. How important is EFT tapping for teenagers, and how do you use it with them?

By being the same as them, you can make them feel free and open-minded.

Teenagers who are clearly different from school-aged children and adults and who stand out in their personality complexes should be treated in unique and unusual methods, such as in my clinic, where I offer board games for those teenagers who don't want to talk.

Respecting the identity of the teenager is necessary because teenagers desire empathic therapy, and there will undoubtedly be certain concerns with which you can identify and so build on.