

## **EFT PRACTITIONER SUPERVISION & MENTORING**

**October 23, 2021 - Questions & Answers**

**1. In the techniques, do we rate ourselves on things that we have used or the knowledge we have gained?**

If there is something you were good at when coming in, you can rate it on based of how you think do in that area. If you were excellent in a certain area and you have grown more, you can write that.

For example, if you feel you need more practice in the Tearless Trauma technique, then you can put out a message saying *"Hey. If someone has a high intensity trauma and they want to work on it, then please let me know."* In the end, I would highly recommend you do the Inner Child Matrix as it is a much gentler and safer technique to work with deeper trauma, especially because EFT can sometimes feel like an open heart surgery.

**2. Will EFT Certification need renewal?**

Yes, you'll have to get them renewed every year.

**3. What do you mean by renewal of certification and what is the process involved?**

You need to get your certification renewed every year in order to continue practicing as a certified EFT Practitioner. What is required from you is that you complete six hours of supervision and mentoring every year.

Here's the process which will be followed once you send in all your documents when you are done with your case studies:

- You will send us all your documents in one single mail and they will be saved in a confidential folder followed by a mail saying that we have received them safely.
- I will either go through it or counsel with your ,mmentor if you feel the need to have their call.
- I will send you an email or we can have a chat if anything needs further clarification.
- If all goes well, you will receive a formal communication from us that will bear your name, congratulatory message and your MCQ test.
- In case you score less than required, you will be given two chances to up your score. MCQ test is nothing but a way to evaluate if you have got the theoretical knowledge right. I might add a sentence or two sharing my thoughts or developmental points if any.
- Next, you will be mailed your certificate once you give us a formal adherence from your side.
- Your certification will be valid from the date of your certificate to the next one year.
- In order to complete your six hours of supervision and mentoring, you can pop in our programs like EFT Facilitator Training, Body Vitality Program, etc.
- Those who want to be listed in the EFT International can do so by submitting your work and mentioning who you learnt it from. The certifying body will then check in with your trainer and decide upon renewing your certification.

**4. Could you please explain the terms:**

- a. Sneaking Up**
- b. Stepping Stone**
- c. Inner Committee**
- d. Intuitive Working**
- e. Role Play Tapping**
- f. Building Bridges**
- g. Detective Work**
- h. Non-Solicitation**

Here are the definitions of the following terms:

- i. Sneaking Up:** In EFT, when we tap on the peripheral Aspects of a potentially intense problem or issue (including a Specific Past Event) in an effort to be gentle, we are “sneaking up.” Sneaking Up is a strategy of carefully approaching a problem to minimize the level of pain and/or suffering for the client. Sneaking Up is a system of gentle approaches used in EFT as needed to reduce or minimise emotional intensity. The goal is to take the “*edge off*” of the intensity of the issue *before* further discovery or resolution is attempted. One example of Sneaking Up is to tap on the person’s exact words about proceeding further (e.g. “*I’m afraid to go there*”) until the intensity is *as low as it will go* and/or other (more peripheral) Aspects arise.
- ii. Stepping Stone:** Stepping stones is the technique when you work towards an issue using a step by step proves. For example, if a client comes in for confidence-related issues, you would not begin with the issue as a whole. You might want to work on smaller aspects reacted to it bit by bit towards your final destination.

- iii. Inner Committee:** Inner Committee is an EFT Level- 3 concept. Here's the crux of it- we have different personalities inside of us, for example a perfectionist, a procrastinator, a drama king/queen. These are called archetypes and they are based of Jungian philosophy. Basically, we uncover some of these archetypes to be able to cut through an issue quickly because they could be sabotage patterns too.
- iv. Intuitive Working:** This is also an EFT Level- 3 concept. It is about being with a client ion session and completely tuning into their energy. You surrender yourself and become an empty channel. There can also be telepathic communication happening then. This is when your intuition kicks in.
- v. Role Play Tapping:** This is also an EFT Level- 3 concept. Role Play Tapping is when you as a practitioner are struggling with a client, so you step into their world, breathe and feel hoe they do, and get their perspective. This way you get unlock a lot of blocks that might be hindering their healing.
- vi. Building Bridges:** Building bridges refer to briefing the person what EFT is based on where they are at. You give them the answer they are ready to receive. For example, the way you brief EFT to a 5 years old kid and a 25 years old adult will be really different.
- vii. Detective Work:** It is when instead of giving the client the answers, you become curious like a detective and try to probe more with questions.

- viii. Non-Solicitation:** Non-Solicitation means where you do not directly or indirectly promote to another person where you solicit them for business. For example, fellow students are not allowed to tap other students, to book sessions with them, or attend other training.

## 5. What is Apex Effect?

In EFT, changes happen so quickly and tapping can be so foreign to one's existing beliefs that results received in the session can be attributed to almost anything *but* the tapping. This could manifest as denial or reluctance to seeing the original severity of the problem, or attributing it to other causes or efforts to manage the problem.

The existence of the Apex Effect is another reason for doing rigorous and thorough Testing, and the taking of notes, to demonstrate the *before and after effects* of tapping.

## 6. How do you explain EFT to a 3-8 years old?

Build rapport with them. Show them the tapping points and ask them to follow you. Hand them the power to stop or interrupt if the process doesn't make sense to them. Make sure that they know that they don't have to listen to or do everything you say. Modulate your voice to a kid's. Use the language they prefer. They might not like "*deeply and completely*" phrase. Replace it with something like "*I am still a great kid*"

## **7. What does Writing on the Walls mean?**

Imagine you being a palace and everything is okay in there. Suddenly someone comes to you and says *"Don't do that. That's wrong."* Or you go to school and a kid says something to you. You process them as something written on the walls of your mind. Clearing those writings becomes immensely important as more writing can mean closing doors to possibilities.

## **8. How to get group work certification?**

You can sign up for EFT Facilitator Training. You are required to either a certified EFT Practitioner or be at least a month away from being certified.

## **9. What if the client starts having romantic interest in the practitioner?**

You will stop your sessions with them. You tell them *"We have a therapist-client relationship and that is the only relationship I can honour right now."*

## **10. What to say if the client asks, "Will I heal in three sessions?"?**

You can say to them *"I don't know if you will heal in three sessions. I am offering sessions to support you on emotional aspects, and I really don't if you will heal."*

**11. Sometimes, I might feel like a client will need more than 3 or 6 sessions to reach where their goal, but I can't take them up as my case studies requirements will be fulfilled. How can I manage expectations in this scenario?**

First of all, you need the Limiting Beliefs process with yourself for having the belief that they will need six or more sessions. Have a clear communication with the client. You can even tell them, *"If you want more session with me, we can connect back when I am certified and offering professional sessions."*

**12. What if the practice sessions go beyond 50?**

You can still keep doing them.

**13. Do we let the clients know once we get certified?**

Yes, you can let them know that you have got certified and will be offering professional sessions. You can put the word out on social media to reach out to more people.

**14. How much detail do we need to put in the practice session notes?**

The excel sheet provided to you is how we want it. You can keep a journal of yourself on what you did well and what could've been better as it is always good to have that awareness in order to sharpen your skills.

**15. How can I go about receiving the review of my work?**

Connect with your senior practitioner and make optimal use of your sessions with them. Try doing this early on when writing case studies or maybe after your 3<sup>rd</sup> session with them. It will help you get the sense of where you are at with things and review them all.

**16. Can I take up a client who has gone through sexual abuse in the past at this level when their objective is not to deal with it?**

If the client brings it up during the session, it will be really your call to decide if you want to work with the emotional aspect of it. It totally depends on you feeling confident to deal to take it up. Besides, it is going to take a number of sessions to explore this issue, so you'll have to see how you are taking them up. You can do your case studies sessions with them and offer more practice sessions if need be. You can also refer them to an EFT 3 practitioner-in-training who has skills and sensitivity to deal with it because at EFT 1 and 2, we need you to demonstrate EFT 1 and 2 skills. That being said, we normally refer these kinds of cases to be done by someone in EFT 3 training.

**17. Once the SUDs for an issue come down I get stuck and don't understand how to continue the session. What to do?**

You can ask the client what they would want to work on now. Ask them if they want to continue with the same or work on other issues.

## **18. What is Tapas Acupuncture Tapping?**

Tapas Acupuncture Tapping (TAT) is an almost always self-administered technique and involves applying pressure to various points on one's body while directing one's thoughts to past physical, emotional, or ancestral memories.

## **19. What is the liver point?**

Liver point is just another name for under the breast tapping point.