

EFT FACILITATOR TRAINING, 23rd DECEMBER 2021

Questions & Answers

1. Why should we begin with the constricted breathing exercise?

It is always a great idea to begin with constricted breathing exercise as it is a way of demonstrating the steps of EFT Tapping to your audience. It is also a way of making them experience the effect of EFT Tapping and let them know that this is how EFT would work for their problems.

2. How are affirmations different from EFT?

The problem with traditional affirmations is that it goes contrary to the facts & denies the reality that some part of us knows to be true. So when we say an affirmation, our brain creates a resistance by not accepting it to be true. So, it is helpful to use affirmations in such a way that don't create such conflict.

In EFT, instead of focusing on manifesting the outcome, the focus is on acknowledging the present situation as it is and putting oneself in a place of compassion. When you accept a situation, you no longer have a resistance, and that makes the way for change to happen.

3. How do you pick people for demonstration?

It is easier to do that in person rather than online sessions as I can easily see all the people and feel their energy. In online sessions, you can pick people by asking them to share in chat who feels worse, who feels better, and who feels the same.

Also, observe your audience and pick someone who seems compliant. They can be easy to demonstrate with. When you have a very large audience and

it becomes difficult to observe everyone, just pick someone intuitively and go with the flow.

4. What is the Facilitator model?

The facilitator model is basically how much control you take as a facilitator in conducting your sessions.

There are three styles of facilitator model:

- Authoritative (Hierarchical) style: This is when a facilitator guides the audience by giving direct commands.
- Cooperative style: This is when a facilitator takes into account the opinions of the audience.
- Autonomous style: This is when a facilitator provides little involvement and lets the audience drive the session.

5. While demonstrating constricted breathing, should we do only one round of tapping?

Yes, one round of tapping is enough. If you feel that the group needs more rounds, then you can do more. If your entire session is based on the theme of breathing, then you can put the focus there. But in this case, as a convincer, one round is enough.

6. What possible adverse reactions have you encountered, if any, during the constricted breathing exercise? And how do we deal with such situations?

I have seen people having a complete meltdown, panic attacks, wanting to run away and leave the seminar, and suddenly crying. When you see someone having such abreactions, you simply watch them and ask them to tap along with you. You don't have to give them more attention than that because you are dealing with a group. If you see more than one people

having abreactions, you can make them do the triple calmer. Explain to the entire group that if at all they feel emotional or overwhelmed, they should just do the triple calmer.

7. After having done the touching toes exercise, my body's flexibility has improved a bit and my back is able to stretch more. Does that mean that there were pent up emotions in my back?

No, all we are trying to establish is that as a result of touching toes exercise, you experience a shift in your physical body and your ability to touch your toes by using EFT Tapping. The only reason we ask the group what is stressing them is so that they can relax what is stressing them and hence relax the body.