

RECORD OF EMOTIONAL FREEDOM TECHNIQUE (EFT) CASE STUDY SESSION FOR PRACTITIONER LEVEL

Name of EFT student:	Client A
Date of session:	10-09-2017
Length of session:	2 hours
Client ID (if applicable):	
Gender:	Male
Case study no:	1
Session no:	1

Background Information: Client A is a highly successful professor in Delhi University working in leading college. He is 65 years old, senior external invigilator appointed for Ph.D. presentation and guide in our college for Ph.D scholars. This is my second presentation in front of him, about EFT and its effectiveness on management student’s success in placements. During the presentation, Client A asked me to stay back to give him a live demonstration of EFT on his issues. So, I got a chance to Work with him. He was too inquisitive to know about EFT, as he had heard about EFT.

Description of the presenting problem: During the presentation, he was suffering from Lower back pain, so with inquisitiveness, he asked me to tap on his physical lower back pain. He was skeptical about EFT and other related modalities. Which he agreed, Meanwhile I took permission to document the case for my certification, being an EFT student and expressed about my learning in this area. He said, its ok with him, and we moved ahead with further discussion.

Explanation: I explained him the science behind, how EFT works and requested him be open and experience the session with open mind, without any presupposition about EFT.

Desired goal or change wanted: During the session, he was only looking to check, how tapping can reduce his back pain. Moreover with certain abreactions, it showed up as he was very frustrated because of his back pain, and unable to focus on his work..

Assessment: When we started the session, with scepticism he said let's do tapping on my back pain, which comes and go frequently, at that moment he was experiencing it on higher side, I asked him to focus on this lower back pain, which was too severe at that moment, to scale his pain from 0-10 any number, depending on the severity of the pain. He chooses 8, which was on the higher side

Intervention we tapped:

Even though I feel this pain in my lower back, with scale of 8, I love, accept and forgive myself. We did 3x rounds.

I asked how much pain he is feeling now, with little acceptance he replied, yes feeling much calmer, may be due to deep breaths. I asked him to scale now, which he replied is 5/10 with being more inquisitive and sceptic, he said is this really works? I doubt.

ET, I doubt EFT works on my back pain, I love, accept and forgive myself .2x rounds.

Outcome: SUDS came down at 3, with happy feeling he said, worth trying. IT works. I asked him what's remaining, which gave 3 number, he said subtle pain in extreme lower back, its sweet pain, giving me discomfort and uneasiness. We tapped few more rounds and SUD came to 1, which was big shift from his prospective .He said, this works and want to try more, by the time exceeded beyond the collage timings. I was getting late.

Future planning :Even though he want to continue the session , because he experienced physical pain relief and experienced how EFT works , Due to shortage of time ,we ended the session ,while we were leaving , he requested me to visit his campus for next session and want to work on his other issues .

Post session review and learning: After the session , Client A experienced relief on his physical pain and some cognitive shift regarding EFT and its working , He discussed about the possibilities of research work in this Field and Discussed about different types of research methodologies we can adopt while using EFT as intervention.