

EFT GROUP SUPERVISION & MENTORING

11th MAY 2022 - Questions & Answers

1. How can I use EFT Tapping for corporate leadership and Peak Performance?

Peak Performance is a state in which the person performs to the best of their ability, characterized by feelings of confidence, effortlessness, and total concentration on the task at hand.

It involves:

- Goal setting.
- Optimum mindset.
- Overcoming barriers/comfort zones.
- Positive attitude.

For Peak performance,

A. Start with detective work. Ask the client about:

- Their best performance. Ask them what happened and where it happened.
- Their worst performance. Ask them what happened and where it happened.
- Look for patterns, triggers, and beliefs.

B. Look for triggers of anxiety. Using EFT, Tap on any stress, anxiety, nerves, worry, and fears.

C. Look for any limiting beliefs or doubts. Uncover limiting beliefs and comfort zones. Also work on doubts, if any.

- D. Look for any trauma related to failure. Ask them about their worst incident of failure, humiliation, hurt, and embarrassment and tap on it to release the feeling.
- E. Do the 'Writing on the Walls' method. Look for and ask if there was any belief or trait which was passed down by friends, families, teachers, bosses, or colleagues. Tap on it.

2. How can I do couples therapy with EFT Tapping?

You can follow the process below for couples therapy:

- A. Step 1: Start by having a transparent conversation with both parties together. Ask them what they want and if they even want to stay in a relationship. If even one of the two answers no, no therapy can make them stay together. If they both want to fix things, you can start sessions with them.
- B. Step 2: If there is a lot of emotional wounding,
 - Do three sessions separately with each person and one session where both of them are present.
 - If the emotional charge is high or medium, do three sessions apart.
 - If the emotional charge is lower, do two additional sessions together.
 - Wrap up the program for each person in their separate session and then do a combined wrap-up in the session where they're together.
- C. Step 3: In the joint session,
 - Encourage them to speak about their feelings.

- If emotion shows up, tap with one person, pre-frame the observer to tap along, and repeat the process with the other person. Make sure you ask the other person to follow along with tapping without interrupting. Tell them to be a good listener and let them know that they'll have their chance to speak too.
- Pre-frame how they should be showing up in therapy.

3. In couples therapy, how should I explain the 'No Touch' practice for 5 weeks? What if there is a disagreement?

Firstly, establish what their mental, emotional, and sexual life is like. Then establish whether their intimate and sexual life is supporting their goal in therapy or thwarting it. If it's the latter, let them know that you're suggesting they do not engage in sexual intercourse during the course of the therapy. Instead, encourage them to do couple activities where they can build trust and bond emotionally. Make it clear that you're not forbidding intimacy or touch, just sexual intercourse.

When there's so much stress in a relationship, every part including intimacy needs to be rebuilt, slowly and steadily. Help them explore and experience different kinds of intimacy over time, from emotional to mental. So, the next time they go to the stage of sexual intimacy through intercourse, they do it from a place of emotional and mental intimacy and understanding. This will solidify their relationship even further.

However, if any client disagrees, that is okay too. Don't push them. It's always their choice and every human being and couple is different.

4. While doing child or teen therapy, how do we know if what they're sharing is genuine or not? Since they could be conscious of being in coaching with someone appointed by their parent and tell a half-truth or even lie.

Yes, this can happen sometimes. This is where the skills of a therapist or coach come into focus as you can pick up on cues and use your ability to discern. You can also tell them clearly that you feel something different about their tone or energy today and if something's wrong, they can freely share it.

It's okay to be vulnerable as a therapist or coach and ask questions to really feel where they are and meet them there.

5. How can I do EFT Tapping for someone with the label Parkinson's Disease?

I recommend you explore all the aspects: the emotional, the mental, and the nutritional. I suggest exploring the nutritional aspect because there is a lot of clinical evidence to show that a ketosis diet, i.e., a diet rich in proteins and fats, particularly fats, is really helpful with the label Parkinson's.

I suggest you do your own investigation and work out what feels right for you because I understand there are cultural and societal restrictions as well, depending on the person's background.

There is another aspect of movement, in which I'd suggest any kind of physical movement to support the person. For example, yoga, osteopathy, chiropractic treatment, etc.

On the emotional and mental end, sometimes if a person has the label Parkinson's, chances are that they might also have dementia where they might not remember that they've had sessions with you. With cases like these, you'll have to start fresh every time.

With Parkinson's, the focus of the tapping is on physical symptoms like shaking, body movements, motor movements, etc. With EFT, they might feel symptomatically better but those symptoms won't completely go away. So, make sure you give the client a fair balance.

To know more, you can read our blog on the label Parkinson's, <https://vitalitylivingcollege.info/eft-tapping-and-parkinsons/>

6. Who does family therapy involve? How is it connected to child therapy?

Family therapy can include minors and non-minors. In India, minors are aged 18 or lower. In other places, the age may be 16 years. With minors, the billpayer might not be the client themselves. The billpayers may or may not want to be involved in the process. If the billpayer is involved, make sure you know what the child wants. With a child/teen, you don't necessarily need a formal intake form. Talk to them, fill out a verbal intake, and look for leverage. Try to make the child understand the value of what the parent wants but don't alienate their needs.

7. How can I work with the parent and the child together?

The first thing I'd suggest is to try to get the parent to get therapy as well. If they're okay with it, do one child session and one parent session. However, if the parent is reluctant, do three sessions with the child (15

to 20 minutes maximum) and one normal length session with the parent.

For parents who are resistant to therapy, offer therapy not as something they need, but as an experience to help them understand and empathize with their child as they'll be going through that same process. If it's a parent of a special needs child, they'll definitely need full 1-hour sessions.

8. What should I do if a parent insists that they want to sit with the child during therapy?

The laws for this differ in different countries. For example, in some countries, if the child is below 6 years old, their parents are required to be present with them during therapy. So, check your local laws. Sometimes, the child is also comfortable with their parent being physically present with them.

The other aspect to consider is what the parent is like as a person. If the parent is someone you think may cause an issue or obstruction in the session, you can put the child and parent in separate rooms. At the end of the session, you can ask the child what and how much you can share with the parent.

Another thing that you can do is get the child to share with the parent by themselves. Let the parent know beforehand that their role is just to listen. Because if a parent is immature and tries to defend themselves at that time, it can ruin the entire effect of the therapy. So, you need to judge the circumstances and choose the right process. If the parent scolds the child, separate them immediately. Let the child know that the parent is just expressing their emotions and it is not their fault at all.

9. I feel stuck when parents ask how EFT will benefit their child. What can I do about it?

I personally don't promise any benefit. If they're asking you this question, they're either sitting in a suspicion mindset or they need to be convinced. Ask them what they want. I don't want to fall in defence or influence either. I want them to feel that this is the right step to take. Be casual and simple. Reassure and calm the parent as they're likely anxious at this point. Be honest with them. My outcome is to make their day, not a sale.

To reassure them, you can try the following:

- Share your own experience of being a parent or a child.
- You can also clearly ask them, *"Why not try it?"*
- Give them an EFT trial first so that they get an idea.

Another thing you can do as a therapist or a coach is work on shifting your own energy. You'll notice that when your energy shifts, your clients' energies shift to match.

10. While doing child therapy, the child's mother called me without the child's knowledge. When I had a word with the child about her mother calling me and proposed a conversation with all three of us present, the child got a little irritated. Was the decision I took okay or could something better have been done here?

If something like this happens, ask them directly why they called you and what their expectations are from you. Assess their response. If you can't respond, let them know that you need time to reflect and will call them back at a later time.

When you call them back, understand what they want. If they want to know how the sessions with their child are going, tell them that you cannot share any details without permission from your client. However, if the child wants to share the information with them, that's their choice.

Also, check with the parent how they feel about the child knowing that they have called you. If they're okay, ask them how they'd feel about letting the child know about it themselves. If they say no, don't tell the child. Ideally, it's better to have transparency because it creates less conflict.

11. How can I handle clients with suicidal tendencies, substance abuse issues, or behavioural addictions like OCD? Should they first be directed to a psychologist?

If a client comes to you with any of the issues mentioned above, the first thing you should confirm is whether they've been to a psychiatrist for evaluation. The reason we do this is that sometimes it's a chemical imbalance causing all the problems. So, it's best to ask them to get a diagnosis first. A psychiatrist can evaluate if the client is likely to engage in self-harm (for clients with suicidal tendencies) and if they need to be sectioned. To be sectioned means to be committed to a psychiatric institute for a length of time till the patient is considered safe.

The same goes for clients with substance abuse. I will ask them to go into rehab first to get clean under supervised conditions. As an EFT practitioner, you might not be the best person to help them with the withdrawal symptoms they will experience as they start to come off the drugs. After that, EFT can start to play a bigger role.

With behavioural addictions as well, I'd suggest a diagnosis first because we don't know the severity of the client's OCD. The client might even be suffering from borderline personality disorder or schizophrenia which we won't be able to identify without a professional diagnosis.

12. How do I go about doing couple therapy with cases where both people are hot-headed?

Create an activity where they can both explore their hot-headedness with you, for example, a pillow fight. Your purpose is to get all the aggression and energy out.

13. If someone has come so far in life without prior therapy, doesn't it mean that they have trust in themselves?

It's an assumption to think that they trust themselves. You need to ask open questions to confirm that fact.

14. What should I do if the client wants to continue the sessions but I don't? What if a client feels good after the sessions, but hasn't made any progress towards their initial goals?

The first thing you can do is take feedback from the client about their experience. Let them know that you appreciate that they feel good after sessions with you and that they want more. However, you feel that due to external factors such as the environment that they're in, it might not be possible for you to get them to a permanent result or outcome. Ask if they're okay with that. Proceed based on their answer.

You want to manage their expectations and not give them any false hopes. As a practitioner, you offer clients awareness and the choice to make their own decisions, not a magical solution.

15. I am planning to put a course together. Any suggestions on how to approach it?

While creating a course, there are two important things that you need to be clear about:

- a. Who is your audience?
- b. What's their pain, prayer, problem, and solution?

You also need to think about the age group of your audience, how you're going to reach them, and what your marketing plan is going to be.

You also need to focus on the,

- Why: *"Why would someone buy your course?"*
- What: *"What is it that you're going to teach in your course that will benefit your audience?"*
- How: *"How can you actually experience it yourself?"*
- What if: *"How do you feel? What is your takeaway?"*

16. I have tinnitus and an allergy behind my ear. I've been to dermatologists and doctors and I've done a lot of journey work but it doesn't seem to be healing. What can I do?

First, try finding what brings the allergy on as there can be a trigger involved. Also, look for non-emotional triggers like a certain environment or food type. For allergies, I suggest the EFT 3 skill where

you take the allergy out of you and metaphorically imagine putting it on a chair and asking it,

“What is it you want?”

“Why have you come?”

Have a dialogue and try to find an answer. I also feel that there might be an inner child or a past life aspect involved.