

EFT Mentoring & Supervision Questions & Answers 23rd January 2021

Questions Explored

- 1. I have a client who has the label schizophrenia, and I feel completely stuck. Every session differs, and sometimes, I don't know how to reach out to him. What can I do? Do I charge him guardian for the session?**

There are some ways that you could help you get unstuck with him:

- Consider doing a role-play tapping with him where,
 - i. In the first round, you could take on the role as yourself and try to explore what's going on with him; explore what is coming up to you, with regards to your client. For example, "Even though I feel completely stuck, my client is entirely happy and they feel very relaxed and sometimes, they open and share, and sometimes, they just sit; and I wonder whether I'm doing a good job, I love and accept myself".

After a couple of rounds of tapping, breathe and feel as the client. As this happens, ask the client how they're feeling. This will allow you to connect with them and explore what's going on with them.
 - ii. If you feel uncomfortable stepping into the client's shoes or don't want to do so, you could bring a mentor to do it for you. You could directly talk to the mentor role-playing as the client, and help him out that way. This allows to release the energy block.

Here, you, as a practitioner, takes on the role as becoming a practitioner for yourself. Another person that you work with, will role-play you. This is done in order to uncover blind spots.

- Jin Shin Jyutsu Finger Holds: This is an exercise you could do every day; it involves holding your fingers one-by-one (the longest you could hold them, is for 20 minutes).
 - i. Start by holding your thumb, since it holds the energy of worries and it helps them to be released from your system. Just hold your thumb for a couple of minutes and feel your pulse.
 - ii. Next, hold your index finger; it holds the energy of fear and harmonize it at the same time. Feel your pulse and allow yourself to release this fear.
 - iii. Then you hold the middle finger; it allows you to release your anger and aggression. Focus all your attention of in this finger and allow all of it to be released.
 - iv. The ring finger has sadness associated with it. Just feel it and release all your sadness through it.
 - v. The pinky finger has the energy of trying too hard; feel your pulse and hold your finger, allow yourself to release efforts.
 - vi. The final one is to put your palm on top of each other. Breathe in an out simultaneously, for 9 counts.

These steps will allow them to relax and calm down, while helping you emotionally too.

- If the client does not want to do anything is just sitting idle, you could surrogate tap on yourself. You role play and be the client in order to connect with him.
- Incase different personalities show up during sessions, consider working with each personality at a time.

- You could also explore energy yoga techniques,
 - i. The ball blowing technique
 - ii. Crown Pulling
 - iii. Top of the forehead pulling
 - iv. Forehead pulling
 - v. The heart hold with the 9 gamut
 - vi. The six-count breathing
 - vii. Energy release

2. How do you get paid clients?

- If you want to attract clients, you need to make sure that you reach out to them in such a way that they know that you understand their problems.
- You have to be really good at your job, since it goes like a chain; one client refers you to another and so on; the only thing you need to do is to make sure that you make them feel comfortable, understood and heard. Clients usually look for a professional who is willing to empathize and help them in a positive way.
- You could also attract clients by being visible and making yourself known to people.
- When/if clients ask you about your rates, in your first interaction with them, you cannot directly launch to the price of your sessions, or else they wouldn't consider you at all. You have to show them that it's their health that matters and you understand them and can help them. You need to be confident and certain when you talk to them.
- If a potential client comes up to you and asks you the charge, consider asking them what they want to work on, or what problem they're facing. Claim your client and make them feel heard.

- It could also work if you talk to them about other problems that you've helped clients with, so that they know they can rely on you to help them with whatever they are facing, too.
- Give them a form or questionnaire initially and do mention that you could provide a complementary session for them where you would explain how you will go about in sessions and how much you charge; then give them a choice and ask them if they want to go ahead with them.