

EFT PRACTITIONER SESSION 2 QUESTIONS & ANSWERS

DAY 2, 5th NOVEMBER 2022

MAIN TOPICS COVERED:

1. How do people react to trauma? What are the dos and don'ts of working with a client dealing with the aftermath of a traumatic situation?

When you are faced with actual or perceived dangerous or threatening situations, your fight, flight, or freeze stress response is activated. This unconscious defence mechanism enables you to instantaneously evaluate the situation and triggers a series of physiological processes to support survival.

When a person has gone through a traumatic experience, they will have one of these three reactions. While the fight or flight response is widely-known, the freeze response is less familiar. Your freeze response is triggered when fighting or fleeing the situation or person is not an option. From a physiological perspective, the sympathetic and parasympathetic branches of our autonomous nervous system are simultaneously activated. However, with fight or flight unable to aid survival, the parasympathetic branch takes control. Commonly associated with a state of relaxation, your parasympathetic system counterbalances the physical effects of the stress hormones flooding your body.

This process triggers a state of 'freezing'; your heart rate and breathing slow down and you may find that you're holding your breath. Some feel cold or numb and experience a sense of being trapped within their bodies. Pain-killing hormones may also be released to reduce the physical and emotional impact.

When faced with a client showing any of these responses, try to be extra gentle. You can use protective distancing approaches like Tearless Trauma, Movie Technique, etc. that include an element of dissociation, or ask the client to hold their 9 Gamut to help them feel calmer.

When working with trauma, there is bound to be a painful memory involved. Do not ask questions to probe the memory as at this level, you are not equipped to do so in a trauma-informed way. Meet them where they are and be gentle with what they share.

2. What are some of the additional skills you need to have for conducting a session successfully?

Some additional skills a practitioner should have for conducting a session successfully and safely are bedside manner, confidence with process and steps, and pacing in line with the client's need. These skills involve:

A. Bedside manner

- Being present
- Being respectful
- Adjusting your pace according to the client
- Taking permission
- Managing expectations

B. Building confidence with process and steps

- Knowing the steps
- Moving between questions, listening, and tapping.
- The link between surface symptoms and the deeper root cause
- Knowing when to be shallower and simpler versus when to probe deeper and ask more invasive questions as per the comfort of the client

C. Pacing in line with the client's need

- Managing the expectations of the client, especially for any physical or mental health and medical challenges
- Stepping back or going forward as the client is able to while keeping them safe
- Managing your client's expectations, should there be a change in focus through the session

ADDITIONAL QUESTIONS:

1. What is the flop response?

Flop is a coping mechanism where a person who has been through something traumatic withdraws from life. Flop does not happen during the incident, but instead after it.

2. While starting to tap, should you tap with the emotion only on the face?

You can tap with the emotion on all tapping points.

3. I have a client who wants to deal with the trauma of a colleague having a heart attack and dying at the office. Is that something that I should handle or pass on?

If you feel you are okay to handle that at this stage, you can go forward with them.

PREVIOUS SEMINAR:

1. What should I do when a client is not aware of EFT and is too eager to learn and heal?

Give them the booklet answering all their questions. Make sure everything is copyright-free. Get them to fill in the intake form and plan a consultation call.

2. Is it okay that my client has a medical prescription?

Yes, it's okay for them to have a prescription. But have a talk with them about their prescription and medical advice. Make sure they know that your session is NOT a replacement for medical advice and that they should do what their medical doctor has asked them to.

3. Do I take notes in the session?

Yes, you should take notes. However, make sure to let your client know that you're going to be taking notes and get their consent. You can't take notes if they say no. If they're not comfortable, you can ask for permission to put their initials for anonymity.

4. How should I discuss the intake form input with the client?

When discussing a client's intake form:

- Notice what you love/appreciate about the client. Make them feel safe.
- Thank them for filling in the form. Tell them what was great about it and what you loved about it.
- Say, *"I understand/appreciate that you would like to work on... during the sessions... and your priorities are (use their words) ..., is that correct?"*
- Ask any additional questions, clarify expectations or assumptions, and if needed explain how you work by saying, *"I noticed you mentioned... if you permit, I would like to understand more and ask some questions."*

5. How can I make clients feel safe?

Making clients feel safe is necessary as it helps them open up. Here are some tips:

- Be safe yourself. You will radiate peace when you're grounded yourself.
- Use their words. This will make them feel comfortable.
- Do not draw conclusions/assumptions. No judgments.

6. Do I record every session?

No, you don't need to record every session. You need to submit only ONE session, which you feel is the best. Take notes in every session. You can take audio notes in every session though, for yourself.

7. Do both of us (me and my client) need to show our faces in the video?

Yes, you both need to show your faces on the video. Your body language will be assessed. Always ask for permission from your clients by saying, *"Can you turn on your camera?"*, and tell them the call will be recorded.

8. Can I blur my client's face if they're uncomfortable with being recorded?

Part of your certification involves submitting a video, where both your and your client's faces are visible. If they are uncomfortable, you can ask another client for the recorded session.

9. What is the briefing of the treatment plan?

When making your treatment plan, you can follow this structure:

- Session 1: Surface-level emotions.
- Session 2: Deeper Emotions.
- Session 3-4: Other memories.
- Session 5: This is usually when the client has started to come out of it.
What else needs to happen.

- Session 6: Action plan.

10. How can you master sessions?

Mastery is developed:

- With experience.
- By not being too hard on yourself and recognising that you're still learning and evolving.
- By always journaling your learnings.