

EFT GROUP SUPERVISION AND MENTORING QUESTIONS & ANSWERS 26TH JUNE 2024

MAIN TOPICS COVERED:

- 1. After working with clients for a long time and seeing good progress, how should I handle situations when they still feel stuck or face challenges? Specifically, how do I respond when they report lingering issues or strong emotions, and should I recommend more support or therapy for them?**

It is better to focus on how far you have come whenever you feel stuck. Firstly, focus on how they benefited from the previous sessions and your work together; also take into consideration with them if they feel this work done is significant for them or not. Most of the time, we tend to be too focused on the part of the situation that the client has not gotten past too quickly. So, you could bring your awareness for a moment to what the client has achieved and what the client's perspective is about it. Because you have helped the client get unstuck in so many areas, recognising it will be of great help to soften unease around the areas of stagnation. The client feels stuck around the areas of forgiveness and is unable to move past that, even after trying many methods. It is better to introspect if the client is stuck or if you, as a practitioner, are out of methods to deal with the aspect.

As a practitioner, secondary tapping might help you get a better perspective of the situation. Forgiveness is hard because the person who is wronged has not emptied enough and they might be beating themselves up for not being able to forgive. This can be helped by tapping, *"Even though I cannot forgive them, I forgive myself for not being able to forgive them."* Secondly, they have not vented enough. Lastly, offer them a choice question: what is important for them? Is it to hold on to the grief or to let go and be free? Ask them, who is it that the unforgiveness is hurting the most? Teach them about karmic contracts and the five relationship wounds, as the client seems to be heavily wounded, and bring a mentor to guide them if they believe in one. If anger issues are a big obstacle in the journey of forgiveness, assure them that it is okay to be angry even after working on the issues. Suggesting they write down 100 reasons why they want to change this pattern will give them a goal. Additionally, keeping an anger diary to deduce underlying triggers is a great start.

2. How can I help a client who, despite significant progress in dealing with post-traumatic disorder (PTSD), has recently been triggered by a work situation? This triggering has led to a physical response (cellulitis) and emotional distress. I am seeking guidance on how to help the client recognise and manage these triggers more effectively, especially after the recent progress we have made together.

Acknowledging your concerns about the client's situation is a productive starting point. By tapping into your emotions, you can better empathise with the client. Next, make a concerted effort to immerse yourself in the client's world, allowing you to closely understand their perspective and stance. Once you have a thorough grasp of their viewpoint, consult your higher self or inner wisdom to introduce any new insights that may be relevant. In this specific context, explore various options that the client can rely on and present them with choice questions to aid their decision-making. For example, ask, "What is more important to you: respecting yourself or placing yourself back in a toxic environment?" This approach helps the client reflect on their values and the implications of their choices, ultimately guiding them towards a more informed and empowered decision.

3. How can I support my client in navigating her feelings of being stuck in a difficult marriage where she feels unappreciated and burdened by familial expectations, while also helping her find a path towards personal freedom and peace?

The client has endured a lot of abuse and disrespect from the people she goes far and beyond for while she craves a bit of appreciation, validation, and importance. Hence, the whole perspective should be focusing on nurturing herself with self-love and honoring her presence. Helping her realise that craving validation from someone unable to give it will make it harder to attain the happiness she is seeking.

While it is very complex to uncover the layers to practice minimising expectations, it is advisable to touch a tiny part to work with. The client shares that all her life, taking care of the needs of everyone in the family has been the only purpose of her life. To help her feel better about herself, helping her find a different purpose in life without leaving her comfort zone would be a great option. Suggest she explore her interests and write down her 100 most amazing qualities so she knows something about herself.

Letting go and tapping around expectations is the best idea, as she has not yet accepted it and still yearns for the validation of having her expectations met. Ask her, “When your expectations are met, what will you feel?” and “When have you felt like that before?” Then work on those traumatic memories. She needs to start exploring where else and from whom else she can get support.

Lastly, she's been conditioned to believe, "If I'm serving others, I might be loved." But her strategy is not working because she's serving others and not being loved. The only way to turn it around is to figure out who else she can serve and who can love her back. The only person she can serve and get love from is herself because she knows how she wants to be loved. So, then you can suggest she ask herself questions like, "How was your day?" Say, "Let's do this tapping together." Ask yourself, "How would you respond?" and "What do you have to reply to now?" She needs to get in the habit of doing for herself what she wants others to do for her.

4. How can I support my young client with ADHD and learning disabilities to navigate forgiveness towards her parents while also managing my impatience and desire for quick results?

There is a discrepancy between the outcomes you, as a practitioner, envision and those your client desires. There clearly is a conflict between the parent and the young adult. The young adult wishes her parents would behave in a certain way, but the parents are unable to meet these expectations. This situation leads to persistent dissatisfaction and makes forgiveness challenging, as the parents' behaviour has been consistently unacceptable. For over 24 years, they have potentially invalidated her, made her feel rejected, and left her feeling unappreciated and undervalued.

The only person she might be able to forgive is the part of herself that wants them to change, which expects them to be someone they are not. Encourage her to tap into how she feels about her parents and explore any associated emotions or residual feelings. Firstly, she should express her feelings. Secondly, she should try to understand her parents' perspective. If she feels safe, she could step into the role of her parents, breathe as they would, and try to comprehend their perspective. The understanding she gains will vary, but one possibility might be realising that her parents are unable to validate her acceptance due to their limitations. Accepting this could mean recognising that this is the best they can do right now and that they may never bridge the gap.

Alternatively, she might discover that her parents have made attempts to connect but have fallen short of her expectations. This could lead to an exploration of her feelings about not getting what she wants and what she intends to do about it. Another aspect to consider is developing empathy for her parents. Despite their unacceptable behaviour, they may have been doing the best they could with the resources they had. Understanding this might involve her stepping into their shoes, tapping into their emotions, and describing their feelings. A third approach could involve inviting a mentor and seeking their advice. This could provide her with a well-rounded perspective, allowing her to revisit the idea of forgiveness. After gaining all this

insight, she should reflect on what or who needs forgiving. There might be two possible outcomes:

- A. Nobody needs forgiving.
- B. Depending on her belief system, she might seek a higher power and question why this situation is happening to her. She might blame herself for circumstances beyond her control, such as having parents who couldn't demonstrate the love and validation she needed.

Additionally, if she feels comfortable, she could discuss with her parents whether they are aware of her therapy and if she has ever spoken to them about her feelings. This conversation should only take place if both she and her parents are comfortable with it.

Help her to understand her parents' perspectives, their thoughts, and feelings, especially during times of conflict. Discuss their love language and how, despite loving her, they might not show love in the way she desires or as her friends' parents do. Encourage her to put herself in their shoes and consider their journey. Finally, guide her to forgive herself for holding onto these feelings for so long and acknowledge her efforts toward gratitude

5. When is it safe to introduce Perceptual Positions to a client with extensive trauma and emotional venting during sessions?

Introducing Perceptual Positions in a conversation can be a valuable technique, but it requires careful consideration of the client's receptiveness. Begin by gently introducing the concept. If the client responds positively, you can continue exploring it further. This approach allows the client to engage with the idea without feeling pressured.

However, if the client does not respond well, it is crucial to recognise that this might not be the appropriate time to delve into perceptual positions. In such cases, it's important to remain flexible and responsive to the client's needs and comfort level.

Managing the client's expectations is also essential. Clearly communicate what perceptual positions entail and how they might benefit the client. Ensure that the client understands this is a tool to aid their perspective and is not a mandatory part of the process. This transparency helps build trust and keeps the client informed about the methods being used in their sessions.

6. What about unresolved grief keeping the client stuck and unable to move forward with their life? Would the choice question work in this case?

When dealing with unresolved grief, it may not be appropriate to ask choice questions immediately. Instead, it can be more beneficial to provide them with the space to express their emotions freely. Allowing them this time and space can help them process their feelings at their own pace, fostering a more sensitive and supportive environment for healing.

7. What are some examples of metaphorical work?

The various metaphorical topics discussed can be introduced as per the situational requirements:

A. Picture tapping:

Use images to help clients tap into their emotions. By focusing on a specific picture, they can access deeper feelings and thoughts that might not emerge through verbal discussion alone.

B. Relating to movie characters:

Ask clients to describe different film characters and explain how they relate to their own lives. Drawing parallels with familiar narratives can provide insight into their personality, struggles, and aspirations.

C. Writing a love story:

Encourage clients exploring romantic relationships to write their own love story. This exercise can help them articulate their desires, fears, and expectations in relationships, providing a clearer understanding of their romantic aspirations.

D. Creating a personalised rainbow of emotions:

Have clients draw their own rainbow of emotions. Each colour can represent a different emotion, allowing them to visualise and acknowledge the range of feelings they experience. This can be a powerful tool for emotional self-awareness and expression.

E. Exploring dual identities:

Discuss the concept of having two faces: the one they present to the world and their true self. Ask them to draw both faces, which can help in exploring the discrepancies between their public persona and their authentic self, leading to greater self-understanding and acceptance.

It will be even more beneficial to do it with them.

These metaphorical approaches can be tailored to fit the specific needs of the client, providing a creative and insightful way to explore complex emotions and personal narratives.

8. How do you work on addictions using metaphorical therapy?

An addiction is a condition that is the result of the uncontrollably repetitive use of a substance (alcohol, sugar, nicotine), or engagement in any activity (gambling, sex, shopping) that gives you temporary pleasure or a sense of happiness.

Addiction interferes with your daily responsibilities and hampers your work, relationships, and health. In general, there are 2 types of addictions:

- A. Addictions to substances like alcohol and tobacco, prescription drugs (sedatives, hypnotics, or anxiolytics like sleeping pills), or caffeine.
- B. Behavioural addiction disorders like impulse control disorders such as kleptomania (compulsive stealing). It can also be gambling, sex/pornography, internet, shopping, social media, eating, self-harm, etc.

If someone is addicted, you may not realise that your behaviour is problematic. You may not understand that you are engaging in your addiction excessively. Both, addictive substances and highly intense actions trigger the release of dopamine in the individual's brain. This hormone is one of the body's reward systems – it makes you feel good. Now, with addictions, there are generally uncomfortable emotions that are being suppressed.

- A. For example, anxiety, irritability, frustration, or restlessness.

- B. There can also be deeper emotional themes, such as loneliness, shame, and feeling abandoned.
- C. There can also be a lack of positive emotions in life like joy, passion, safety, or comfort.

Suppressing and sedating these emotions repeatedly through food, alcohol, cigarettes, drugs, or any other item leads to addiction.

The general steps when working with Breakthrough Coaching Neuro-Linguistic Programming (BC NLP) and addictions:

- A. Give an ordeal
- B. Explore secondary gain
- C. Detailed personal history
- D. Change past trauma
- E. Change history
- F. Emotional blowout
- G. Parts integration
- H. Logical levels
- I. Hypnosis
- J. Action plan

Please note if there is deep trauma get one of the Inner Child Matrix (ICM) / EFT practitioners to work with them, BC NLP alone is not sufficient.