

# EMOTIONAL FREEDOM TECHNIQUES (EFT)

Module 9 – EFT Advanced Foundational  
Day 9 – EFT Advanced Practitioner

# SUMMARY

1. Parts practice
2. Next steps

# NEXT STEPS

1. **Hydrate:** Drink more water than normal to keep yourself hydrated.
2. **Rest:** Sleep, rest and relax till we meet next time.
3. **Update:** Your personal development log.
4. **Browse:** The Videos and Background Reading Resources on portal, <https://portal.vitalitylivingcollege.info/course/eft-advanced-practitioner-training/21-video-background-reading-resources/lesson/1-the-shadow-effect-movie>
5. **Optional:** If you wish to explore Parts Integration on your own, try the self-practice worksheet, <https://vitalitylivingcollege.info/wp-content/uploads/2023/11/Parts-Integration-Technique-Self-Practice-Worksheet.pdf>

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# ARCHETYPES

# CONTENTS

1. What are archetypes?
2. Importance of archetypes
3. Different types of archetypes
4. Working with archetypes
5. Next steps

# ARCHETYPES



# WHAT ARE ARCHETYPES?

- Universal, symbolic patterns, characters, or themes representing different roles or personalities.
- First introduced by Carl Jung.
- Reflect aspects of the psyche and influence behaviour.
- No archetype is inherently good or bad.
- Goal is to accept and integrate different archetypes without judgment.
- Avoid if unresolved trauma or abuse is present; address trauma first.

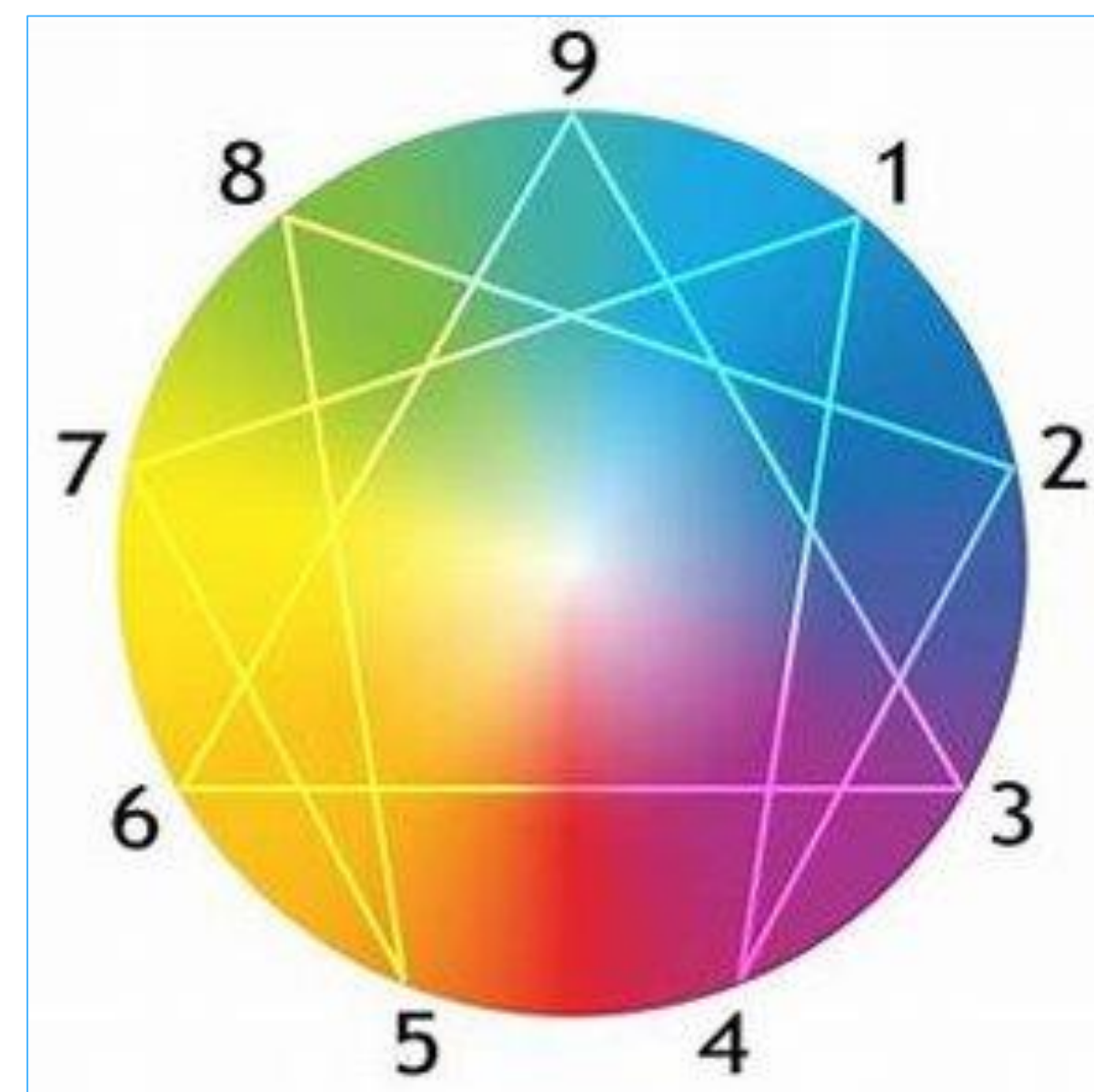


# IMPORTANCE OF ARCHETYPES

- **Universal patterns**
  - Archetypes are universal, appearing across cultures and time, rooted in the human psyche.
- **Understanding behaviour**
  - Archetypes help explain personal behaviors, emotions, and motivations.
- **Personal growth**
  - Identifying archetypes promotes self-awareness and balance, aiding individuation.
- **Guiding transformation**
  - Archetypes in therapy reveal unconscious motivations and help integrate the self.

# ENNEGRAM

- 9 - The peacemaker
- 1 - The perfectionist
- 2 - The helper
- 3 - The achiever
- 4 - The dramatist
- 5 - The analyser
- 6 - The loyalist
- 7 - The entertainer
- 8 - The leader



# EXAMPLES OF ARCHETYPES

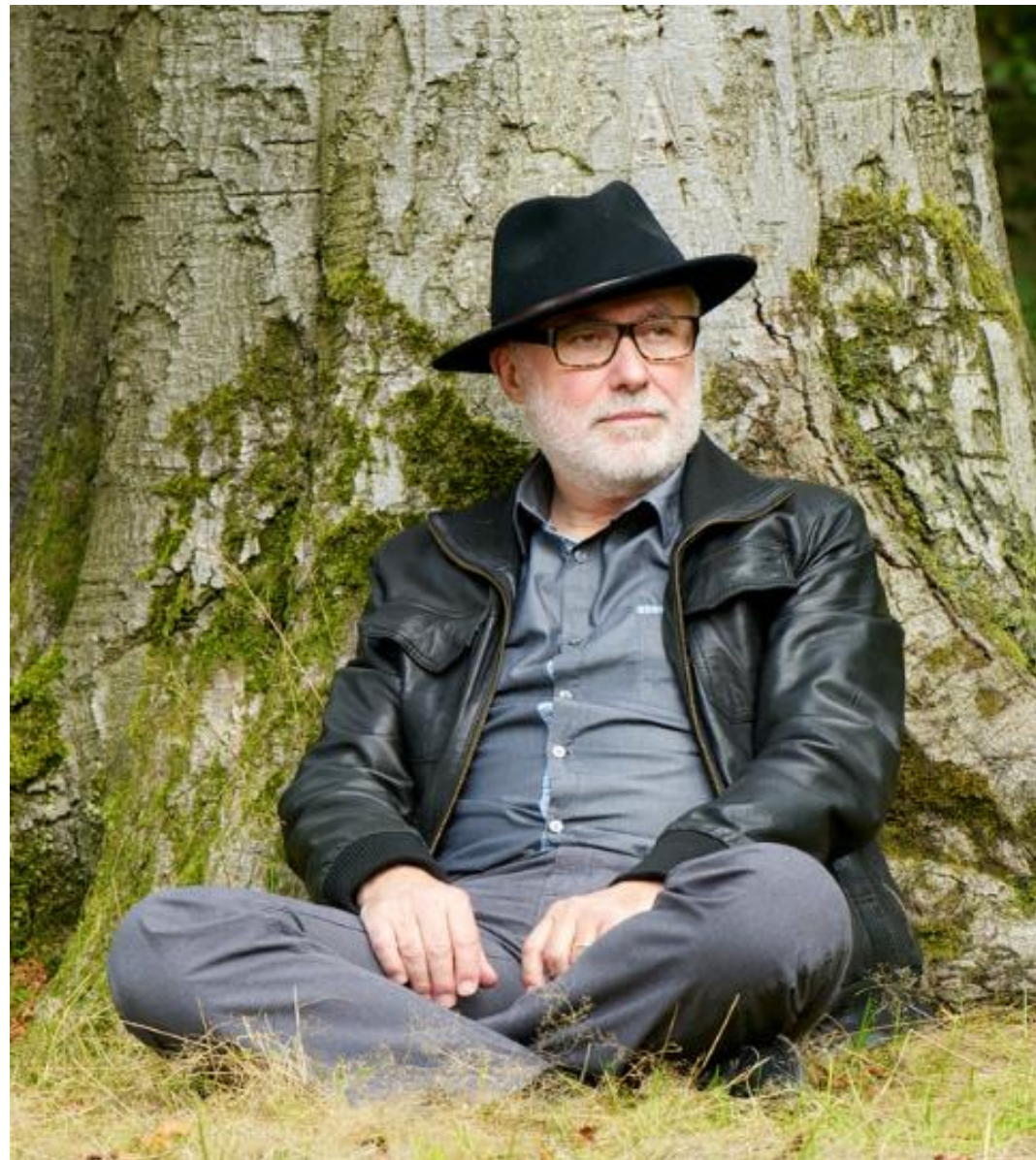
- The Child: Innocence and dependence.
- The Wise Old Man: Wisdom and mentorship.
- The Trickster: Disrupts norms.
- The Critic: Analytical and critical.
- The Judge: Fairness and morality.
- The Prostitute: Compromises integrity.
- The Victim: Powerless and blames others.

# THE CHILD



- Represents innocence, curiosity, and dependence, with a sense of wonder, playfulness, and creativity.
- **Shadow aspect:** Avoids responsibility, remains immature, and overly depends on others for care and decisions.
- **Positive aspect:** Brings joy, playfulness, and creativity while remaining open to learning and growth.
- **How it shows up:** Enjoys play and creativity but avoids adult responsibilities like commitments or decision-making.

# THE WISE OLD MAN



- Symbolises knowledge, wisdom, and mentorship, guiding others with advice and insight from experience.
- **Shadow aspect:** Can become overbearing, controlling, or manipulative, using wisdom to dominate rather than guide.
- **Positive aspect:** A nurturing mentor who supports and encourages growth and independence in others.
- **How it shows up:** A teacher or mentor offering wisdom but must avoid imposing their beliefs on others.

# THE TRICKSTER



- Breaks societal norms, uses humour, and disrupts the status quo, challenging conventions and systems.
- **Shadow aspect:** Becomes manipulative or destructive, creating chaos for personal gain.
- **Positive aspect:** Promotes innovation and transformation by encouraging flexibility and new ways of thinking.
- **How it shows up:** Uses humour to challenge norms but risks pushing boundaries too far, potentially causing harm.

# THE CRITIC

- Highly analytical, evaluates actions and ideas to identify flaws and improve quality.
- **Shadow aspect:** Becomes overly harsh and judgmental, focusing solely on faults without offering constructive feedback.
- **Positive aspect:** Provides balanced, constructive criticism that promotes improvement, self-awareness, & growth.
- **How it shows up:** Someone who points out flaws but risks being too harsh, stifling creativity or progress.



# THE JUDGE



- Seeks fairness, objectivity, and morality, aiming to create balance and justice.
- **Shadow aspect:** Becomes rigid, overly critical, and self-righteous, lacking compassion and flexibility.
- **Positive aspect:** Makes fair, thoughtful decisions, ensuring justice with compassion and understanding.
- **How it shows up:** Ensures rules and fairness but risks being overly rigid or judgmental.

# THE PROSTITUTE



- Represents compromising integrity or values for safety, approval, or material gain.
- **Shadow aspect:** Sacrifices personal values and authenticity for security, approval, or success.
- **Positive aspect:** Teaches the importance of setting boundaries and staying true to values despite temptation.
- **How it shows up:** People-pleases or compromises beliefs to gain approval or avoid conflict.

# THE VICTIM

- Feels helpless, abandoned, or powerless, believing that external circumstances or others are responsible for their difficulties.
- **Shadow aspect:** Becomes self-pitying, blaming others for misfortunes, remaining passive and unable to take control of their life.
- **Positive aspect:** Once transformed, empowers individuals to reclaim strength, overcome challenges, and teaches resilience and self-empowerment.
- **How it shows up:** Someone who consistently feels life is unfair and blames others for their struggles.



# ARCHETYPE

- The Innocent: Purity and optimism.
- The Mother: Nurturing and protective.
- The Orphan: Seeks belonging after loss.
- The Ruler: Power and leadership.
- The Lover: Passion and connection.
- The Rebel: Challenges authority.
- The Creator: Innovative and creative.
- The Seeker: Searching and seeking.
- The Jester: Joyful and frivolous.

# THE INNOCENT

- Embodies purity, optimism, and trust, seeing the good in the world and seeking happiness and simplicity.
- **Shadow aspect:** Can become naive or overly reliant on others, ignoring life's darker aspects.
- **Positive aspect:** Brings joy, hope, and trust, encouraging others to see life with fresh eyes.
- **How it shows up:** Trusts easily, spreading positivity, but risks being overly naive.



# THE MOTHER

- Represents nurturing, care, and unconditional love, embodying life-giving energy and protection.
- **Shadow aspect:** Becomes overbearing or overly protective, stifling others' independence.
- **Positive aspect:** Offers support and love while maintaining balance, without being controlling or overprotective.
- **How it shows up:** Someone who nurtures others but must avoid becoming too controlling or smothering.



# THE ORPHAN



- Represents independence and the search for belonging after experiencing loss or abandonment.
- **Shadow aspect:** Feels abandoned, powerless, or unworthy, constantly seeking validation from others.
- **Positive aspect:** Teaches resilience, self-sufficiency, and finding belonging within oneself or new communities.
- **How it shows up:** Someone who has faced loss and is learning to trust and find belonging in new places.

# THE RULER

- Seeks order, stability, and control, helping others create structure, boundaries, and routines for growth.
- **Shadow aspect:** Can become overly controlling, imposing personal rules and expectations.
- **How it shows up:** Emphasises discipline and structure but may struggle with flexibility and empathy when faced with resistance.



# THE LOVER

- Seeks connection, intimacy, and emotional fulfillment through relationships.
- **Shadow aspect:** Can become obsessive, possessive, or overly dependent on relationships for validation.
- **Positive aspect:** Cultivates deep, loving connections and joy in relationships.
- **How it shows up:** Deeply connected to others but must avoid relying on relationships for self-worth.



# THE REBEL

- Challenges norms and promotes breaking free from limiting beliefs or societal expectations.
- **Shadow aspect:** Can become reckless, disrupting without considering readiness for change.
- **How it shows up:** Pushes clients to defy norms too quickly, neglecting deeper emotional processing.



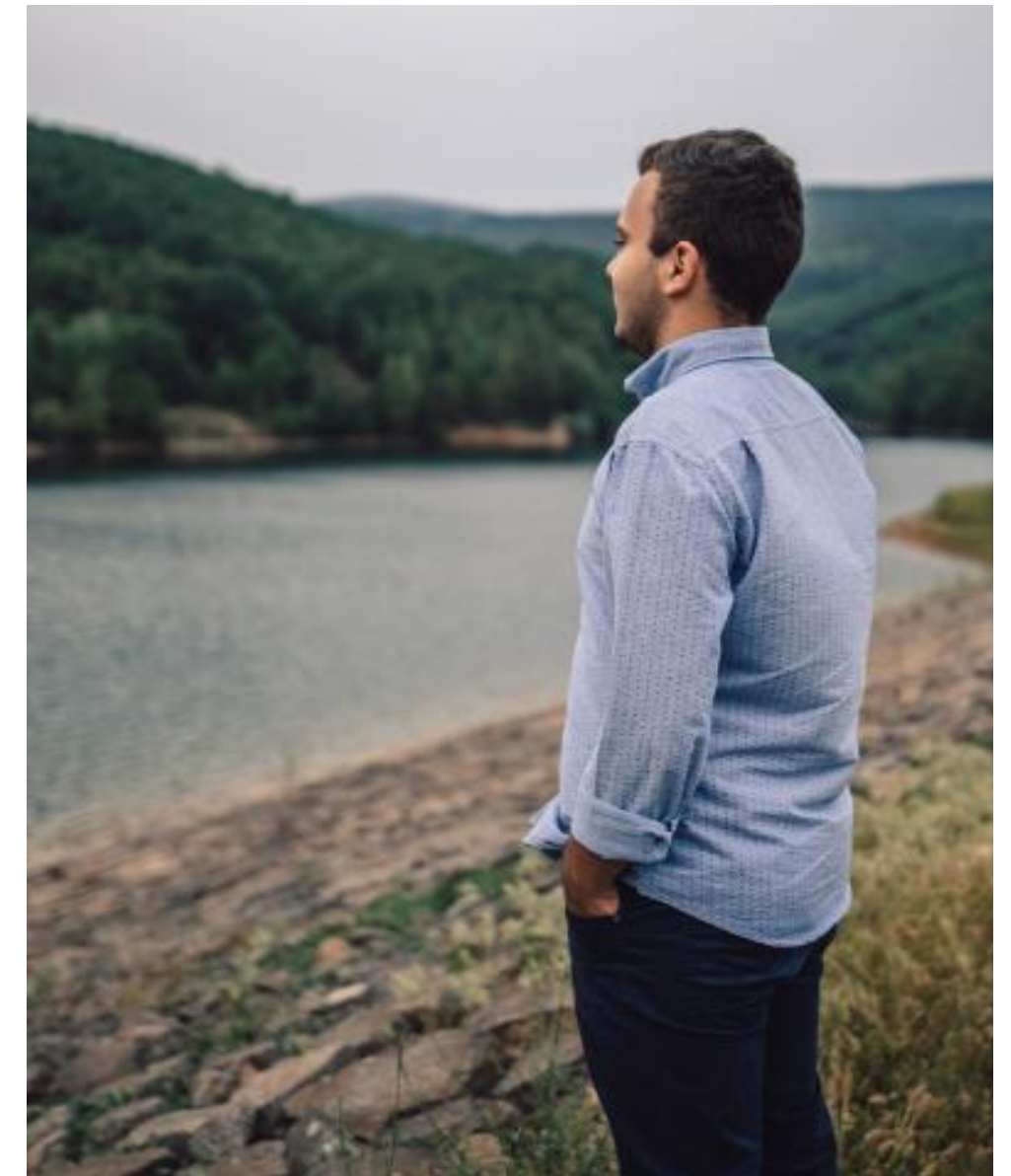
# THE CREATOR



- Innovative, imaginative, and driven to build or create something new.
- **Shadow aspect:** Can become perfectionistic or overly focused on work, neglecting other aspects of life.
- **Positive aspect:** Promotes innovation, brings new ideas to life, and inspires creativity in others.
- **How it shows up:** Constantly creating but must guard against perfectionism or burnout.

# THE SEEKER

- On a quest for truth, knowledge, and deeper understanding, seeking meaning and purpose.
- **Shadow aspect:** Can become isolated, detached, or overly focused on chasing something unattainable.
- **Positive aspect:** Brings insight, discovery, and growth through the pursuit of knowledge and truth.
- **How it shows up:** Searching for deeper emotional healing and personal insight, but could struggle with fully committing, always feeling there's more to discover.



# THE JESTER

- Brings joy, humour, and playfulness, using wit to offer new perspectives.
- **Shadow aspect:** Can become frivolous, avoiding serious issues or deflecting difficult emotions with humor.
- **Positive aspect:** Brings joy and creativity, using humour to navigate challenges and offer fresh perspectives.
- **How it shows up:** An entertainer who uses humour effectively but risks avoiding deeper issues through jokes.



# ARCHETYPES



Clown



Magician



Warrior



King



Princess



Goddess



Helper



Healer



Servant



Superman /  
Superwoman



Cinderella

# COMMON ARCHETYPES FOR PRACTITIONERS

- The Caregiver: Compassion and selflessness.
- The Sage: Wisdom and knowledge.
- The Healer: Empathy and restoration.
- The Mentor: Guidance and experience.
- The Hero: Courage and resilience.
- The Explorer: Curiosity and adventure.
- The Magician: Transformation and vision.
- The Warrior: Strength and protection.
- The Everyman (or Everywoman): Relatability and humility.
- The Destroyer: Change and renewal.

# THE CAREGIVER

- Compassionate, nurturing, and selfless; supports and protects others, often prioritising others' needs over their own.
- **Shadow aspect:** Overly self-sacrificing, risking burnout by neglecting personal needs.
- **How it shows up:** Individuals who overextend for others, putting their well-being first.



# THE SAGE



- Embodies wisdom and knowledge; acts as a teacher or guide, offering insight and a broader perspective.
- **Shadow aspect:** Can become too detached or overly intellectual, neglecting emotional support.
- **How it shows up:** Provides wise guidance but may struggle with emotional connection.

# THE HEALER

- Focused on emotional, physical, or spiritual healing; deeply empathetic and attuned to others' needs.
- **Shadow aspect:** Takes on too much responsibility for others' pain, risking emotional exhaustion.
- **How it shows up:** Feels overly responsible for others' healing, often neglecting boundaries for self-care.



# THE MENTOR



- Dedicated to teaching and guiding others toward growth and success, offering experience and advice.
- **Shadow aspect:** Can become overbearing, offering advice driven by ego or control rather than empowering others.
- **How it shows up:** Guides but may struggle to let others find their own path, sometimes being too directive.

# THE HERO

- Driven to help others overcome challenges, often taking on the role of a rescuer or problem-solver.
- **Shadow aspect:** Becomes overburdened with saving others, leading to emotional overload or feeling the need to fix every problem.
- **How it shows up:** Feels compelled to "save" others instead of empowering them to solve their own problems.



# THE EXPLORER



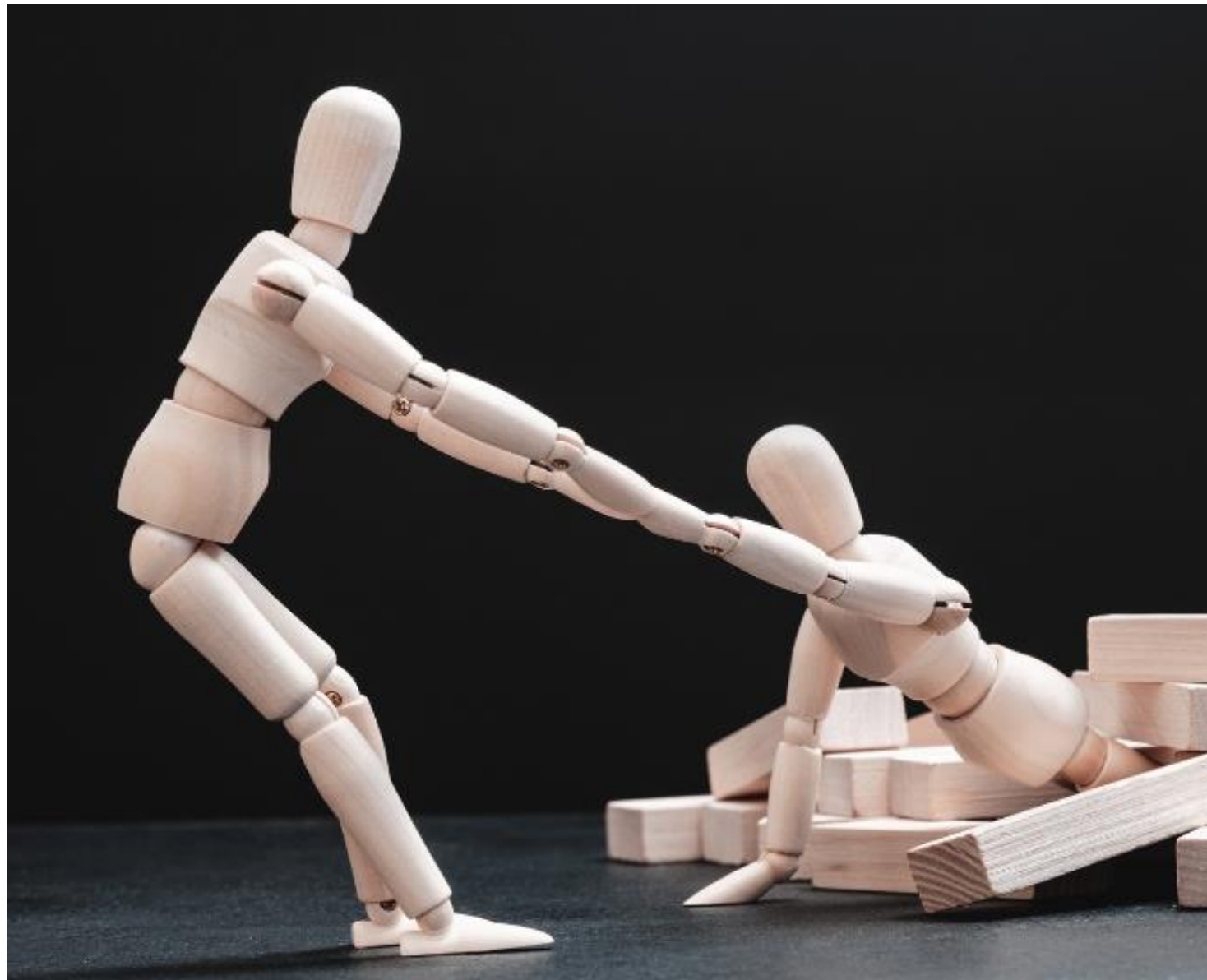
- Seeks growth and encourages others to step outside their comfort zones and embrace new challenges.
- **Shadow aspect:** Can become restless, pushing others too hard or too quickly without addressing immediate needs.
- **How it shows up:** Constantly seeks new methods, sometimes neglecting to slow down and focus on the present situation.

# THE MAGICIAN



- Transformative and visionary, helps others see new possibilities and unlock potential through deep processes.
- **Shadow aspect:** Can become overly mystical or manipulative, focusing on change without grounding it in reality.
- **How it shows up:** Overuses complex techniques, neglecting immediate emotional needs.

# THE WARRIOR



- Fights for justice and protection, helping others face fears and challenges with resilience and strength.
- **Shadow aspect:** Can become overly aggressive, pushing others to confront issues they aren't ready for.
- **How it shows up:** Encourages tackling challenges but may push too hard, neglecting emotional needs.

# THE EVERYMAN / EVERYWOMAN

- Relatable and grounded, creates a non-judgmental, approachable environment where others feel understood and accepted.
- **Shadow aspect:** Can become too passive, avoiding conflict or deeper issues for the sake of harmony.
- **How it shows up:** Approachable and relatable, but may struggle to take a firm stand or address intense issues when necessary.



# THE DESTROYER



- Focuses on transformation by breaking down old structures to create space for the new.
- **Shadow aspect:** Can become overly destructive, breaking things down without providing support for rebuilding.
- **How it shows up:** Pushes for radical change, sometimes leaving others feeling lost or without direction after dismantling old patterns.

# WORKING WITH AN ARCHETYPE


1. Identify the archetype to work with and establish how it makes you feel.
2. Is the archetype male or female? Describe its personality fully.
3. What's the reason this archetype is here?
4. What's the benefit of this archetype?
5. What's the origin of it? When did it come into place? Who did you learn it from?
6. What's the highest purpose of the archetype? What is it here to teach you?
7. What's the opposite of it?
8. What's the benefit of the opposite?
9. How can you bring the benefit of both sides together?
10. Close with integration.

# SUMMARY

1. What are archetypes?
2. Importance of archetypes
3. Different types of archetypes
4. Working with archetypes
5. Next steps

# NEXT STEPS

1. **Update:** Your personal development log.
2. **Practice:** Using the self-practice worksheet on Working with an Archetype, <https://vitalitylivingcollege.info/wp-content/uploads/2023/12/Working-with-an-Archetype-Self-Practice-Worksheet.pdf>
3. **Learn:** More about Archetypes, <https://portal.vitalitylivingcollege.info/course/eft-advanced-practitioner-training/21-video-background-reading-resources/lesson/4-what-are-archetypes>.



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