SENIOR MENTORS & PRACTITIONERS TRAINING MODULE 16

QUESTIONS & ANSWERS 17TH JULY 2026

QUESTIONS ANSWERED:

1. **While reviewing my mentee's ICM video, it became clear that the client had triggered her during the session, and the feedback discussion also brought up strong emotions for her. Should I proactively check in with her after this, or should I wait for her to reach out when she's ready?**

   If your mentee became emotionally triggered during both the client session and the feedback discussion, acknowledge that the trigger is present, but avoid rescuing or over-processing it for them in the moment. Pause the feedback conversation if they become overwhelmed. Acknowledge what you're noticing:

   - "It feels like this is bringing up quite a lot for you."

   Invite self-reflection instead of reassurance. Rather than saying, "Don't worry, it's not much work," ask questions like:

   - "What's really coming up for you right now?"
   - "What is it about having to redo this that's so triggering?"

   Give them space to process. Encourage them to do their own tapping or self-work before continuing. Allow them time to come to terms with the development need, rather than overwhelming them with more

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feedback. Book the follow-up before ending the conversation. Rather than waiting indefinitely for them to contact you, agree on the next meeting while you're together. This keeps momentum without requiring you to chase them later. At the follow-up, ask:

- "What do you want next?"
- "How do you want to address this?"
- "If you were certifying yourself, what would work for you?"
- Why this approach?

The mentee had moved into a victim state with a parent–child dynamic emerging. If the mentor repeatedly checks in, reassures, or tries to "make it better," it can reinforce that dynamic. The mentor's role is to:

- create space,
- encourage resilience,
- support self-reflection,
- and help the mentee move back into an empowered, adult state.

Don't repeatedly check in just because they're upset. Instead give them permission to pause and regulate. Encourage self-work (such as tapping). Schedule a follow-up before ending the conversation. At the follow-up, facilitate reflection rather than rescue. This balances empathy with accountability and helps the mentee develop the resilience expected of an EFT/ICM practitioner.

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