



CHANGE AHEAD

EFT Training Level 2

Accredited Master Trainer



EFT
International

Penny Croal




CHANGE AHEAD

CHECK









CHANGE AHEAD

AGREEMENT OF CONFIDENTIALITY

What happens here stays here
Safe and open in the group
Please respect others point of view
When Penny is in a demo, please tap along and not interrupt until after



CHANGE AHEAD **WHATSAPP OR MOBILE NO**

CHANGE **What We Will Learn In Level 2**

- Tearless Trauma Technique
- Dealing with physical problems in depth
- Chase the Pain
- Sneaking up on the problem
- Questions to find the core issues
- Working via telephone/zoom
- Working with groups
- Borrowing benefits
- Dealing with blocks
- Ways to Find Core Issues
- Palace of Possibilities
- Practitioner maintenance
- Cravings
- Beliefs



CHANGE AHEAD **Review Level 1**

- What are VAKOGS?
- Name 7 E-motions?
- What reason do we chase the pain?
- What does SUDS mean?
- What is a small t?
- What is a BIG T?
- Write down the basic recipe?
- What is a core issue?
- What is boxing and sneaking away?

 **How To Avoid Abreactions** 

Psychological distance

- from objects and locations by using pictures/videos
- by having the client imagine the trigger OR:
- by having the client imagine watching **SOMEONE ELSE** approaching the trigger
- by using a key word, number or symbol to
- code the trigger

 **ABREACTIONS** 

- BREAK STATE
- KEEP TAPPING
- DO NOT SLAP CLIENT
- BE ASSERTIVE AND YET GENTLE
- 54321
- FIND THEIR VAKOGS
- Either you are on a really useful track
- OR it is simply too much for client and you need a slower more gentle pace


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 **54321**

5-4-3-2-1 Grounding Technique


 see	 feel	 hear	 smell	 taste
5 What are 5 things you can see?	4 What are 4 things you can feel?	3 What are 3 things you can hear?	2 What are 2 things you can smell?	1 What is 1 thing you can taste?


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Level 1


- Questions?
- Comments?
- Challenges?
- Learnings?






Gary Craig


- DON'T GO WHERE YOU DON'T BELONG!
- WHAT DOES THIS MEAN?
- Break Out Discuss





Trauma

- Unexpected
- Dramatic
- Isolating
- No Strategy
- Common signs of Trauma:
- Emotional overwhelm, no strategy to cope, constant triggers of past events in present, avoidance, dissociation, what else?




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BIG T versus small t

Trauma: small-t

- *Not necessarily life threatening, but definitely life-altering*
- Examples include grief/loss, divorce, verbal abuse/bullying, and just about everything else...
- The trauma itself is not "the problem," it's whether or not the trauma has been able to heal/process adaptively that leads to problems
- *If it was traumatic to the person, then it's traumatic.*
- According to the adaptive information processing model, "little t" trauma can be just as valid and as clinically significant as "Big T" trauma.



3


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Global V Specific




Global Issue
Mother doesn't love me

Specific Event
Mother smacked me across the face in the kitchen

Specific Event
Mother said, "I wish you were never born"

Specific Event
Mother gave everyone else sweets

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The Movie Technique

*"If it were a movie, how long would it last?"
"What would the title be?"*


1. Run the movie in your mind
2. Evaluate the intensity you are having NOW
3. Take edge off: EFT on "this ___ movie"
4. Verbally narrate the movie
5. Stop at ANY upset and use EFT - REPEAT
6. IF A BIG T START AT THE END OF THE MOVIE

PLEASE NOTE KEEP IT LESS THAN 3 MINUTES

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Check It Out

- **Replay** the 'scene'
- **Stop** at point of ANY distress or emotion
- If not a '0', have any **aspects** changed?
- If '0' try to make issue **intense**
- At any level of intensity **STOP** movie and repeat EFT





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TELL THE STORY




SEE PDF IN MEMBERSHIP SITE



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 **Testing Your Work** 
 Checking for Success



- ✓ SUDS
- ✓ Ask pointed questions
- ✓ Re-enact a bothersome memory
- ✓ Vividly imagine the event
- ✓ Look for signs of release

✓ Reasons this would be important?



 **Benefits of ST/Movie** 

- ALLOWS YOU TO GET SPECIFIC
- IT IS SAFE AND INVITES CLIENTS TO DISSASOCIATE

 **Borrowing Benefits** 

Benefits

- Great for when working in groups
- Great benefit for therapists while learning EFT
- Cost effective for the client
- A phenomenon that can happen during watching

Ensure

- Clearly identify the issue to be worked on
- Occasionally a participant can become emotionally overwhelmed so have helpers or clearly instruct people what to do if they get overly emotional

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45 Minutes

LUNCH TIME

2 2

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45 Minutes each

- TAKE A BREAK :IN BETWEEN SHAKE THAT ENERGY AROUND.

BREAKOUT ROOMS

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2 2

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10 mins

4 4

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Acupressure Points

- TH - Governing vessel + many other points
- EB - Bladder - trauma, frustration, restless
- SE - Gall Bladder - rage
- UE - Stomach - anxiety/fear, nervous, craving
- UN - Governing Vessel - embarrassment
- UL - Central Vessel - shame
- CB - Kidney - grief, anxiety, insecurity
- UA - Spleen - anxiety, fear of future, self esteem
- BN - Liver - unhappiness
- I W - Pericardium - Unlived Joy
- Th - Lung - intolerance, arrogance
- IF - Large Intestine - guilt
- MF - Circulation Sex - jealousy, addictive cravings
- LF - Heart - anger
- KC - Small Intestine - sadness, reversals
- 9G - Triple Warmer - resentment, pain and depression

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Psychological Reversal


- Polarity reversal
- Can often be present
- Like a dam blocking energy flow
- Client appears to be stuck
- Self-sabotage, limiting beliefs
- Self-protection
- Mistaken perceptions
- Can block EFT effects
- Set-up most often corrects problem




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Psychological Reversal

- Results in a negative, self-sabotaging state which may appear as resistance
- Common in cases of depression, addictions and chronic physical ailments
- Can be caused by fear, trauma, historic events, decisions, beliefs, stress, polarity switching and energy toxins
- 'All problems were once solutions'





Reversal themes

Sometimes it may be necessary to work through the following potential areas of reversal in order to be able to start collapsing the problem.


- Deservedness—"do I deserve to get over this problem?"
- Safety—"It is safe for me to get over this problem?"
- Ecology - "It is safe for other people in my life if I get over this?"
- Motivation—"will I do what has to be done to get over this problem?"
- Permission—"Do I allow myself to get over this problem?"
- Possibility—"Is it possible for me to overcome this problem?"
- Benefit—"It is good for me/others to get over this problem?"
- Resource—"I don't have what it takes to make life work without this problem"
- Deprivation Reversal—"I will feel deprived if I get over this problem"
- Identity Reversal—"I will lose my identity if I get over this problem"
- Recurrent Reversal—"Even if this keeps coming back ..."

Once the reversal is identified and worked through then deal with the issue as normal – a reframe may be needed



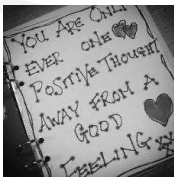
CRAVINGS





HOMEPLAY

- Reflect on what you love about this modality and jot them down.
- Watch Stacey Gary Craig Video and jot down what you liked about it?






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Welcome back!

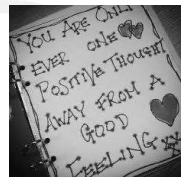
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HOMEPLAY

- Reflect on what you love about this modality and jot them down.
- Watch Stacey Gary Craig Video and jot down what you liked about it?






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Pre-Framing

Letting the client know what might happen

Examples

- Please mirror the tapping - but Sometimes I will tap on you is this OK?
- I might make suggestions or guess at things - if you feel I'm wrong please correct me
- Sometimes memories might come to the surface please let me know if this happens

 **Pre-Framing**

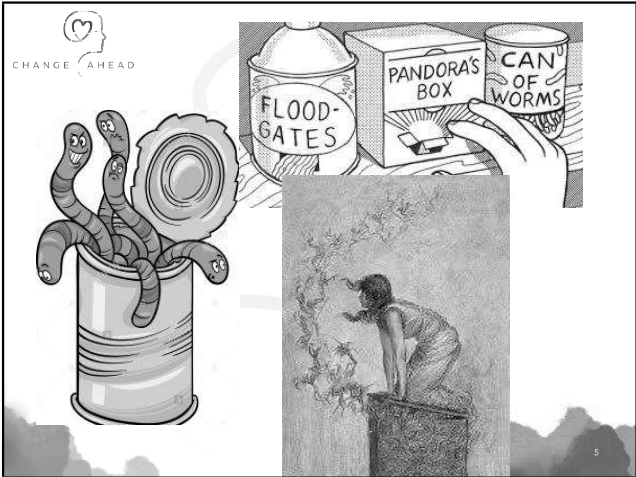
- For some issues it is advisable to pre-frame before you begin using EFT, these include, forgiveness, letting go of anger and bereavement


Pre-Framing: Anger and Forgiveness

- Is it OK to forgive X for what he did? You are not saying that what he did was right; ALL you are saying is that I am not going to let it affect ME anymore. So, I am letting it GO


Pre-Framing: Loss and Bereavement


- By letting this issue go, you are not letting go of the person, you are merely letting go of the negative feelings, and when you do that, you will be able to remember them in a nicer way.



 **Cravings**
Try it for ANY Craving


- Identify how much you want to smoke the cigarette – 0 to 10.
- “Even though I really want this cigarette I deeply and completely love and accept myself.”
- Reminder phrase – “this cigarette.”
- Tap the points
- Look for issues and repeat.




 CHANGE AHEAD **Ready to Give It Up?**

Cravings


Check the smell and taste
 How much desire is still there?
 Can you pass it up? Say no thank you?
 Imagine turning it down in the future?
 Now you have a choice – To Do or Not To Do!



 **IMPORTANT!**

Thinking of working with a client who has an addiction, such as an eating disorder then please read this first.. [extracted from EFT for Addictions e-book]. **STAY SAFE!**
 "..... Some clients may have severe addictions that are quite complex and will require diagnosis from their GP/Physician who may recommend other professional intervention(s) or treatments.

This may include attending support group meetings, engaging in other therapies, having professional mental health/psychiatric care, consulting a nutritionist or dietician. For clients suffering from severe physical symptoms, they may benefit from drugs in the short term whilst undergoing EFT treatment. A multi-disciplinary approach provides a comprehensive treatment plan that can lead to long term success. If in doubt, always consult with your supervisor or another professional....."

 CHANGE AHEAD **GOOD QUESTIONS**

Tips to Finding Core Issues

- What does this issue/person remind you of?
- When was the first time you remember feeling this way?
- If there was a deeper emotion underlying this problem, what might it be?
- If you could live your life over again, what person or event would you prefer to skip?

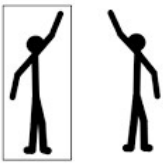
If the answer is: I don't know. Tell them to just guess!

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What is Rapport?

Rapport

- 7% = Words (Conscious)
- 38% = Tone of Voice (Unconscious)
- 55% = Physiology (Unconscious)

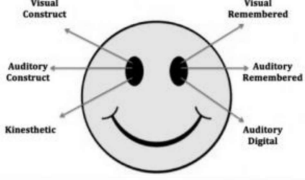


• What is best way to build rapport with client?

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RAPPORT BUILDING

1. TAP
2. MATCHING AND MIRRORING EXTERNAL, LISTENING
3.
 
4. PACING AND LEADING, CHECKING IN

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Rapport Cont


- **Crossover matching** – similar to pacing and leading, but matching their behavior (finger tapping) with a totally different behavior of your own (foot tapping)
- **Movements** – match their expressions, gestures or gesticulations, again, without making it too obvious
- **Breathing** – a form of cross over matching but one that's extremely subtle and powerful. Either match their breathing or cross over match by blinking at the same rate
- **Tonality** – match the tone, speed, pitch or rhythm of their voice
- **Micro-matching** – match their behavior but tone the matching way down
- Listening with compassion

1 2

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EXCERCISE

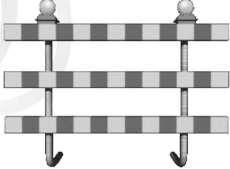
- IN 2's 2mins each try to really follow exactly what the client does
- Ask them how they felt, or what came up for them when you were doing this
- Preframe
- Craft a set up statement, CHECK SUDS and tap with them 5 minutes each side



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Blocks to Success

- Insufficient know ledge
- Too general a problem
- Set up not on target or w as too 'soft'
- Sw itching aspects
- A core issue is in the way
- Need the 'other' human touch
- Rare: energy toxins or sensitivities
- Human touch (Agreement/law s must be adhered to)



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Blocks to success

- Have you missed the opening statement?
- Are there important reasons for keeping or holding onto the problem? Secondary Gain
- Has the client had the shift and failed to notice?
- Is a little more perseverance called for?

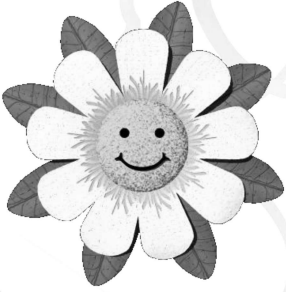
These four areas make for 90% of the reasons for lack of progress

Issues are Like Puzzles

- There are many pieces: **BE SPECIFIC**
- Each piece may have several sides: **ASPECTS**
- Some are critical to putting the picture together: **CORE ISSUES**
- When some parts are put together the rest fall into place: **GENERALISATION**



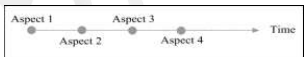
Shifting Aspects
like a Daisy Chain



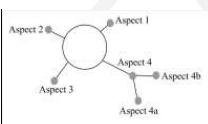
- Related scene
- Related memory
- Same scene – new emotion
- When on a roll - keep on rolling!
- When it stops look for a **CORE ISSUE**

Aspects

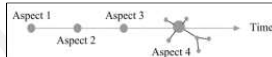
Sequential



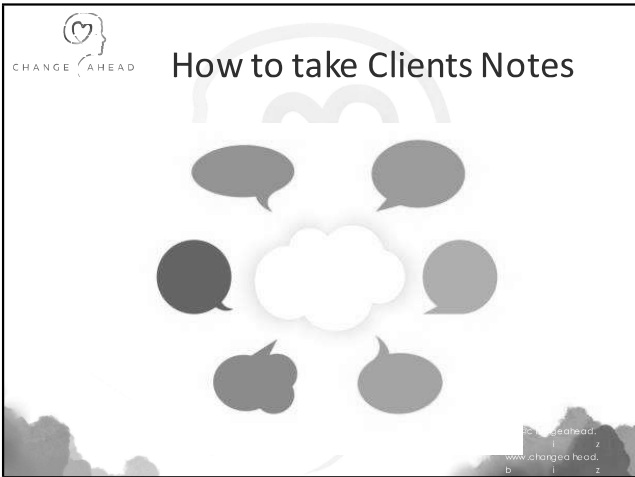
And both

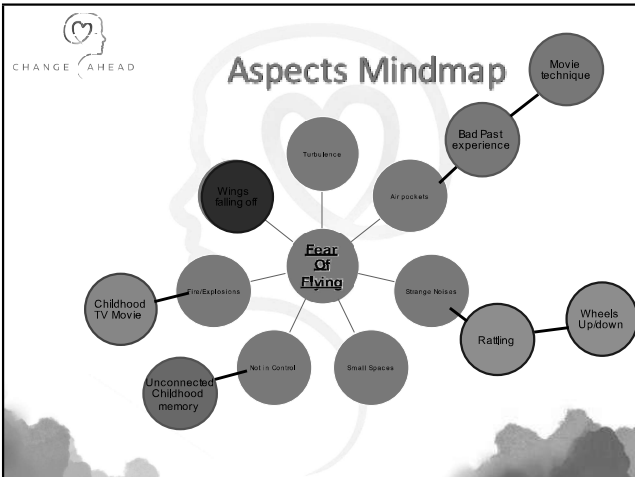


Aspects can be Simultaneous

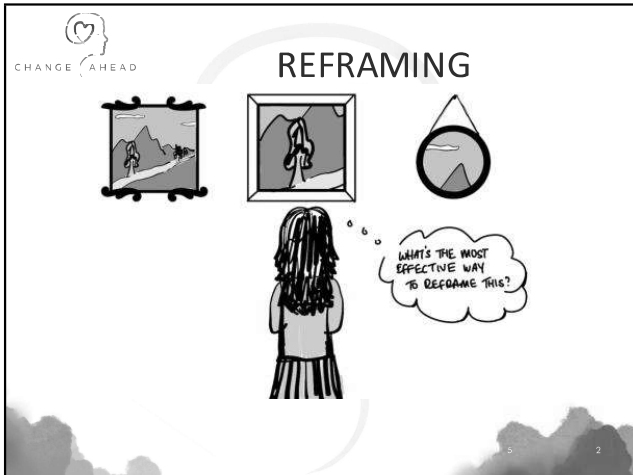


Different parts of an issue: emotions, sensations, thoughts or any
Other details could be dependent on clients VAKOGS









Reframing

Reframes help create cognitive shifts when used alongside the resolution of trauma with EFT

Definition of a reframe: changing perception, changing the view, put it in a new frame, giving a different meaning.

Problems are viewed from a different angle

Example of Shift in the Client's Thought Processes once an issue has been resolved

Bullying Boss
Associated emotion, FEAR → "What an idiot!"
Associated emotion, HUMOUR


The above indicates a much more resourceful way of thinking of an incident that previously had contributed to the client's anxiety problem.

Reframing

Client reframes which indicate success

- "I have never thought about it that way before"
- "He seems smaller"
- "I don't feel guilty about it now"
- "There's nothing else I could have done in that situation"
- "They should have known better"
- "I have a different perspective on that now"
- "It's like it happened to her not me"
- "It seems such a long time ago, now"
- "It just seems insignificant, now"
- "I was just a little boy doing the best I could"

All the above comments that indicate a change in how they think about the about the problem



Reframing


➤ **First focus on resolving the trauma with EFT, reframes don't usually work well when there is trauma still associated with the memory!!**

Knowing what to reframe

➤ Ask the client what belief and/or decision was made about themselves / other people / or the world, at the time of the traumatic event.

examples.....

- The worlds a dangerous place – to the world can be safe
- Mother didn't love them – to mother just had a bad day
- It was all their fault – to they couldn't have done anything differently in the situation
- They feel guilty – to they were just a little child without the knowledge or resources to do anything differently




Leading V Reframing

- Avoid leading by giving advice and telling the client how they should lead their lives, what to do or how to do it.
- Leaving partners, changing jobs, how to behave etc

Choices


- Allowing the client to make positive Choices in a set-up statement is a good way to reframe a situation
- Always ask your client what they would really like to choose for themselves
- Help your client make their choice compelling, real and exciting




Cognitive Shifts

Often Behind the Scenes

You know you have been successful when there is some statement indicating:




- It happened
- It's over
- I'm safe
- I learned from it
- I am ready to move on in my life

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Getting out of the Way

- How can you tell that you are in the way?
- Through Me Not By Me
- Once client has had a cognitive shift then you can start introducing positive affirmation



5 8

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Ready for In Vivo?

Phobias

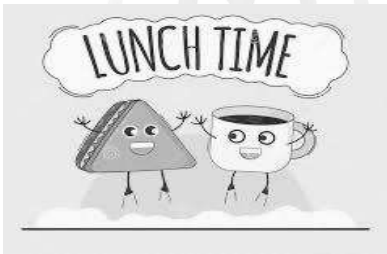
Have you covered ALL the aspects?
 Moving? Left? Right? Front? Back?
 Jumping? Running? Different types?
 More than one? Texture? Color?
 Different situations?

6 8

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45 Minutes




7 0

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Tail Enders


Often Relate to Core Issues



- Listen closely for those little words of objection
- Follow that Lead

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Tail Enders




- Affirmations are positive and powerful and can lead us to the limiting belief
- Subtle and negative.... but just as powerful are the “yes, buts...” that stop the affirmations

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Table Top

Table Tops and Table Legs Example




**Core Belief = I am not good enough
I will never be good enough**


- That time when I was 15 years old when I didn't get a rose at school for Valentine's Day
- When dad used to yell at me "What's wrong with you?" when I made a mistake
- That time my boss said I wasn't up to scratch in my performance review and had room for improvement
- When mum used to tie up my homework because it wasn't good enough
- When the Yr 10 coordinator said I couldn't study music because I hadn't done it as a prerequisite
- That time when I was 7 years old when I didn't get the star of the day award in class
- When mum laughed at me during the dance because I couldn't get it
- When I didn't have the same brand shoes as everyone because we couldn't afford it
- That time when I was 22 years old when I got overlooked for the promotion at work

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NON JUDGEMENTAL QUESTIONS

- WHY?????????
- What is the upside
- What is the downside
- What will your life be like once the issue is no longer there? Look out for Tailenders




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Underlying Emotions


➤ Physical problems usually have emotional components

➤ Resolve the emotional issues and often the physical symptom is decreased or eliminated

If there were an emotional reason why this doesn't heal – what would it be?



Persistence

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What Loss is Associated?

Those negative beliefs



Find the emotional driver

Many opportunities for set up phrases:

- Self worth issues tied to job/activities
- Loss of independence
- Decreased or changed activities





Persistence

CHANGE AHEAD  **Testing Your Work** 


When to test Checking for Success

- Beginning and End of a Session
- After every round of EFT
- Whenever there has been a switch or shift on an issue, aspect or intensity
- Whenever the practitioner wants to find out which Aspect is most intense



CHANGE AHEAD  **Sneaking Away Examples**

- *Even though I still feel terrible, there will be time to work on this later*
- *Even though I've just started to get in touch with this issue, I'll be fine.*
- *We'll put the problem back in the box, behind the movie curtain, until next session.*
- *Even though I didn't solve all of this problem today, there's time in the future.*
- *There's plenty of time for me to heal. I don't have to do it all today.*
- *This problem has been here for a long time, and what I've done today is enough.*
- *I don't have to demand from myself that I heal fully today.*
- *I can put this away and pick it up next time.*
- *There's always time and space for me to work on this.*
- *Even though I'm really triggered right now, I can manage until next time.*

CHANGE AHEAD  **Surrogate Tapping**

GET OUT OF THE WAY NO 1
LET GO ATTACHMENT TO THE OUTCOME NO 2

1. The other party Even though Sue is....
2. You take on their energy you are the other person Even though I am

ETHICAL Question: Do you ask permission to pray for anyone?

Let xxxxxx receive this session if (s)he wishes it and if it is to his/her greater good. If not let someone who needs the session take advantage of it

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Surrogate Tapping protocols to do first

- Even though seeing _____ in pain is really hard for me, I feel helpless, powerless; I deeply and completely love and accept myself.
- Even though he/she is upset, they are suffering and there is little I can do, how can this tapping work, and it makes me feel _____, I deeply and completely love and accept myself.
- Even though I feel so upset/sad/angry/ worried/scared/ anxious about _____, I deeply and completely love and accept myself.
- Even though he/she has this annoying habit/ they snore/ dribble/ repeat themselves....and it distresses me, I feel so uncomfortable with it; I deeply and completely love and accept myself.

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GRATITUDE

- Even though he/she/they have been scarred/scared...I can see them surrounded by love and light, I am sorry, forgive me, thank you, I love you, I am grateful to the energy of love and peace that fills him/her/them.
- Even though they are feeling _____, Thank You God/ Universe/ Love/ Peace for supporting and nurturing them.
- Even though that _____ happened to them, I can see them surrounded by love and light, I am grateful to the energy of love and peace that fills us all.
- Even though he/she/they have been scarred/scared...I can see them surrounded by love and light, I am grateful to the energy of love and peace that fills him/her/them.

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OUR FURRY FRIENDS

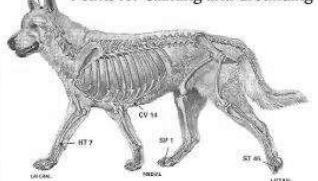
SPINAL TAP ON ANIMALS



Tap or massage acupoints along both sides of the spine

Relieves Stress, Balances Energy and Promotes Health & Healing

Points for Calming and Grounding

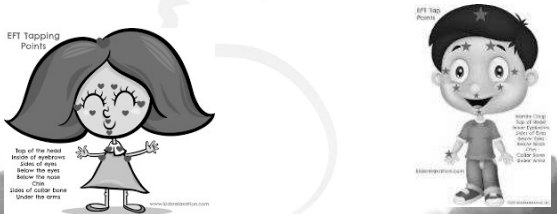


- Insurance is needed to works specifically with animals

Introduction to Tapping with Children

- Always tap with primary carer first! AS child may be expressing or reinforcing a family issue
- Remember they are intelligent humans
- Speak in their language

EFT Tapping Points



Top of the head
Inside of eyebrows
Sides of eyes
Below the eyes
Bridge of nose
Chin
Sides of collar bones
Under the arms

EFT Tap Points

Right hand
Top of head
Side of head
Top of chest
Center of chest
Under arm
Wrist
Palm
Pinky

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EFT For Groups



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Earlier we talked about standing up and telling everyone about yourself for two minutes



so guess what we're going to do now?

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TIPS

- STRUCTURED PLAN
- GROUP TAPPING
- EXPLAIN LIMITATIONS
- PLAN FOR ABREACTIONS
- EXPLAIN BORROWING BENEFITS

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Welcome back!

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EFT Practitioner Maintenance

During EFT sessions it is important to 'GET YOURSELF OUT OF THE WAY' listen to your intuition and check in with your client. Dealing with this will help you achieve this much easier.

- **Transference**
 - Whilst replaying emotions and memories of childhood the client substitutes the therapist for the original person concerned
- **Projection**
 - Treating clients for therapist's own problems
- **Outcome Attachment**
 - Getting upset if the client doesn't get better fast enough
- **Boundaries**
 - Friends, family, clients confidentiality, solely clients needs, this can lead to miscommunication if not handled professionally

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 **Energy Problems**
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- Feeling nervous/anxious/fearful before or during treatment sessions
- Feeling unusually/depressed/tired/depleted after treatment sessions

Self Doubts/Limiting Beliefs

- "I can't help this person",
- "I'm not a good therapist",
- "There are certain people who cannot be helped",
- "I don't work well with men/women/children/the terminally ill"

CONTINUED SELF WORK


- work with therapist or a group
- someone from the swaplist
- use the personal peace procedure

 **Meanings**
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GODS MUST BE CRAZY

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 **Palace of Possibilities**
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- "You are too young (or too old) for that."
- "You don't have enough education."
- "You are a woman and are limited by the glass ceiling."
- "You are a minority."
- "People who take risks end up broke."
- "Getting ahead depends on who you know."
- "Rich people are dishonest."

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 CHANGE AHEAD

- As a man thinketh, in his heart so he is
- *Bible*
- As a man thinketh, so he becomes
- *Ralph Waldo Emerson*
- The world you see is what you gave it, nothing more than that. But though it is no more than that, it is not less. Therefore, to you it is important. It is the witness to your state of your mind, the outside picture of an inward condition. As a man thinketh, do does he perceive


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The Writing on Our Walls


The TRUTH as we know it

We are constantly consulting the writing on our walls

The words on our walls are metaphors for our self-talk

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Domestication



- Children know how to express themselves *there and then*
- Then the world told us its truths and suppressed
- We took on the beliefs and realities of others
- We became fearful and learned to hold on to a host of other painful emotions and memories
- Then we covered this pain in a veneer to hide all the emotions and pain
- This became the person we present to the world, fearful the world might see 'the real us'

CHANGE AHEAD **Our Graffiti Artists**

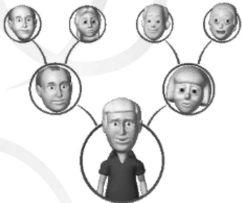
- Mother, Father
- Grandparents
- Aunt and Uncles
- Siblings
- Teachers
- Friends and Peers
- Authority Figures
- TV, Radio, Newspapers
- Advertising



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CHANGE AHEAD **Cultural and social beliefs handed down from...**

- Parents
- Relatives
- Teachers
- Peers
- Media
- Government
- Country
- Descendant



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CHANGE AHEAD **Relationships**

- Patterns from our parents
- 'Seeking the teeth that bit us'
- Patterns in our children
- Negative and positive triggers
- Auditory, kinaesthetic and visual
- Creating trust and harmony



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Religion and Spirituality

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Wealth MONEY

- Wealth is greed/evil/bad?
- Money as energy
- Guilt about charging
- Blocking beliefs
- Financial limits


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Creating our own reality


- The filters we see the world through
- Attracting what we focus upon
- Comfort zones
- Negative thinking
- Limiting beliefs
- Self-sabotage

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Beliefs

- Beliefs are the framework of all our lives
- Our reality is viewed through these desires and wishes, but our lives and bodies are a printout of our beliefs
- Based on these beliefs, we make good and bad generalisations which are out of our consciousness
- Many of our generalisations are useful – otherwise we would need to keep relearning
- Some of them are restrictive



Beliefs

- Many of these life-altering decisions are often made in *utero* and the first 6 years of life
- We continually draw events into our lives to reinforce these beliefs
- Negative core beliefs usually have many, many events supporting the belief
- 95-99% of your actions in a day are run through your subconscious mind

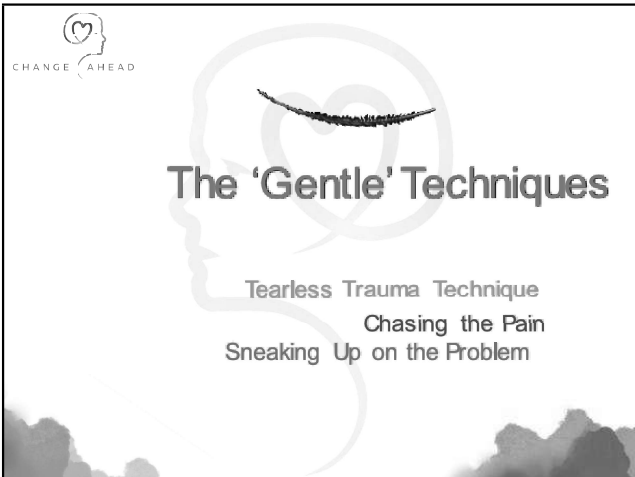


Beliefs


Samples of Negative Life Beliefs

<ul style="list-style-type: none"> • Unworthy • Undeserving • Worthless • Incapable • Misunderstood • Abandoned • Betrayed • Unproductive • Unattractive • Incompetent 	<ul style="list-style-type: none"> • Confused • Trapped • Unlovable • Powerless • Inferior • Separated from God • Un-teachable • Vulnerable • Others 	<ul style="list-style-type: none"> • A failure • A victim • A burden • Dumb • Used • Alone • Bad • Guilty • Sinful
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Chasing the Pain

Follow the predominate pain or sensation

- Try focusing on physical issues BEFORE dealing with a painful emotional issue
- Focus on Level of pain, precise location, size, shape, texture, colour, taste, smell etc
- Often relieve pain = relieve emotional issue
- Often pain 'moves' and/or changes nature
- Evidence of changing emotional issues?
- Sensual information encoded at time of original trauma

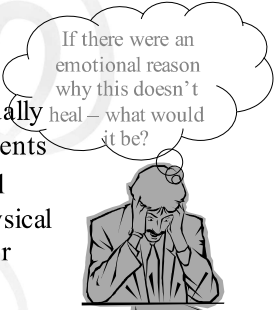


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Connectedness


➤ Physical problems usually have emotional components

➤ Resolve the emotional issues and often the physical symptom is decreased or eliminated




If there were an emotional reason why this doesn't heal – what would it be?


Persistence





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Tearless Trauma Technique





 **Tearless Trauma Technique** 
Can Resolve without Reliving

1. Identify a traumatic incident
2. GUESS at the emotional intensity – don't actually picture the scene
3. Develop a reminder phrase
4. Tap until guessed number is 0 - 3
5. Then imagine the incident
6. Tap any remaining emotion

7. This is a very gentle way to tap generally, this is done at the clients space.

 **Sneaking Up**
on the
Problem



 **Suggestions for Sneaking Up** 
Strong Emotions Not Necessary

1. General approach:
 "The Big One" using clients indirect statements go around the outside of the issue
2. Rank Intensity of Physical Response
3. Tap for a General:
 "Even though I have this discomfort..."
4. Take the edge off
5. Gradually spiral in closer
6. General tapping, more specific – repeat


What Loss is Associated?
 Those negative beliefs

Find the emotional driver

Many opportunities for set up phrases:

- Self worth issues tied to job/activities
- Loss of independence
- Decreased or changed activities

Persistence





45 Minutes

LUNCH TIME





Ways to Find Core Issues



 **Critical Nature of Core Issues**



- Often presenting problems are only symptoms of one or more **CORE ISSUES**
- Finding the **CORE ISSUE** is an art




 **Ask the *RIGHT* Questions**


- What would happen if this problem wasn't there anymore?
- What makes it impossible to release this problem?
- What do you do/have that makes this happen?
- What do you need to have happen to end this situation?

The answer will give you opportunities for many set ups. Questions are powerful to shift thoughts, to reframe situations and to focus on the correct issue

 **How To Avoid Abreactions** 


- **Use gentle techniques**
 - Chasing the pain
 - Tearless trauma
 - Sneaking up on the problem
- **Disassociate client using:**
- **Physical distance**
 - from objects (spiders, mice, telephones, etc)
 - from locations (lifts, precipices, motorways, etc)
 - from substances (allergies, phobic responses)



 **How To Avoid Abreactions** ♥


Psychological distance

- from objects and locations by using pictures/videos
- by having the client imagine the trigger OR:
- by having the client imagine watching **SOMEONE ELSE** approaching the trigger
- by using a key word, number or symbol to code the trigger

 **How to Handle Abreactions** ♥


If an abreaction does occur:

- 1. Remain calm!
- 2. Tap over and over and over – most often the client will calm down
- 3. Break client's state: distraction - getting them up and walking them around, breathing
- 4. Note what triggered the abreaction and disassociate the client further before retesting
- 5. Make sure to treat for "Fear Of Fear"


 

Working by Telephone

Anywhere Any time
Convenient Confidential




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Let's try a telephone tapping exercise

It's important that client is in a safe
And private room with no interruptions




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What are your current goals in life?

Importance of goals
Got to have a destination
Focus on outcome and use EFT for obstacles


SWAP WITH AN OTHER PRACTITIONER AND USE PERSONAL PEACE PROCEDURE




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Personal Peace Procedure


- Make a list of all issues you can remember
Most people have well over 100
- Tap on at least one per day
- Keep tapping on all aspects of the one issue until it is gone
- Go on to the next issue
- In one year you have resolved as many as 365 of your issues!




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Unlimited Freedom

- Consider using EFT on everything
- Persist until ALL intensity is gone
- All Aspects – All Variations
- Test out changes in the real world
- Use to create futures or achieve goals



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REMINDER

- Read and Sign EFTi and EFTMRA CODE OF CONDUCT AND ETHICS
- Follow CPD Requirements
- Complete case studies
- Supervision/Mentoring


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MATRIX

reIMPRINTING

using Emotional Freedom Techniques

 **Karl Dawson's Matrix Reimprinting**


- One of only 28 EFT Masters worldwide
- Created Matrix Reimprinting, combining the theory of quantum physics with energy psychology




Karl's website: www.matrixreimprinting.com

 **Matrix Reimprinting**

- EFT recipe - new application
- What is an ECHO, and why they are the *real* client in an EFT session
- How we apply EFT to an ECHO
- The first ECHOs


 **Benefits of Matrix Reimprinting?**

- Easy to use and gentle on clients
- Quickly finds core issues
- Locates pre-conscious trauma (pre 6 years)
- Allows client-driven reframes and cognitive shifts
- Locates PR, secondary gains etc
- Fills the EFT void/creates positive beliefs
- Works on dissociated clients with no SUDs levels
- Allows forgiveness and wisdom to be gained
- Sends a message to the body the trauma is over
- Resources the client and rewrites the past
- Powerfully utilises the law of attraction

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Energy Psychology Is Not

- Placebo - response because of belief in the treatment
- Distraction - person was distracted by the session which kept them from thinking about the problem
- Demand Characteristics - person says they are better to please the therapist

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- Additives - Certain things are added to the session which some people think make it work. The basic tapping is what generates the changes
- Exposure Therapy/Conditioning - tapping is relaxing and neutralises the problem
- Symptom Substitution - Fix one problem and another takes its place - not true - when it is gone, it is gone
