

EFT (Emotional Freedom Techniques)

Level 2 Training Manual

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Disclaimer and Release Agreement

Emotional Freedom Techniques (EFT) is part of an evolving new discipline of treatment techniques and protocols referred to as Energy Therapy. While still considered experimental, therapists, nurses, physicians, psychologists and lay people worldwide, use these techniques successfully. To date, Energy Therapy Techniques have yielded exceptional results in the treatment of psychological and physical problems. They are NOT, however, meant to replace appropriate medical treatment or mental health therapy. We did not experience any adverse side effects when applying these techniques when the treatment protocols and suggestions were followed. This does not mean that you or your clients will not experience or perceive any side effects. If you use these techniques, download the audios mentioned, and/or try the Sequences on yourself or others, you agree to take full responsibility for your own well-being, and you advise your clients to do the same. Before beginning any new health regimen, i.e. diet, exercise, yoga, martial arts, meditation or *Emotional Freedom Techniques*, check with your doctor or primary care physician.

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About Eddie and Ranjana Appoo – EFT International Accredited Trainers

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About EFT International

[EFT International](#) is a registered not for profit professional association, with clearly defined aims and objectives. They are committed to maintaining strong codes of ethics and practice and to establish itself as the lead training provider of Emotional Freedom Techniques.

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Introduction and Review of EFT Foundations

This course is designed for serious students and dedicated therapists who want to use EFT to resolve deep-seated projects for themselves and with clients on a professional basis. This Manual is a compilation of articles from [Gary Craig](#), EFT Masters and Experts that demonstrate the potential healing depth and width of EFT.

In order to be certified as an EFT International[®] practitioner, in addition to completing this EFT level 2 class, you will be required to provide a minimum of 4 case studies, log 50 practice hours, demonstrate your skill attend 12 hours of mentoring and complete the EFT International multiple-choice test.

Emotional Freedom Techniques (EFT) has been developed at a time when it is instantly transmitted around the world via the internet, this has advantages and disadvantages. The advantages enabled extensive and often 'real time' discussion and testing by practitioners and users of the techniques. This added value to the techniques, allowing modifications to be proposed and enhanced EFT's efficacy. The disadvantages have been a proliferation of a watered-down unsafe recipe-like versions of EFT. In this workshop we introduce and present the tested professional practice of EFT with some of the useful enhancements.

A good way to revisit foundational EFT is by 'playing' with the word [TREE](#)

- T for Trunk or Triggers

This is what we see, tune into to start with, it helps us identify the emotional intensity. We use EFT to bring the intensity down.

- R for Roots

By asking questions we can uncover what has caused the disruption in the energy field. We use EFT on all the aspects that show up.

- E for Energy

By constantly measuring and testing we can gauge whether the energy system is coming into harmony. We use EFT to balance.

- E for Experience

With EFT we change how we experience life; we discover emotional freedom.

Safety, Rapport, Calibration

Throughout this class we would like you to be aware of:

- What is the best way for you keep yourself and your client safe?
- Why is safety important?
- How can you build bridges and create a rapport with your client?
- What are the factors of good observational and calibration skills?
- What is the best way to find the right words?

Additional Tapping Points and Techniques

Additional Points

It is not necessary to tap on all the meridian points to achieve results. Sometimes holding the area is sufficient. There are many ways to stimulate (engage) the energy system.ⁱⁱ Many practitioners do not include the gamut or the finger points – unless they are not getting anywhere with an issue or there are chronic symptoms or the client wants to use them. We also have introduced Continual Tapping in the Foundations Workshop which is one of the refinements in EFT.

Here are 3 additional points that can be also included and used. It doesn't matter where you introduce these. There is no prescribed order of tapping but we tend to work 'top down'.

Wrist: Located where a watch strap would go. Tap with open hand using approx. 4 fingers or you can tap both wrists together.

Liver point: Located about 2' below the nipple on the ribs. It may be a tender spot as well. Practitioners often leave this point out because of its close proximity to the breast area. This point can help clear toxins from the liver meridian.

Ankle point: Right above the ankle bone but must NOT be used on pregnant women as it's an acupressure point for stimulating the uterus.

Additional Energy Medicine Techniques

Touch and Breathe

There are various versions of this technique which was methodised by Dr John Diepold. It can be used when the client is in a great deal of pain, discomfort or when embarrassed. It works simply by pressing the fingers onto the appropriate points whilst saying the Reminder phrase and gently breathing in and out at the same time. The overall effect should be calming and peaceful.

Floor to Ceiling Eye Roll

This is another great tip. It helps bringing the SUDs levels down when it is already low and is called the 'floor to ceiling eye roll'. When the SUDs are around '3' you can ask your client to keep their head still but follow your hand as you slowly raise it upwards from hip level then as it's just above eye level hold momentarily then slowly bring it down again. It's only necessary to do this once.

Spinal Tapping

There are times when the client is emotional and does not want to engage the points on the face or body. S/he may find it easier to be tapped on the spine. This is a very useful way to continue tapping (stimulating the energy system) while the client processes.

The Three Thumps

1. Tap on the Collar Bone points (K-27, kidney meridian) to
 - Become energized and feel more alert if you feel drowsy
 - Focus and perform more effectively if you are having difficulty concentrating
2. Tap on the Sternum (Thymus Gland) to
 - Stimulate your energy system
 - Boost your immune system
 - Increase your strength and vitality
3. Tap under the Arm and Breasts (Spleen points) to
 - Lift your energy level
 - Balance your blood chemistry
 - Strengthen your immune system

There are many useful energy techniques available to us nowadays to help bring balance and harmony into life. We invite you to research, experiment and share your findings.

Collarbone Breathing

Collarbone Breathing was first introduced by Roger Callahan and adopted initially by Gary Craig. It is rarely used, but is a useful and powerful tool to have on the shelf when EFT stops being effective.

Collarbone Breathing is not included in the EFT International Level 1, 2 or 3 syllabi or learning outcomes, but it can still be useful to try when all else fails. The collarbone points for this are slightly below, approximately an inch (2-3cms), and to the side, approximately an inch (2-3cms), of the notch in your collarbone.

The exercise has five breathing stages:

- Breathe normally. Take half a breath in and hold it for at least seven taps
- Breathe in deeply, and hold it for about seven taps. Let half the breath out and hold it for at least seven taps. Let the rest out and hold that for at least seven taps
- Breathe normally. Touch one of the collarbone points with the pads of two fingers and then tap the gamut point on the back of that hand at least seven times as you go through all the breathing stages above. Then move across to the other side and do the same again
- Bend those two fingers and touch the collarbone point with the knuckles while you tap the gamut point and go through the five breathing stages. Repeat the same on the other side
- Change hands and repeat the process During this exercise do not let your elbows touch the sides of your body or let any part of your hand other than the two finger pads or knuckles touch your body.



Borrowing Benefits

Delivering EFT in groups

Borrowing Benefits is a feature of EFT whereby members of an audience choose bothersome SPECIFIC EVENTS from their own pasts and obtain relief by tapping along with another person. That other person can be either on stage or on a video and can have an entirely different issue than the audience members. Nonetheless, the audience members use the same words and tap on the same points as the person on stage or on the video.

While this phenomenon is still in the experimental stage, it is believed that the audience members draw their own parallels from the on-stage persons issue and thus obtain similar relief as if they were tapping directly on their own issue.

Advantages of Borrowing Benefits

1. Entire audiences can achieve quality relief during one EFT session. There appears to be no limit to the audience size. It can be hundreds or thousands or millions. Care must be taken with large groups as there is a small percentage that are emotionally vulnerable and they should only attempt healing procedures with a skilled professional.
2. If the session on stage or video is in-depth and of high quality, most audience members will benefit to a greater degree than doing EFT on themselves or with an inexperienced EFT practitioner.
3. Many audience members will experience relief in a relatively painless way because they are ostensibly tapping for someone else's issue out there instead of dwelling directly on their own difficult circumstances.
4. Many times the entire issue for an audience member is completely resolved. When there are pieces left over, a qualified EFT practitioner can finish it up with one-on-one sessions.
5. EFT practitioners can speed up complex cases by giving the clients videos to take home and practice Borrowing Benefits between sessions.

6. Some audience members may tune into otherwise buried emotional issues during Borrowing Benefits. When this happens a great deal of time is saved because it hastens the process of finding a core issue.

Disadvantages of Borrowing Benefits

1. Borrowing Benefits is not as thorough as one-on-one sessions.
2. A small percentage of audience members may tune into some unexpected intensity and become uncomfortable. This is usually because THEY DIDN'T FOLLOW DIRECTIONS and strayed from their SPECIFIC EVENT. In any event, it is appropriate to advise audience members of this possibility in advance and advise them to bring professional help where merited. If you are doing Borrowing Benefits before a live group, you should have experienced EFT'ers in the room to help just in case.

SPECIFIC EVENTS are the most important thing to remember about Borrowing Benefits

The audience members MUST SELECT A SPECIFIC EVENT TO WORK ON. Unfortunately, most clients describe their issues too globally and your audience members are no exception. Here are some typical examples:

- *My mother doesn't love me*
- *I'm an angry person.*
- *Sometimes I feel very intense or anxious*
- *I don't want to put myself forward.*

These issues are made up of underlying SPECIFIC EVENTS and it is these SPECIFIC EVENTS in our lives that form the foundation of our more global problems. For example, a SPECIFIC EVENT underlying '*My mother doesn't love me*' might be: *The time mother left me in the shopping centre at age 8 and I had to find my way home*. These SPECIFIC EVENTS are the building blocks of the larger problems. Without them, the larger problems have no foundations.

Thus, it is vitally important that audience members select, and Borrow Benefits for, a SPECIFIC EVENT. Otherwise, they will be tapping on some global issues and are likely to shift within them from aspect to aspect or event to event. This is begging for some audience members to have unnecessary emotional intensity. However, if they start with and stay on a SPECIFIC EVENT during the Borrowing Benefits session the following benefits usually occur:

1. They are much more likely to resolve that SPECIFIC EVENT and notice the relief.
2. They are much LESS likely to experience uncomfortable emotional intensity.
3. After one resolves a few SPECIFIC EVENTS underlying a more global issue, a GENERALIZATION effect takes place that serves to collapse the global issue.

How to Conduct a Borrowing Benefits Session

1. Before you start, PREFRAME THE AUDIENCE with some important features.
 - a. Explain the mechanics of the process as well as how SPECIFIC EVENTS are the most important thing to remember about Borrowing Benefits.
 - b. Emphasize and re-emphasize the importance of using a SPECIFIC EVENT. Without this table-pounding-emphasis, people will tend to pick out a globally stated issue.
 - c. Emphasise the tendency for people to have some resolution of their SPECIFIC EVENT and then shift to another event or another aspect of the same event. Without this emphasis, many people will get resolution but will not notice it. They may say it didn't work when, in fact, it worked beautifully
 - d. Describe the possibility that some audience members will come up with intense issues (perhaps unexpected) during the Borrowing Benefits procedure. Since the audience member is tuned into the problem this is often a good time to temporarily forego Borrowing Benefits and begin repeatedly tapping the EFT points up and down the body. Often resolution will occur perhaps of a major core issue.
2. Have each audience member pick out a SPECIFIC EVENT to work on and give it a title as though it was a short movie. This title should be written down and glanced at frequently (as a reminder) throughout the Borrowing Benefits session.
3. Before starting your on-stage session, quiz members of the audience as to the SPECIFIC EVENTS they have chosen. You may be surprised at what people consider a SPECIFIC EVENT. By guiding some audience members in

finding their SPECIFIC EVENTS, other audience members are more likely to be more accurate in their selection.

4. Ask the audience members to write down their intensity, on a 0-10 scale, regarding the SPECIFIC EVENT (some may be very intense about their issues and, in such cases it is helpful to just have them guess at their 0-10 number this is usually accurate enough). This intensity must be what they feel NOW as they tune into it and NOT what it WAS when it was happening. If they cannot bring up 0-10 intensity (because they have repressed the event or swept it under the rug), you can ask them to find another event that has some charge for them.

Building Bridges

This is something that as a practitioner you are going to have to do over and over again in multiple different ways. One way of describing EFT in groups or to a client is: *EFT is the perfect marriage of Einstein's theory of relativity that everything is energy, ancient Eastern energy medicine that our energy system can be balanced with our hands and breath, and the know-how that we can heal the cause of all suffering by investigating the mind (desires, attachments, behaviour and all related emotions and beliefs).*



Questioning Techniques

To find Core Issues

Sometimes a client's 'presenting problem' is nothing more than a symptom of a Core Issue--a much deeper, much more important underlying problem. Once the Core Issue is discovered, it can usually be broken down into specific events or aspects and handled efficiently with EFT.

Finding core issues is an art and it requires experience to do it expertly. Fortunately, there are many common sense questions that can help you get to core issues quickly. Here are some of them:

'What does this issue remind you of?'

'When was the first time you can remember feeling the same kind of feeling?'

'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?'

Please be aware, that a favourite answer clients like to give to these questions is, *'I don't know'*. When you hear this, be persistent. You can say, *'Well, just guess for me.'* Their guesses are usually right on target. Or you can use EFT for *"I don't know..."*

Asking the right questions at the right time is essential to zeroing in on the exact issue your client needs to work on during sessions. Listening deeply to the answers to these questions separates good EFT practitioners from excellent, masterful ones.

For e.g. Gary Craig's question *'If there were an emotional contributor to this pain, what would it be?'* This gives the practitioner immediate access to troublesome memories, relationships, and time periods in the client's life that the client might not have associated with their emotional conflicts or physical ailments. If the client *'doesn't know'* Gary asks them to just guess anyway.

Here are a few more investigative questions:

'How long have you suffered from this problem (conflict, ailment, disorder, and concern.)?'

What was happening in your life before or during the time of diagnosis, or when you noticed this problem arise?

Who else in your family history has suffered from this?

What would you be focusing on if you didn't spend time worrying about this issue?

How would you be spending your time if you weren't taking care of or managing this problem?

How would you feel if you didn't have this in your life?

What is the downside of getting rid of this problem?

What is the upside of holding onto this problem? How does holding onto this problem help you or give you something positive?

What is YOUR theory about why you haven't yet resolved this dilemma, cleared this issue, and neutralized this conflict?

What happened the last time you were at your best? Reached your goal? Got promoted? Won the award? Announced how happy you were in the new relationship? Looked fabulous? Said 'no' to someone who was asking too much of you?

Asking the right questions will save you and your client time, and it will improve your accuracy and success rate. Asking clarifying questions and listening deeply to the essence of what the client offers you is a wonderful way to gain rapport with your client.

Clarification Questions

Get your client to think about what exactly they are trying to articulate. Basically, these are 'tell me more' questions.

- *What exactly does this mean?*
- *Can you give me an example?*

When your client gives you a rationale for their beliefs, probe into that reasoning rather than assuming it is a given.

- *How do you know this?*
- *Can you give me an example of that?*
- *What do you think causes...?*
- *Then what would happen?*
- *What are the implications of...?*

Much of the information you need to successfully address anyone's issue is carried in your client's memory and the story of their world. They don't always know which pieces of information are the most valuable in their session; you will need to be open, clear and capable of creating a safe environment for your client to explore the questions you ask.

Here are some further questions to explore in an EFT session:

- *How do you know that?*
- *What makes you think that?*
- *Who told you that?*
- *Who/what does that remind you of in your life?*
- *What happened to make you pick that reaction?*
- *If there were an emotional component to the pain, what would it be?*
- *If you did know what would it be? Just guess. Make it up.*
- *If your friend had that pain, what would it be?*
- *If there were an emotional contributor to this problem, what would it be?*
- *What was going on in your life when this started?*
- *What's your theory about this problem (or pain?)*
- *How would you describe this? What is that like for you? – helps them develop a metaphor for their problem*
- *What details do you see when you think about this?*
- *What does that mean?*
- *What do you want to happen?*
- *Where do you feel that?*
- *What sets that off? Who taught you that?*
- *What reason could he have had for doing that?*
- *What does mean to you?*
- *What will you lose if you stop that behaviour/belief/issue?*
- *What do you have to think about to feel like that?*
- *When (or where, or with whom) does it happen worst?*
- *And then what happens?*
- *What is still bothering you about right now?*
- *What does this issue/person remind you of?*

The main goal here is to find the core issue, related memories, events and aspects of the presenting issue. Developing good investigative skills takes time

and practise. At this stage of your EFT journey focus on finding specific events and aspects to work on.

Once you have uncovered an emotion or specific event you can continue with some of these questions to go even deeper.

- *Who or what does this issue or feeling remind you of?*
- *What does 'hurt' (or appropriate emotion) mean to you?*
- *What reason could that person have for doing what they did?*
- *Is there anyone who may have unknowingly taught you to feel this way?*
- *What is the downside (penalty) of releasing the issue?*
- *What is the upside (benefit) of keeping the issue?*

These questions will provide you with lots of information and reveal aspects, opportunities to minimise pain, clues for testing, possible Setup phrases and more. The more information you have, the more effective and creative you can be in your session.

Sneaking up on the Problem

Sometimes it is important to steer clear of emotionally charged issues, core issue, or deeply held belief systems and work with the peripheral aspects that may seem unrelated but will help reveal the core issue gently. This keeps the client safe and engaged in the process. This method of working is discussed in greater detail on our Level 3 training. The article below will help:

How do I handle the 'Big One?' By Gary Craig

Sometimes a client has an issue that is so overwhelming that, to them, it is beyond help. It's the 'Big One' they don't want to touch. It may be a major form of guilt they don't want to face or a trauma they don't want to revisit. Whatever it is, they 'don't want to go there' and often won't even mention it to their therapist for fear the therapist will try to drag them through it.

Often, they learn to dull the pain or sweep it under the rug. But it seethes under the surface anyway influencing their thoughts, their responses and their everyday lives. It represents pain. It's like walking on thorns. They would rather retain their less-than-truly-functional lives than come face to face with this issue. Their lives would be better, they hope, if they just addressed life's minor irritations and left the 'Big One' alone.

Fortunately, we have a method with EFT whereby we can tip toe up to the issue, circle around it, take the edge off and gradually spiral in closer until that festering boil is skilfully lanced. The concept is simple but it may take some practice before the practitioner can claim mastery.

It starts with a very general approach. I suggest asking the client to say.... '*The Big One*' and then have them rank their 0-10 intensity regarding the mere mention of the issue. They will probably give a high number. Ask them to also rank their 0-10 intensity regarding any current physical symptoms (such as a pounding heart, sweating, constricted throat, etc.) Then use EFT in a general way to help take the edge off.

'Even though I have discomfort about this issue....'

'Even though this thing seems too big for me....'

'Even though just thinking about it bothers me....'

'Even though my heart is pounding....'

'Even though (other physical symptoms)'

The details of the issue are ignored for now because the main purpose here is to minimize pain by taking the edge off. We are purposely sneaking up on the problem with gentleness as our goal. Do several rounds of EFT in this more general way until you see signs of relaxation. That tell-tale 'sigh' that I point out in our videotapes is a good clue. Then ask them to say again....

'The Big One' and ask them to re-rank their 0-10 intensities on this statement. Chances are their emotional responses will be lower and their 0-10 ranking of the physical symptoms will likely be down as well. Keep repeating this procedure until it seems appropriate to ask...*'Is there any part of this issue that you could talk about comfortably?'*

When they are able to discuss at least a part of the issue, you have opened the door. From there, it is simply a matter of getting more and more detailed. Take some of the edge off, get more detailed. Take some of the edge off, get more detailed. Take some of the edge off, get more detailed.

The client may experience some emotional discomfort in the process. After all, this IS the 'Big One.' But, in my experience, it is much less than it might have been AND this is probably the last time they will have any such discomfort (if they have any at all). Assuming our usual degree of success, they can now walk on velvet instead of thorns.





Introduction to using Intuition for EFT

Early EFT relied on muscle testing as a way of tuning in and testing, but as the process became more fluid, Gary Craig relied on intuition and in its present form, most EFT Practitioners use intuition in the Art of EFT Delivery.

Intuition (knowledge) - understanding without apparent effort, quick and ready insight seemingly independent of previous experiences or empirical knowledge

Intuition - a spontaneous impulse to take an immediate, unplanned action, which in retrospect, proves to be the most beneficial action to take in order to positively influence an unknown future event or situation.

Intuition is the intelligence of the heart and the knowledge of the soul. It knows instantly and constantly what can take decades of experience for the mind to logically sort out and understand. Trust it, and the reason will follow in time. - Doe Zantamata

Your intuition is the most honest friend that you will ever have. - Doe Zantamata

If prayer is you talking to God, then intuition is God talking to you. – Wayne Dyer

What is Intuition?

Intuition is the inherent ability to connect with our ‘inner self.’ Our inner self (or ‘higher self’) is that part of us that knows everything we need to know and helps guide us through our existence in the physical world.

Successful business people are often described as having a ‘sixth sense,’ or an ‘intuitive’ feeling about their business, career, industry trends or stock market trends. What is it that makes them so successful? Usually, they have consciously strengthened their natural intuitive abilities and learned to make those abilities work for them in the business world.

Intuition can take many forms:

- A feeling that we need to pay attention
- A sense of peace or ‘knowing’ that everything is OK
- Signs and symbols that speak to us

- A person's words that seem to vibrate with special meaning for us
- A sense of energy that grabs our attention
- A flash of inspiration - the 'Ah Ha!' experience
- A 'voice' that we hear when we are in danger
- Dreams that affect us deeply or that provide a 'message' we feel is important
- Thinking of someone just before they call on the phone or show up at our door

Western society does not educate you to pay attention to your natural intuitive abilities instead its focus is on the use of reasoning and logic. However, reasoning and logic are more valuable when combined with intuitive skills.

Most people have experienced intuition, but are not confident of its value or of their ability to use it. By paying more attention, meditating and consciously learning to quiet the thought process, you can tap into your inner SELF and learn how to listen and act on your intuition.



Aspects

There are occasions when you need only apply one or two rounds of EFT for a specific event in order for its emotional intensity to vanish forever. These are EFT 'one-minute wonders' and fortunately they occur regularly. Many lives have been instantly shifted in positive directions because of this feature.

Sometimes, however, even after you have made extensive effort to tap on specific events, the client still reports the problem as 'no better.' Why would this be? Why does the process work so easily in some cases but appear to bog down in others? There are a few possibilities here (the others will be covered later) but one of the most common causes is that the client is '*shifting to different aspects.*'

Aspects can show up with almost any and all emotional issues:

A war trauma can have aspects such as the sight of blood, the look in a comrade's eyes before they die, the sound of a hand grenade, etc.

A rape experience can have aspects such as the smell of the assailant's breath, the impact of a fist, the penetration, etc.

A fear of public speaking can have aspects such as the sight of a microphone, the on-looking eyes of the audience, a memory of being ridiculed as a child, etc.

Another thing to recognize is that an aspect can also be an emotion. Thus, some clients report that the anger they had regarding a given event has shifted to sadness. These are important clues; they reveal different emotional aspects. They are opportunities for bringing the core issue to the surface and present you with possibilities for profound healing.

Aspects may be; feelings, events, thoughts or beliefs, bodily sensations, or a combination of them. Some problems have many aspects to them and each aspect should be handled with a round of tapping as if it is a specific issue. When several aspects of an emotional problem are present, you may not experience complete relief until all aspects have been reduced to zero intensity.

Aspects may be a combination of:

Feelings - For example, we may feel fearful about something at the same time be embarrassed and angry with ourselves about being afraid. Each of these different feelings needs to be treated methodically for your client to experience complete relief.

Events - For example, you may have had several experiences that relate to the problem you are treating.

Thoughts or Beliefs - Sometimes there are underlying subconscious beliefs that block you getting over your problem.

Bodily sensations - These can show up in varying intensity as you apply EFT.

Sometimes you may tap into an emotional situation that is more intense than the one you started with. If this occurs, continue the tapping process on this new emotion and persist until it reduces.

Clients who come with complex problems usually have many contributing factors such as negative experiences, a toxic family situation, repeated patterns of abandonment, abuse, betrayal loss, shame, and so on. . It may be helpful to think of a complex problem as a multi-layered stack of interrelated aspects such as in the game of Jenga (a wooden tower is built with individual wooden bricks and each player removes a brick at a time. When the strategic brick that supports the tower is removed, it collapses). Each tower has its own tangle of emotions, beliefs and consequences. Each of these bricks contains a specific EFT ‘aspect’ and it may be necessary to deal with a few bricks before the tower collapses. It’s not necessary to tap on all the aspects (bricks) for the issue to collapse.

Most clients experience their problem as a whole event – they know they have many different emotions but they do not identify these as ‘aspects.’ Further, they do not have any experience at separating out each upsetting element – again, they see the whole movie rather than one frame at a time. This approach prevents a client from noticing aspects or if an aspect has collapsed. They simply shift aspects without noticing change.

The client may even shift from one event to another or shift to different emotions within the event and conclude that the issue is not shifting. This is why Practitioners need to observe their clients for any changes



(CALIBRATE). It's essential for the EFT practitioner to understand this principle and to develop skills to work with it. Otherwise, neither the client nor the practitioner will be able to fully recognize the process or the progress.

Clients may switch aspects for many reasons. Here are a few:

- The particular aspect being worked on has been discharged of any emotional intensity and so another issue (aspect) is allowed to surface
- Something more intense has come up
- The client is trying to avoid focusing on the real problem.

How do you deal with a client who switches aspects?

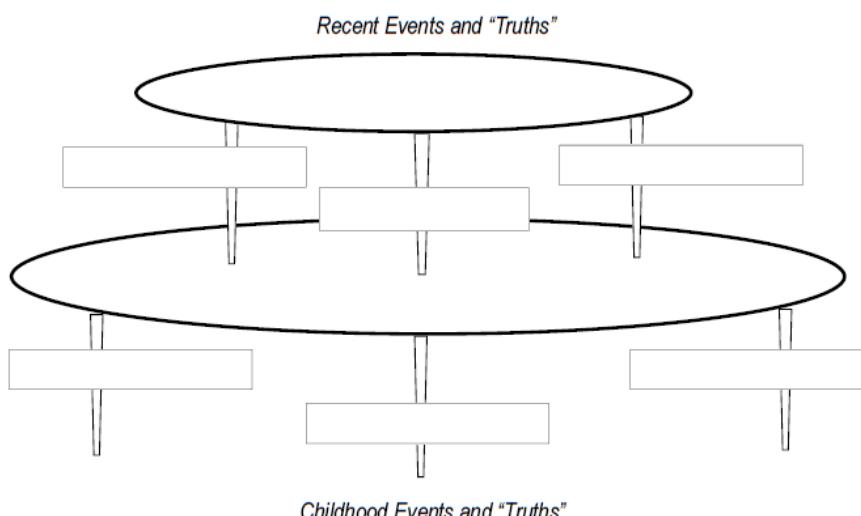
Keep them focused on the one aspect until it resolves and then go back to the one that came up. This is where you need to be in control of the session. Steer your client back to the original problem/statement that was significant at the time.

If it becomes too difficult to keep the client on the issue, work on the new aspect instead but make sure that you go back to the original one to ensure there's no intensity left.

Be aware that when switching aspects, the SUDs levels may go up as well as down. A simple phobia of being afraid of balloons may hide the fact that they were assaulted at a childhood birthday party and they only remember the balloons. It's only by using EFT on the different aspects that the real deep-seated problem can surface.

Remember to make a note of the SUDs. Measure and test constantly.

Understanding aspects can help us collapse our 'big stuck'. They can show us why we get stuck in Psychological Resistance and how we can break free.



Chasing the Pain Techniques

The distress that a patient experiences when recalling a painful issue is often experienced as tightening and constriction of the muscles in certain regions of the body. One of the methods of EFT to handle this is called *chasing the pain*. In this method, the tapping and statements are made keeping in mind the physical location of the pain. After some rounds of tapping, the pain in that location may vanish, and the dominant pain may shift to another area. The pain is now *chased* away from this area

After applying EFT, physical discomforts can move to other locations and/or change in intensity or quality. Thus, a headache described as a sharp pain behind the eyes at an intensity of 8 might shift to dull throb in back of the head at an intensity of 7 (or 9, or 3 or any other intensity level). Just keep 'chasing the pain' with EFT and it will usually go to zero or some low number. In the process, you will discover that emotional issues behind the discomforts also successfully collapse.

Can EFT mask a pain to the detriment of the client?

EFT has an impressive ability to alleviate pain without medications or invasive procedures of any kind. But can it mask a pain in a way that causes further damage to the client? Prudence is always the best policy in such cases. However, in our experience, we have found that if there is an organic reason for the pain (e.g. broken bone, brain tumour, etc.) then EFT will either do nothing for the pain or give only partial, temporary relief.



Working with Trauma

Trauma comes in all shapes and sizes, as does people's response to it. EFT can be used successfully with all of them but this is one area where it may be appropriate to work with a qualified practitioner, at least initially. The primary concern when working with trauma is your safety or the safety of your client. Re-traumatising is to be avoided at all costs.

Trauma influences our cognitive schemas at a profound level. It undermines our beliefs in both ourselves and our existence, and also our sense of reality as we know it. The resulting beliefs can seriously disrupt the everyday running of our lives without us necessarily even realising it.

EFT's effectiveness in working with trauma is extensive. Whilst it can bring immediate relief from traumatic memories, it is also a gentle tool for revealing the many layers and aspects that may be connected with trauma, working through them systematically and effectively until their emotional charge has gone.

When working with clients who may have been traumatized go slowly. It's important to respect the client's wishes and abilities in dealing with the trauma.

EFT has been known to work elegantly and effectively on the psychological, emotional and/or physical symptoms associated with a trauma. There are a range of EFT processes that can be used which are perfectly suitable for avoiding unnecessary distress. You know when you've resolved the trauma when the client can think or talk about it without becoming distressed or they no longer suffer any of the symptoms associated with the trauma.

Self-Care for Therapists

Before beginning to work with trauma it is vital to look at yourselves as therapists and your own response to trauma in its many forms. Using EFT yourself on a regular basis is even more important in trauma work than most areas. Trauma therapists traditionally experience a high level of burnout. EFT gives you the opportunity to change that.

- Avoid being 'triggered' during a session by working on your own issues

The first step is to work on any unresolved trauma we may still be attached to so that we are not triggered by our clients' experiences. The difference between empathising and colluding with the client needs emphasising. Whilst it is important to feel empathy for the client it is not useful for them if we are accessing our own stuff and we will be getting in the way of the process. Test drive your trauma 'buttons' by imagining different future possible scenarios and/or past events and noticing what, if anything, still gets an emotional response.... Apply EFT to it.

- Ensure you are able to cope with hearing explicitly gruesome details

You are likely to hear some horrific stories. If this happens during a client session imagine putting it out of the room, or in a box, remembering to return and work with it at the earliest opportunity. If you are tapping alongside your client you may clear your response during the session anyway.

- Check if you feel safe working on your own with the client?
- Speak with your Supervisor on a regular basis

Further in-depth work on self-care, how to recognise burnout, dissociation and working with traumatised individuals is covered in the Level 3 Training.

Care for the Presenting Client

Some clients will need to tell you their story immediately. When they do their energy system will be disrupting massively and you will need to tap continually on them. In order to do this and keep rapport with a new client it is important to pre-frame this when introducing yourself and your work. We recommend tapping on your clients wherever possible. It allows the client to focus on their issue without worrying about 'getting the tapping wrong'.

Other clients will present with physical issues such as insomnia, migraines or even illness where they make no connection to any previous traumatic events. However, when an event happens that challenges our beliefs of the world, and our personal safety, it can create a physiological response as well as an emotional one. In these cases, always start with where the client is at, using your detective skills and careful questioning to gently ease out any specific events that may be contributing to the current state.

Others will have totally detached themselves from the traumatic event/s, they will be unable to access any emotion, and often just present with a general feeling of depression or anxiety. In these cases again you will need to apply all your detective skills to coax out the underlying specific emotional contributors and events.

Here, Gary's question *'If you could live your life again which person or event would you leave out?'* is an excellent way of getting to the specific core issue.

Another client group will be aware of the trauma but anxious about even thinking about it, let alone talking about it. With these clients the first thing to do is, again, to meet them where they are at and work with the presenting anxiety. Some of the following Setup statements can be useful here:

- *Even though I don't want to go back there again I deeply and completely accept myself*
- *Even though I am anxious even thinking about the event I deeply and completely accept myself*
- *Even though I am frightened to look at that time again I deeply and completely accept myself.*

Here are some Further Suggestions to keep your client Safe

- Keep a close check on your client's anxiety levels
- Are they OK with being tapped on or do they want/ prefer to tap on themselves?
- Be aware that sudden gestures or movements can trigger your client
- You can ask your client to think of a place (real or imaginary) where they feel safe. It doesn't matter where or what this place is as long as when the client thinks of it, they feel protected and safe. Keep this image tapped into their system so you can call on it if you need it.
- If your client becomes distressed you can remind them that they are safe and encourage them to breathe deeply and be aware of the here and now.

What is Trauma?

A trauma causes a high emotional and/or physical reaction. Trauma generally contains three common elements:

- It was unexpected;
- The person was unprepared; and
- There was nothing the person could do to prevent it from happening.

Here are some examples of events that can cause or contribute to trauma:-

- Road traffic accidents; car, train or plane crashes/world disasters
- Terrorism and bombings
- Accidents at work
- Violent assaults
- Loss of job
- Physical or verbal abuse including bullying
- Humiliating or deeply disturbing experience
- Discovery of a life-threatening illness or disabling condition
- Rape or sexual abuse
- Heart attacks, serious illness, loss of body part or a fall
- Miscarriage, still birth or difficult birth

Other potential sources of psychological trauma are often overlooked including:

- Falls or sports injuries
- Surgery, particularly emergency, and especially in first 3 years of life
- Serious illness, especially when accompanied by very high fever
- Hearing about violence to or sudden death of someone close

It is not the event that determines the depth of trauma, but the individual's subjective emotional experience (SEE) of the event - and it is not predictable how a given person will react to a particular event. It will depend on their resources e.g. if they have help or knowledge of how to deal with the situation.

Trauma can be broadly broken down into four categories:

1) Prolonged past traumatic experiences

Systematic abuse over a prolonged period of time that is over in the present day e.g. childhood abuse, bullying, war experiences etc

2) Ongoing trauma

Systematic abuse continuing today where client is constantly re-traumatised
e.g. domestic violence and marital rape, psychological abuse, bullying at work
etc.

3) One-off trauma

Rape, terrorist attack, accident, assault etc.

4) Perceived trauma

Trauma not physically experienced by the client but witnessed in a secondary
manner via the media, friends, colleagues, stories etc.

Post-Traumatic Stress (or PTSD)

PTSD can be caused by one event or by prolonged exposure to traumatic
experiences. Anyone who has gone through a life-threatening event like those
listed above can develop PTSD. Symptoms can start immediately or after a
delay of weeks or months. Complex PTSD can take years to be recognized.
Seventeen symptoms have been identified and are listed in the Diagnostic and
Statistical Manual of Mental Disorders. The individual does not need to
display them all to be suffering from PTSD. Understanding and working with
Post-Traumatic Stress with EFT is covered in detail on the EFT Level 3 EFT
International Training.

EFT Methods for working with Trauma

Tearless Trauma

Using a Keyword/ Private Technique

Movie Technique / Narrated Movie Technique

Telling the Story

Touch and Breathe

Tearless Trauma

This is a very gentle way of using double dissociation to keep the client safe
from abreaction and is usually the best starting point when working with a
specific traumatic event. Identify a specific traumatic incident from the past.
An example might be, '*the time my father punched me when I was 12.*' By
contrast, the phrase '*my father abused me*' would be too broad because,

chances are; the abuse took place over many, many incidents. Get them to make it into a mini movie and put it on a wall away from them. Give it a title.

Ask them to GUESS at what their emotional intensity would be (on a 0-10 scale) IF they were to vividly watch the movie. Instruct them NOT to actually watch it (although some will close their eyes and do this anyway). This GUESS is a surprisingly useful estimate...and...it serves to minimize emotional pain.

Have the client develop a phrase using the movie title for the EFT process such as 'this father-punch emotion' and then proceed with a round of tapping.

After this round of tapping, ask the client to GUESS again around ask them to state their new number.

Perform more rounds of EFT. Once the client is down to acceptably low GUESSES, then perform another round of tapping and, after this round, ask them how they would feel about watching the movie. Notice that this is the first time you are asking them to do this. All previous times have been relatively painless GUESSES. If they are OK with that get them to watch the movie, instructing them to stop at any part that still 'gets' them and tap on it.

Keep going until they are able to watch their whole movie with no emotional attachment. Often, they will say something like *'It is like watching someone else'* or *'I can't see it clearly any more'*.

In Brief:

- Locate the specific trauma
- Make it into a movie and put it on the wall away from you
- What is its title?
- Don't look at it, draw a curtain over it
- Estimate 0 - 10 intensity if you were to watch it (guess)
- Create Reminder phrase using movie title for the EFT process
- Do EFT on it
- Guess at the intensity again
- Do more EFT rounds until 'guessed' intensity is low
- Watch the movie, stopping at any part that still 'gets you'
- More rounds of EFT as necessary

Using a Keyword / Private Technique

It's not unusual to come across problems that are too embarrassing or personal to reveal, or that aren't easy to describe. In these situations you can offer the client the option of using a keyword or code word. Whatever is used, even if it's not relevant to the memory, it doesn't matter as long as it helps the client to 'tune in' to the problem or issue. Insert the keyword or code into the Set up phrase and also the Reminder phrase. As different parts of the problem crops up, you can use another keyword or code.

Another option is for them to remain silent but to say the words in their head, or hum. Often, the embarrassment diminishes with the tapping so they are able to open up and articulate some aspects.

The Movie Technique

This is the same principle as Tearless Trauma only without the double dissociation. If the trauma is not perceived as too intense then this would be a safe starting place too. This has been discussed in the EFT Level 1 Training.

- Create a mini movie of the specific event
- How intense do they feel about watching it (using SUDS scale 0 -10)
- If high intensity rating revert to Tearless Trauma above
- If OK run movie, stopping at any point where there is emotional intensity and tap
- Keep going until whole movie is clear of any emotional intensity

This technique works in a systematic fashion by allowing parts of the distressing memory to be broken down and dealt with before moving onto the next part of the memory. Testing involves asking the client to narrate the whole visual memory from beginning to end without feeling distressed. Sometimes there is a 'generalising effect' when the most intensely emotion has been resolved, the rest of the memory ceases to have effect.

Telling the Story

Telling the Story is an excellent way of testing your results and clearing up any remaining undetected aspects. Ideally, use this once you feel you have reduced the intensity to an acceptable level, or cleared it completely.

Have your client tell their story of the event/memory/trigger. As soon as any emotional disturbance is detected stop and tap on the last statement the client made. Test by having the client re-tell that part of the story. They should be able to go past the previous emotional point easily. If not, there are further aspects to be addressed.

When the client is calm on the first point, have them continue to tell the story. Stop and tap on each emotional disturbance. Test by asking your client to tell the entire story from start to finish. Your work is completed when your client can do this and remain calm throughout.

In Level 2 practitioners are encouraged to use, Tearless Trauma, Tell the Story and the Movie Technique simultaneously as much as possible because they make use of specific events, minimising emotional pain and work with aspects.

Other, more sophisticated approaches are taught at the EFT Level 3 Training.

Here are few helpful guidelines when working with Abuse

Build Trust and Rapport

Some clients will be very open from the beginning. Others may take some time before disclosing the painful and often secretive feelings they have held for years that are related to their abuse experience. Give your client the time needed to make their connection with you comfortable.

Feelings and Behaviours to watch for

- Feelings of guilt
- Low self esteem
- Depression, anxiety, anger, fearfulness
- Self-destructive behaviours
- Eating problems (including eating disorders such as bulimia or anorexia)
- Feeling different from others
- Relationship problems
- Physical problems, including chronic problems such as headaches, stomach or other digestive problems, vaginal or urinary problems...
- Substance abuse, other addiction or addictive behaviours
- Avoidance behaviours related to anything (thoughts, activities, people, places) associated with the trauma
- Feeling powerless and incapable of asserting self

Look for Layers and discover their Coping Mechanisms

Find out what their reactions to memories are and how they cope with these upsetting feelings.

'What happens when you start to think about ...?'

'What makes you feel better when you are having those reactions?'

Special note about GUILT and SHAME

Survivors of abuse can feel ashamed and guilty about not doing something to stop the abuse or they continue to feel responsible for it. Self-blame creates guilt and shame and can add years of suffering.

Because sexual abuse can occur in pleasure zones, the body can respond automatically to stimulation. Pleasurable physical sensations, lubrication or even orgasm can occur. The survivor's emotional reactions and physical responses were not in sync which will cause confusion and intense negative feelings. The person ends up feeling guilty or ashamed.

Specific Events

There may be one event or many. You may collapse the problem with one story or it may take several. You can reassure your client that if there are dozens and dozens of incidents, you will not have to go through every single one because of the generalisation effect.

Tearless Trauma Technique Article by Lori Lorenz, MAⁱⁱⁱ

'Trish' was referred to me by a caring family member because, despite her outwardly beautiful, active, loving family life, she seemed to be falling apart. Within the past few weeks, terrifying dreams and intrusive waking images from her childhood began appearing out of 'nowhere'. Even though she knew her childhood was not pleasant and that her family was pretty dysfunctional, these 'memories' were outside the realm of anything she thought actually occurred in ANY family-- much less hers. She was terrified of both the 'memories' (if they were true) and the possibility that she was 'going insane' (if they weren't).

When Trish entered my office, she was barely holding herself together. Within minutes she was relating the extreme content of these new 'memories' and entering into gripping states of flashback and immobilizing terror, eyes glazed and unfocused, body shaking.

Even with an established relationship and well-known history, most practitioners find such a client state to be pretty unnerving. In the 'old days', there was little one could do during this ordeal but

provide comfort, keep the person oriented and introduce some countering thoughts. However, with our EFT tools, we have much more with which to help.

Using a strong voice, I kept asking and reminding Trish where she was and asking her to keep looking into my eyes when she couldn't orient. It seemed a strong and directive voice was needed to help her focus as she moved in and out of being present. I briefly explained this 'weird stuff' of tapping on the meridians to process the emotions and, despite her strong scepticism, she was willing to try (even though she was quite sure nothing could help her).

I often use the TAB (Touch and Breathe) method for EFT (which can be very soothing and introspective) but, in this case, strong tapping seemed the best way to get body sensations going to counter the body memories and dissociation (feeling disconnected from the body) which seemed to be overwhelming her. So we started tapping on 'this emotion', 'this terror' and 'this overwhelm'. At times I had to tap and speak for her (with her permission) when she was immobilized. After several rounds she was able to achieve some orientation and a sense of calm. I'll never forget the look of disbelief on her face when she sat back, looked at me with clearly present eyes, and said she couldn't believe it but, whatever this stuff was, it was working.

As Trish calmed somewhat, she expressed greater fear that she was going crazy, that this couldn't be true, and that people just didn't do these things to children. I let her know that unfortunately people do, but we didn't have to decide anything about the truth of her images and feelings at that point, we just wanted her out of this terror and overwhelm.

So we started Gary's 'Tearless Trauma Technique' by simply referring to 'these memories', 'these images', 'this terror', 'this confusion', while frequently reminding her not to go into the memories in detail. She was to intentionally distance herself from them (without dissociating) and just guess at what she might feel if she were to touch into them. I kept reminding her that our intent was not to go into the experience (yet) and this helped her discover that she had some control over the intrusiveness and the feeling of overwhelm.

Once Trish had a sense that she could use EFT to counter the intensity of the memories, she began to describe them. We worked carefully with the details and tapped often when the intensity rose. There was little hope of coming to a zero (on a 0-10 scale) on any of these far reaching, many aspected events and there was little time to keep track of these 0-10 measurements anyway. Nonetheless, we did some general monitoring of the intensity and her sense of whether or not she could handle it. For Trish, at least at the moment, having a place to describe these horrific events seemed more important for her sense of sanity than trying to level a 'forest' of unknown extent in one 2-hour session.

By the end of our first session, Trish was absolutely convinced of the efficacy of EFT. She was determined to use it as much as was needed to take back her ability to live her own life while working through whatever was needed to discover the truth and heal it. We met again the next day and she had used the EFT extensively for the memories and nightmares with impressive relief.

In the past 8 months, Trish has discovered the truth of these memories, had several validations from external sources, and has courageously faced layer after layer of experience which would not

be believed by most people--even in a horror film or documentary. Her experience of calculated abuse over more than a decade ranks among the most intense I've encountered or read about. And that's saying a lot because my work has included the type of intense trauma that has resulted in Multiple Personality Disorder and severely repressed memories. Through this healing, in which her primary tool has been EFT, Trish has grown and deepened in her capacity to love, experience joy, and to connect with her husband and children in ways that amaze her and bring tears to her eyes.

The fact that she has reached this point in only 8 months is almost unheard of--even for less extensive mind controlling abuse than she suffered. At one point in our work, Trish considered having a local therapist to work with in person (I travel to her city only every 4-8 weeks and we work by phone between trips).

She interviewed 5 or 6 professionals who specialized in abuse, each of which gave a dismal prognosis, predicted years of painful, traumatizing work to get through the experiences she outlined or declined to work with her. Wisely, Trish opted to stay with EFT. She now only occasionally has a session or two when some new aspect or layer of experience surfaces. The rest she handles with EFT and her (by now) excellent skills - and those issues are getting easier and quicker to clear.



More on Intense Emotional Responses or Abreactions

By now, it will be clear that abreactions are normal but intense emotional moments in EFT. They are described in many ways, emotional overwhelm, emotional hijack, emotional release and so on. In EFT we avoid emotional trauma, especially with the Tearless Trauma Technique, however, we do not avoid emotional release. It is important to ensure that the client is not being re-traumatised and yet is safe enough to release the suppressed emotion (disruption in the energy system) so that s/he can be free of the past. As EFT practitioners it is important to know the difference between trauma reaction and the healing response.



Thoughts on Abreactions and how to handle them by Ranjana Appoo^{iv}

Part 1

After reading the articles about abreactions, and also having noticed the concern that some practitioners feel about this, I wanted to share my own experience of dealing with trauma tears, and how they can become healing tears. In my own practice, many of my clients have carried the emotional burden of deep trauma, childhood abuse and / or sexual abuse.

It got me thinking about what I do in those situations when a client does have an abreaction. After all EFT is well known for its tearless trauma technique. In my practice I have noticed that for some clients, tears are a sign of healing and an abreaction may be the aspect that calls out to be balanced.

We might tap on...

This part of me that is still living the pain/ trauma... This reaction, I accept all of me now, including these feelings, I accept all these feelings, I accept the parts of me that have these feelings... it is safe for me to express these feelings... these feelings can pass through me... I accept all my feelings and myself now...

I find that the most important thing I can do when a client is having an abreaction is to maintain eye contact, ensure that we are both completely present to whatever is happening. We will not require a Setup statement (as the client is already tuned in). Also, continual tapping on the collarbone, thymus area and the ankle points has helped the client rebalance quickly. It is vital for the practitioner to stay calm and detached and not get involved with the client's emotions.

Some of my clients in their initial consultations have said they felt flat and did not have any emotional charge about their trauma. They had found a way to disassociate from the difficult and painful situations in their life rather than resolve or heal it. It wasn't that they didn't experience an emotional charge; they had replaced all their feelings with what I call a non-feeling shadow to protect themselves from the pain that they had experienced. They might also have an addictive behaviour that gives them the illusion of feeling safe or managing their fears or sense of loss. The reason I call it a non-feeling shadow is because they had difficulty in accessing any feelings, happy or unhappy. It was as if the disassociation shadowed every aspect of their lives. The reason they sought me out was to reclaim and rediscover feeling joy. To do this, we would have to heal this non-feeling shadow.

Next, we will look closer at a client session when the 'abreaction' allowed the process of releasing stored emotional pain to be easy and transformative.

Part 2

The process of healing the deep trauma scars and the protection mechanisms the client has can release stored emotional pain. The client may experience an outpouring of trauma tears, shaking, rage, (abreaction). However, these trauma tears are a sign of healing as they signify a huge shift and shows that the client has given themselves the permission to feel. These trauma tears can be

transformed into healing tears with EFT and so literally wash away the pain, sadness, anger, and unhappiness stored within the client's energetic system. I have often used the tearless trauma technique with great effect; however, I have found that sometimes the client has created a dam around all their emotions to protect themselves. In such situations feeling intensely can bring about healing and a sense of wholeness.

Following is an example of how we (my client 'J' and I) used the trauma tears to become healing tears. Part of the EFT session with 'J' (client) illustrates this transformation beautifully; 'J' had a history of severe childhood abuse. But this is not the reason she came to see me.

She came to see me, because she felt very unhappy in her relationship. She also had difficulty feeling anything. When 'J' first cried in a session it was a sign that she was beginning to feel again. 'J' first cried during her second session. She had just mentioned in passing that she had been abused as a child and later raped as a teenager. She quickly added that she had dealt with all these events and situations and had no feelings about them and did not want to discuss them. My intuition, whispered to me otherwise. I asked her if it would be okay for us to tap on the fact that she'd been through all this. She agreed with a sideways glance and a nod. We had just begun tapping on:

Even though my life has been hell, and it's a miracle I survived, and all these feelings are locked up inside me, I'll never be happy again, maybe one day I'll find peace.

Even though I've been through all this abuse, trauma, rape, pain, I don't know how I've managed, it's been hell, I've lost all my feelings I have lost a part of me, I totally accept all of me anyway.

Even though I've been to hell and back, maybe a part of me is still in a hell and I can't feel a thing, what if I can heal and be whole and happy.

At this point 'J' looked tearful. I asked what was happening. She replied that she had some feelings coming up but she wanted to continue tapping. So, we tapped in, tuning in to these feelings.

I have no feelings about this

It happened

I can't feel anymore

I dare not feel

I refuse to feel

All the things I have been through

I don't know how I survived

I am still just surviving

I have lost my feelings

I don't know if I will ever be able to feel again

Why did it happen to me?

What if I could feel?

My life was difficult and abusive

What if it was safe to feel?

What if it was safe for me feel?

At this point my client started sobbing. Instead of asking her any more questions (she was already tuned in) with her permission I continued to tap on her (a similar situation happened with a client during a phone session, I merely asked the client to keep tapping as I tapped on myself). Her sobs turned into body wracking tears and she seemed to lose control. As I tapped on her I asked her to look at me and maintained eye contact the whole time. Ensuring that her body was upright and she was not sinking into the emotions. The tears seemed to be the key, so the Reminder phrase I used was,

These tears

These tears of pain and sadness

These tears of anger and pain

These trauma tears

These trauma tears

These trauma tears that I have stored inside me

All these trauma tears

It's Ok I can let these tears out now

These trauma tears

Now 'J' sighed, she stopped shaking, yet the tears kept coming and we continued to tap:

All these tears

All these tears

It is safe for me to finally feel

I can feel now

All these tears I have stored inside me can now be set free

I can be free

These tears can wash me clean

This river of tears washing away all the pain

This river of tears washing away all the grief

This river of tears washing away all the anger

This river of tears washing away all the sadness

This river of tears washing away all the fear

Little by little these tears free me so that I can feel again

These tears of healing

These tears of love and forgiveness

These tears of love and forgiveness

It feels so good to finally cry like this

At this point she had a little smile, we continued to tap

It feels so good to cry, to let all these feelings free

These are healing tears

These tears of gratitude

My tears heal me now

Now she took a deep breath and stopped crying. It was like watching the rain stop and the sun come out. She said she felt so much lighter and it felt like she had released a huge burden. We continued with:

It feels so good to feel

I can feel again

I can feel all of me

It's safe to feel, safe to cry and safe to laugh... It's safe to feel, safe to cry and safe to laugh...

I have seen 'J' for a further 5 sessions; 7 in total where we went through many specific events from her life where she had not been able to express herself and her feelings and the times in her life when she would have liked to have felt good. From a depressed person who was having problems in her relationship, she became a vibrant, enthusiastic person who felt passionate about life. She told me that feeling safe to express her tears was a huge turning point for her. It also helped her share her feelings with her partner.

In the next part I will briefly share the advice I give to self-help tappers when they uncover a core issue and feel overwhelmed.

Part 3

I have learned anything can happen in a session, including an abreaction, and they are all avenues for healing. With EFT, (practice and persistence) tapping on the issue of tears can help the client feel whole again. The process of moving from tears of grief, sadness, trauma, and anger to the vibration of tears of redemption, tears of healing, tears of forgiveness, tears of gratitude, and tears of joy is transforming. It is a great reframe. The tears become a source positive energy.

In the EFT self-help support group that I facilitate I often encounter self-help tappers that uncover a core issue with a high emotional intensity and then feel overwhelmed by the emotion that comes with it. They find that as they tap, they feel that they are spiralling out of control and in some cases, this is very unnerving and frightening. When faced with such a query I advise them to switch their focus away from the issue, focus on their breathing and tap on the sequence of meridian tapping points from the Basic Recipe while inhaling and exhaling. This has the effect of calming them fast. I then advise them to continue working on the issue that surfaced with words like:

Even though huge stuff came up for me and I feel out of control, I choose to feel calm and allow for healing to happen for me anyway. Reminder phrase: *all this stuff, out of control*

Even though huge stuff came up for me and I feel out of control, I must be ready to heal this now or it wouldn't have surfaced. Reminder phrase: *ready to heal.*

Even though all this stuff came up for me and I felt overwhelmed, it was easy to feel calm by focusing on my breath... I can feel calm and centred now. Reminder phrase, *all this stuff, I feel overwhelmed ... I can feel calm and centred anyway*

More often than not the original core issue that had unsettled them would now be manageable. The tapping protocol outlined earlier in this article in relation to trauma tears would also benefit them.

In my own life I have used EFT for almost everything, experimenting on myself for years now. It continues to be the most exciting process of self-discovery and self-realization.

Infinite gratitude, Ranjana Appoo

Time to Revisit 3 Important EFT Concepts

Being Specific

Clients generally come with 'global' issues – general complaints such as anxiety or depression, or even chronic pain. In order to learn to be specific you need to look at what has happened in the person's life that has brought them to therapy. Rarely is the presenting problem the real issue. Before someone develops chronic emotional distress of any kind, there have been many, sometimes hundreds, of specific events that have contributed to the disorder. Usually, there is a 'core issue', often something that happened a long time ago, maybe even in utero that traumatized the Being. When this happens the body is thrown into a primitive response of fight, flight, or freeze. This original issue may be a huge trauma, or something as simple as the look on a parent's face, or the feeling of abandonment by a baby who cries and no one comes.

Each successive episode contributes to the pattern which eventually leads to the emotional disorder: the anxiety, the depression, the insomnia... This pattern is what is referred to in EFT as the 'table top', or the global description of the problem. The 'table top' is held up by all of the specific events (aspects) that have contributed to the emotional disorder. These are the 'table legs'. When one lives with a dysfunctional emotional pattern, negative core beliefs are formed about one's self and about the world. A core belief is the accumulation of the 'writing on our walls.' When you hear the words '*always, all, never, recurring, constantly, all the times that...*' you know the client is telling you about a 'table top' – a global issue that is being held in the energy system by many 'table legs' or specific events that have happened over time. In order to collapse the 'table top' and receive emotional freedom on the issue, we need to collapse the 'legs' that are holding it up.

Calibrating and Paying Attention to the Mind-Body Connection

When a client presents with an emotional issue it's a good idea to investigate how that issue is manifesting in the body. Just as we can eliminate pain and other physical symptoms by tapping on the emotional contributor, we can also relieve emotional issues by tapping on the physical symptoms those emotional issues are creating in the body.

Working with emotional and physical stress in combination will help break through aspects faster and target any resistance that shows up.

Testing

With EFT you are constantly testing to let yourselves, the practitioners, and the clients know to where you are. By testing we mean that we monitor the level of intensity during treatment, and we deliberately try to have the person get upset again once we believe we have collapsed the issue to an intensity of zero.

During treatment you want to monitor the level of intensity, so you can ask for an initial rating on a scale of 0 to 10 with 0 being no intensity at all and 10 being the worst it can be. After each round of treatment ask the client to check the intensity. *'If your anxiety was an 8 when we started, what is the level of intensity now?'* If it is not zero you know you have more work to do, so you complete another round of EFT on the remaining intensity. *'If it started at an 8, and went to a 3, where is it now?'* If the client reports that it is zero, or that they can't find it, you want to know if you have truly collapsed the issue so you ask the client to literally try to get the intensity back up. If the client can, you have more work to do; if not you want to move to a different level of testing just to be sure that the person truly has emotional freedom on the issue. Of course, the best way to test anything is to test it in real life.

More on Testing the Results

By testing your results, you are looking for remaining unresolved aspects, related core issues, and any future resistance. There are many ways to test, some of which we explore at the EFT International Level 3 EFT training.

SUDs or Validity of Cognition (VoC)

So far, we have used the Subjective Units of Disturbance/Distress Scale (SUDS) to test emotional intensity. This method was developed by Wolpe (1958) and is a widely used as measure of current reactivity, with reduced reactivity indicating recovery.

We can also use the Validity of Cognition (VoC) scale which is an individualized measure of beliefs, developed by Shapiro (1989). This is a semantic differential scale. It measures 'truth' or what the client believes is true or false. For example:

- It was my fault (false) 1 – 2 – 3 – 4 – 5 – 6 – 7 (true)
- I am helpless (false) 1 – 2 – 3 – 4 – 5 – 6 – 7 (true)
- I'll never get over it (false) 1 – 2 – 3 – 4 – 5 – 6 – 7 (true)
- I'm a good person (false) 1 – 2 – 3 – 4 – 5 – 6 – 7 (true)
- I did my best (false) 1 – 2 – 3 – 4 – 5 – 6 – 7 (true)
- I'm okay now (false) 1 – 2 – 3 – 4 – 5 – 6 – 7 (true)

Using Sub-modalities to test SUDs



Clients who show no emotion when discussing their problem situation may also have difficulty in estimating a SUDs level. In these cases, sub-modalities can be used in the place of SUDs. This is taught in Level 3.

Modalities is a term borrowed from NLP, where it indicates different ways

in which a situation can be perceived by the senses – e.g. visual, sound, smell, and touch. Sub-modalities are subsets of the modalities – for e.g. visual is split into colour, black and white, focused/fuzzy, big/small.

These sub-modalities can also be used as a measure of intensity when no emotions are felt by the client. The client is asked to visualise the scene and then to describe its sub-modalities. The most important pair of sub-modalities is 'associated' or 'disassociated'. That is, when the client visualises the scene, are they actually part of the picture or outside the picture.

Introduction to Reframing and working with Deep Seated Blocks

A good question to ask yourself is, *'Are you here to just solve problems or do you need to consider what you are ultimately aiming to create in your life? Can these techniques help facilitate change and bring you into more positive (harmonious) ways of being?'*

Imagine introducing the concept of generative change rather than remedial change to your client. This is about creating small changes that build on each other exponentially until your whole life is turned around. Reframing with EFT plays a vital part in creating these deeper changes.

We can tap into a whole new direction for using these techniques, when we consider these questions:

What would be good to create in my life?

What would I like to do with my life?

What would be fun to do?

What sort of person do I want to be?

Can I have a positive and empowering effect in the world?

The moment you ask these questions, there will be blocks. This is good. We can use EFT to help us move beyond problems, limitations and finally move with intention into the life we want to create. EFT in this sense can become a tool for personal evolution.

Addressing deep seated blocks, by Sue Beer EFT Master^v

Part 1 - Reframing and Forgiveness

I wanted to share something with you which comes from my heart, and expresses some of the ideas Emma Roberts and I teach through our EFT Centre trainings.

I am interested in practical spirituality and finding really accessible ways to teach and demonstrate that, in truth, we are much more than we think. EFT, especially through the art of reframing, is the ideal tool for expanding our ideas about what forgiveness is and living the experience of it. This is important work. It's not about meditating on mountaintops, or moving away from the world. The world is in your mind right here right now. And only you can heal it.

Quantum physics shows us we are made out of energy, and energy is projected thought. So we literally make ourselves up with our thoughts! We believe in a past that is not really there and

strive to make a better future. But if the past doesn't really exist, what is there to be better than or improve upon?

We are prisoners of our own thoughts. The body itself is a symbol of limitation and separation, each of us fenced off and isolated from another. Amazing though the idea that we make ourselves up with our thoughts is, contained within that realisation is the possibility that what we made we can undo, and set ourselves free.

We are spirit believing we are trapped in a physical body, but the truth about Who we are calls to us, an ancient calling we can block out but never alter the fact of its calling. This is where EFT comes in and is also why it's more than a passion for me. You might say it's a vocation, or a calling. And through our work Emma Roberts and I are great at finding ways for you to hear the call too. One of those ways is Reframing. It's not a new idea, it's a central piece in NLP (Neuro Linguistic Programming), but it seems that EFT reframing takes the idea to a whole new level and exploring this is the purpose of this article.

What is a Reframe?

The term Reframing comes from NLP – Gary Craig highly recommends studying NLP as an aid to mastering EFT. He has often mentioned the important influence of his own NLP background and it shows in his work, particularly through his elegant language and questioning skills. Emma and I incorporate many NLP concepts into our EFT trainings so our students learn these important ideas effortlessly as part of their highly effective delivery of EFT: 'Changing the frame of reference is called reframing in NLP. The purpose of reframing is to help a person experience their actions, the impact of their beliefs, etc. from a different perspective (frame) and potentially be more resourceful or have more choice in how they react.'

Reframe: a new perspective, a different way of looking at something – here are two examples of classic 'NLP' reframes:

During the 1984 US Presidential campaign, there was considerable concern about Ronald Reagan's age. Speaking during the presidential debate with Walter Mondale, Reagan said 'I will not make age an issue of this campaign. I am not going to exploit, for political purposes, my opponent's youth and inexperience.' Reagan's age was not an issue for the remainder of the campaign!

A father brought his head-strong daughter to see Milton Erickson - the famous hypnotherapist. He said to Erickson, 'My daughter doesn't listen to me or her mother. She is always expressing her own opinion.' After the father finished describing his daughter's problem, Erickson replied, 'Now isn't it good that she will be able to stand on her own two feet when she is ready to leave home?' The father sat in stunned silence. That was the extent of the therapy -- the father now saw his daughter's behaviour as a useful resource later in her life.

When a reframe works, or lands, it's as if the person agrees: 'Yes! That's a better way of looking at this (I choose to see this differently)'

Now the interesting thing is what happens when reframing and EFT are combined. Something extra seems to come out of the mix of words and tapping; it seems that reframes are more likely to be accepted - landing in a way that is qualitatively different.

As the skilled EFT artist's language flows intuitively, there is a joining, an intense connection between practitioner and client which leads to an internally generated expansion of perception. It's as if there is a change in cognitive processing to another level of mind: a transformation into the actual experience of forgiveness (forgiveness here meaning a positively charged change of mind about someone or something, or the self.)

EFT opens up the possibility for something more happening as client and practitioner become so fused at a mind level that as the reframing language lands and makes complete sense to the client – it will seem to have come from the client, matching his or her inner experience so closely. And this is the felt sense of forgiveness - a higher level of perception where the facts of what happened are the same but the emotional response is wholly different. It is the effect or the result of the change in thinking that Einstein identified here: *'The significant problems we face cannot be solved by the same level of thinking that created them.'*

Reframing and the connection to forgiveness is an important part of EFT Level 3 Training. Once your skills have developed to the level of using free flowing language, what are you doing with it? Your language needs to be purposeful, to be the means by which the experience of forgiveness (undoing the past) comes about.

Reframing and forgiveness then become synonymous with undoing (the past), and releasing the illusions we have held against ourselves. Healing comes as we release the blocks to remembering the truth about Who we really are (the memory of ourselves held deep in the unconscious).

Why is forgiveness so important in the EFT healing process?

Well, firstly think about this from your own experience with EFT. That moment of expanded perception, the 'Ah Hah' moment, what does it feel like? – Maybe you feel warm, or connected or loving. Maybe it seems as if time stands still and possibilities for a new way of seeing things, a new way of being in the world open up?

Look out for examples of this as you are studying Gary's DVDs. There are so many great examples of EFT reframing and the power of forgiveness. One of my favourites is Gary's session with Beth from the Foundational EFT section of The Palace of Possibilities set:

'Maybe he couldn't give love.... because he had never had love' is a perfect example of Gary joining with Beth's inner experience and creating a reframe which is accepted and instantly opens up a way out from the prison of her thoughts. There is more to do, however, and Gary continues using rambling, intuitive language as she changes her perceptions on many levels ranging from anxiety right now to levels of thought creating her identity and her sense of herself in the world.

What really happens when we release a negative emotion (thought, person or situation)? What happens in the mind? In the body? In relation to our sense of a connection beyond that?

What is happening when an EFT reframe really works? It seems to be the mechanism through which healing occurs - the effect of forgiveness (changing the mind) becomes manifest in emotional, physiological and energy field changes. These are measurable changes which can not only be seen visually e.g. flushing, changes in breathing etc., but can also be witnessed in changes in heart rate, blood pressure, blood cells, energy distribution and vibration. Changes happen at a cellular level as the changed mind transmits messages of positive emotion. Maybe this is Love in

action? - the healing response that brings a sense of peace, acceptance and connection. As the song says, Love is all you need.

As we expand our limited ideas about what forgiveness is we begin to experience that forgiveness and healing are the same thing. Every time we release a negative thought, guilt or fear, however small or big, we are forgiving/healing ourselves from the effects of our thoughts.

It is so important to release our negative investments in the everyday stuff, the irritations, and the petty judgments. If we reserve 'forgiveness' only for the big stuff we are falling into a trap of our own devising; and when we move beyond this we realise that as we release the little stuff it changes our perceptions about the big stuff, and then we can move beyond our misperceptions that someone or something is responsible for the way we feel.

What is forgiveness, then? Ultimately does it have anything to do with anyone else or any external circumstance? What if it is purely a private matter, truly an inside job? And if there is no one else out there, then who did what to whom?

In a second part to this article I will explore practical ways to develop the skill of reframing and share some top tips. Reframing with EFT is enormously powerful and it really is a skill worth mastering. I believe that at the highest levels EFT is an art form connecting mind-expanding ideas to the stuff of everyday life – each time you release fear, guilt, even a petty grievance you are doing far more than you know. And whether we are aware of it or not we tune into this big picture every time we work to heal ourselves and our clients through EFT.

Getting yourself out of the way

So how do you develop the ability to do this really well? Is it a new skill which you need to learn to do, or more of a process of unlearning, or releasing the blocks to your inherent ability? Well probably both but beware of thinking this is just about getting clever with language: getting to do this really well starts with attitude, or a particular state of mind.

My experience from learning and teaching others is that it is more about mind-set than anything else - *the words you need will come to you*. Seeing or experiencing this done masterfully - witnessing the connection and harmony between client and therapist is a beautiful and powerful thing. Sometimes it's hilarious, often deeply moving.

This is what we mean by the art of delivery and it takes time to develop this to a high level. However, you can start learning the attitude of mind from the start, alongside learning the basics of EFT. Cultivate this right from the start and you will get much more out of this than a new skill, or a new tool to add to your kit. With EFT we are exploring possibilities hardly dreamt of as yet.

'We are on the ground floor of a healing high-rise' Gary Craig

1. Begin today!

One of the obvious benefits of EFT is that you can use it to work on yourself. And this is where you need to begin – right now! By realising how vital it is that you understand that many opportunities for personal growth are in the everyday stuff, stuff we can overlook as unimportant, too low level. EFT will clear all the 'little irritations' - and some of these will be hiding immense fury; our

unhealed, unconscious pain shows up in the everyday. Seek the sacred in the apparently trivial. It is a gift to you seen correctly.

Think of yourself as a work in progress - you are your own life's work - if you want to be truly helpful to others and the planet. You are your own gift. In the process of this you will remember to love yourself and as you see yourself will be how you see others, and ultimately God or Source. The more you clear your negative stuff, all your resentments, anger, guilt, irritation the clearer a channel you become for the Beloved in you to recognise the Beloved in the other. Clear your mind! Get in the zone! Lighten up!

'You add suffering to the world just as much when you take offence as when you give offence' A Course in Miracles

Once you grasp the idea that in being truly helpful to your clients your own state of mind is so important and begin to practise it, you will realise that is effectively a way of setting your intention for the highest good of the client. The rest... is easy!

2. Trust yourself

You have set your intention and now your job is to get really practical, everything else *will happen through you* when you really tune in to the client. You have to have rapport first of all or you are going nowhere – getting rapport and tuning in are actually the same thing. Observe your client minutely, with all your senses, without judgement or interpretation.

If you are serious about mastering EFT you can and must learn to really fine tune your sensory perception (it is the basis of intuition). Focus on conscious observation and your unconscious will connect you and guide you – really notice changes in breathing, skin tone, voice tonality, shifts in temperature, perspiration expression etc.

It is through cultivating these very practical abilities that you allow yourself to get out of the way. As Gary often says, this happens through you not by you.

Guidance comes through when you clear your thinking, judging, interpreting mind out of the way. The irony is that you have to get really practical to be highly intuitive.

3. Review your work

Where were you in the way and how do you tell?

Think of every session as a holy encounter, and after each session take advantage of hindsight to fully appreciate the gifts offered to you.

Replay the session in your mind as if it is happening now, and ask yourself...

Is the clients' issue triggering me in any way?

Do I feel uncomfortable, under pressure?

Am I anxious to move away from the negative?

Do I need to fix this?

Do I doubt myself, the process?

Am I laying my own stuff on the client?

Tap to clear any of your own limiting responses to these questions.

Be really honest. By making the effort to do this you will clear your own limitations, and very soon you will find you can run this movie- review in a flash and then its only a small step to having it happen simultaneously as you work, without you consciously attending to it, like a dance between you and your client. And your work will be beautiful.

Look out for the pitfalls

Cultivating your ability to really get out of the way takes practice. Be very aware that without rapport you cannot go anywhere. The foundation for Reframing is always connection with the client at conscious and unconscious levels. It's a form of getting permission.

You cannot change someone else's mind. You can only create conditions whereby they have the experience of seeing something differently. You do not have the power to 'reframe' someone else, it happens internally.

If you get too hung up on the power of your own words and ideas you will be persuading rather than truly connecting at the level where healing happens. For instance you may believe your reframe is the best ever and yet it may not work for the other person simply because they have a different model of the world than you do – and it's not your job to convince the client, just to be the means through which a bridge to understanding is offered and he or she comes to see differently.

Trying to persuade or lead the client towards your way of thinking (albeit from the best of intentions) is a common pitfall. But if you are willing to see when you are doing this it becomes another great learning opportunity.

You are likely to be 'leading' the client whenever you pick up on the clients pain - or it matches your own, and you want to 'save ' them from it, or persuade them out of it - and as quickly as possible! Whenever this happens you have really lost your connection to the client and are getting in your own way. And although something may be happening, it is not EFT at its best, as you are now giving conflicting messages through demonstrating that certain beliefs or painful feelings are not ok. This, of course, runs counter to the power behind 'I deeply and completely accept myself' (which is the intention for complete acceptance, whatever, and which the therapist needs to hold for the client when they are not able to for themselves).

Taking it further

Since developing the art of reframing is more about mind-set rather than a particular technique it is a great opportunity to keep on going beyond your own limits. If you focus on working on yourself, mastering practical observation skills with clients and learning to trust, the rest will take care of itself.

Addressing Physical Issues

Many, if not all, physical ailments have emotional causes. Resolve the emotional cause and the physical ailment often subsides. It is helpful to get VERY SPECIFIC with a symptom. *'Even though I have this sharp pain just below the point of my right shoulder...'* Chasing the pain is frequently useful here. When a physical symptom doesn't respond to EFT then assume an emotional driver and ask, *'If there was an emotional reason why this doesn't heal, what could it be?'*

Emphasize that, under no circumstances, do we perform medical services or give advice on drugs, medical treatments, surgeries or the like.

Gary Craig discusses how EFT can be Useful when Addressing Disease

Note: All opinions expressed herein are mine and are not to be confused with medical advice. I am not a physician, nor do I have any formal training in medicine.

To appropriately approach Serious Diseases, we must first dispose of the 'one-minute wonder' misconception about EFT.

Because of the rapid results frequently generated with EFT, it is easy to generalize from these astonishing 'one-minute wonders' and assume that ALL issues should respond in moments. Whether or not YOU make this assumption, I can assure you that many others do.

Even though applying EFT to Serious Diseases may result in 'one-minute wonders' on the some of the symptoms, one cannot assume that EFT will dispose of the broader underlying causes so easily. In fact, persistence and artistic uses of EFT are usually required. This article will expand on these uses and bring some artistry to the process.

Appropriate Mental Sets while using EFT for Serious Diseases

Here are some appropriate 'mental sets' that are useful when approaching Serious Diseases with EFT.

1. While we have observed some fascinating healings with EFT, we must recognize that EFT is still in its infancy and we don't know all there is to know about it yet. Thus we must maintain a state of inquisitiveness rather than assume our current procedures represent the final answer.
2. Persistence is important. Don't be fooled by 'one minute wonders' and conclude that you are done. A client can appear to be 'out of the woods' for now but have other aspects and related issues show up later. Many Serious Diseases have multiple causes with many facets.

Properly addressing them can be like walking through a maze where there are many apparent 'dead ends.' To successfully get through the maze you must often back up and try new approaches.

3. Some Serious Diseases may include causes other than emotional, energetic or spiritual. Heart disease is a good example. While EFT may improve it, it is often contributed to by years of dietary insults and lack of exercise.

The EFT Doors to Explore

Over the years we have developed many EFT approaches for solving the healing puzzle. They have become 'Doors to Explore' and represent a wide variety of possibilities for applying EFT. With Serious Diseases you may get lucky and get impressive results by entering only 1 door. However, in many cases you may need to explore every door and, perhaps, discover new ones. You may meet with failure on the first 4 or 5 doors but, with persistence, you may find success with the 6th, 8th and 10th doors.

Below is a list of our current EFT doors. They are not listed in any particular order and should be used in whatever order seems appropriate for a given client.

Daily Tapping: This one is vital for Serious Diseases because it creates much-needed follow-up by the clients. 10 to 20 rounds of EFT tapping should be performed daily to keep the body's subtle energies flowing freely. An easy way for the client to remember to tap is to associate it with daily activities. For example, do rounds of tapping just before (1) eating, (2) when using the bathroom, (3) when turning the TV on and off (4) when getting in and out of the car and so on.

Tapping Directly on the Symptoms: For example, start EFT with '*Even though I have this numbness in my left hand....*' This will often give symptomatic relief. If not, then assume there are emotional drivers behind it and ask, '*If there was an emotional reason for this symptom, what could it be?*'

Approach the Symptoms through Metaphors: For example, ask the client, '*What does the disease look like inside your body?*' or '*What does your doctor tell you is going on?*' Then apply EFT for that metaphor. For example, '*Even though it feels like I have glue in my finger joints....*'

Sneaking up on the Problem: Use this when you expect underlying emotional issues to be unusually intense. Use global statements at first like, '*Even though I have all these problems...*' and gradually get more specific until you end up with a specific issue such as '*Even though Dad hit me when I was 8 at my birthday party....*'

Personal Peace Procedure: This is most useful for client homework. It involves making a long list of every bothersome specific event one can think of and using EFT on a daily basis to collapse them. Obviously, the more negativity that can be removed the greater the chances of peace taking over

Emphasising or Yelling: Sometimes it is necessary to get clients more involved with their issue. This can often be accomplished by having them strongly emphasize.... or YELL ... the EFT Setup Phrases and Reminder Phrases. This can turn a 'go-nowhere' session into a productive one.

Questions.: Here are some questions that may help getting to core issues...

If there was an emotional contributor to that symptom, what could it be?

If you had life to live over again, what person or event would you prefer to skip?

What would it be like to have none of your symptoms?

What benefits are you getting from this illness?

What would you have to give up if your illness went away?

Who or what are you most angry at?

Why might you deserve this illness?

Testing: This is a very important step because, without it, both you and the client can erroneously think you are done. Whenever feasible, I try to re-enact a bothersome memory ...OR... have the client vividly imagine and TRY to get upset ...OR... have the client bend, move or do whatever is necessary to bring back the symptom (without damaging themselves, of course). In the process I am looking for aspects or related issues that still need attention.

Humour: Laughter can be used to help clients make new associations regarding the 'severity' of any emotional issues they may have. It is also a form of testing because, if a client can now laugh or smile at a trauma, fear, etc., then you know you have made good progress. On the other hand, if the humour is met with scowls or intense reactions then you know you have more work to do.

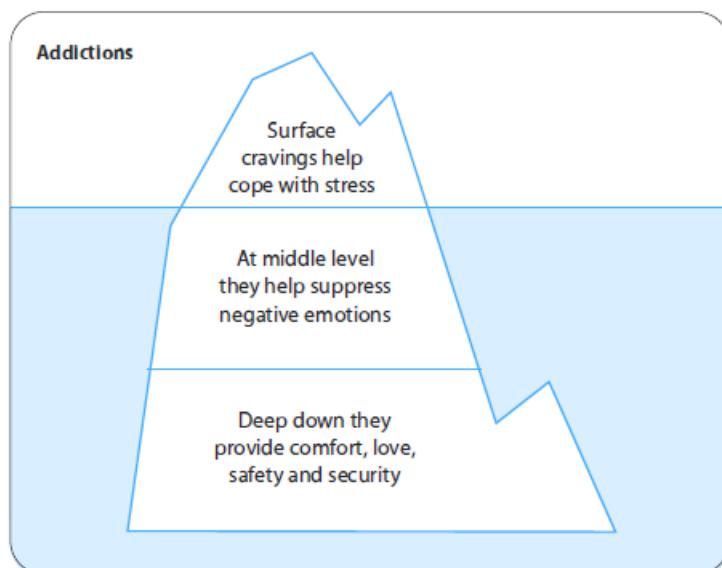
Imagine Perfect Health and observe Tail-enders. This is a good method for finding subtle emotional issues that tend to keep the ailment around. Ask the client to vividly imagine themselves in perfect health (i.e. completely without their symptoms) and then ask him or her to listen for the 'tail-enders' or 'yes buts' that show up as self-talk. These tail-enders are often clues to the real impediments to healing.

Reframing within the Setup procedure --THROUGH you, not BY you: Reframing is a procedure often used within conventional talk therapy to help a client see their issue through different, healthier glasses. I find that reframes land MUCH more solidly if done while tapping and thus I use the Setup portion of the EFT procedure to not only correct psychological reversal but to also establish useful reframes. During this process, I 'get myself out of the way' and rely on 'guidance' that allows me to apply healing that goes THROUGH me not BY me. Everyone has the intuitive abilities to do this. Success, however, depends on truly trusting that intuition.

The Choices Method: This innovative adjustment to the EFT process was created by Dr. Patricia Carrington. It injects positive direction into the method by using Setup phrases of the form, 'Even though I have _____, I choose _____.'

EFT for Addictions and Cravings

EFT is a tool that can be used to release the symptoms, manage cravings and clear the root cause of addictions.



Studies have shown low serotonin levels can be linked to addictive behaviours. At the surface addictive substances help tranquilise anxiety and seem to work as a stress coping mechanism. Addictive substances numb out the underlying emotions, such as loneliness, sadness, anger, stress, worry, fear, guilt as well as hurt. Sometimes it is easier to numb out the emotional pain than to work through it.

There are many different layers to addictions. At the surface there is anxiety or stress. An urge to smoke, for example, can be a reminder to breathe deeply (this may be the only time someone actually takes full breaths). An overwhelming anxiety may, in fact, be trying to keep someone safe, or telling them to stand up for themselves or to spend time in peaceful solitude.

Underneath the anxiety there can be negative emotions that are too painful to feel – perhaps a feeling of '*I am not enough*' or '*I am not lovable*'. Studies also show that 80% of addictions can have a root in some form of trauma or emotional upset earlier in life.

A few useful notes for EFT with addictive cravings

- Addictive substances are a means of tranquilizing anxiety
- Assess current cravings on 0-10 scale for chocolate, cigarettes, etc.
- Get the client to smell, touch, feel and look at the substance without consuming it
- Then ask what the substance smells, feels and looks like, for example 'It's so crunchy and sweet!'
- Then tap on the experience (memory) of the client in response to the substance

- Persist with rounds of EFT as necessary to reduce the current craving
- Note the changes the client experiences
- The substance is a substitute for something that is missing – comfort, safety, love, protection. Ask '*How does the substance make you feel when you take it?*', then '*When was this feeling missing in your life?*', '*How does that make you feel?*', '*How old were you and what was going on?*' This will reveal aspects for you to work with
- With addictions we recommend the client develops a daily tapping routine to reduce the reliance on the addictive substance.
- Tap morning and night to create a positive state to increase serotonin levels
- Tap while in the bathroom and also when looking in the mirror
- Tap before taking the substance
- Keeping a diary will help



EFT for Uncovering and Resolving Limiting Beliefs

Gary Craig's Palace of Possibilities



We live in a Palace of Possibilities. We always have and we always will. The joys and abundance available throughout the Palace are our birth right. We have been conditioned otherwise, of course, by all that has been written on our walls.

Writings on our Walls and Limiting Beliefs

This writing contains many 'limits,' including things like: (1) we are too old or too young to venture into some areas of the Palace (2) women are limited in the business world (by the 'cellophane ceiling') (3) certain ethnic groups should know their place (4) to become financially wealthy we must be lucky or greedy (5) we should grow up and quit dreaming because dreams are for kids (6) children should be seen and not heard even when they become adults (7) love is something we must seek from external sources rather than something that is generated within (8) we should never stand out in a crowd because other people will judge us (9) our opinion doesn't count unless we have a consensus behind us, (10) we must have a license and a long list of credentials to be respected as a therapist.

Some of these things seem real, of course, but that 'realness' is nothing more than the fictional writing on our walls. All of this so called 'reality' has been violated many times by people whose main tool was simply a goal supported by their dreams and affirmations. The way to do anything you want to do already exists. You need only tune into it.

There is another dimension to our existence that we tend to overlook because it is not contained within the familiar three dimensions of space. It is the dimension of thought. Thoughts are things. They have no limits unless we choose to limit them ourselves. We can imagine anything. We can dream things and make missions out of them. No telling how far they will take us.

How exciting! How awesome! Thoughts move and shape our individual worlds as well as the world around us. Thoughts make things happen and....

1. *Our consistent thoughts become our reality.*
2. *Our cans, can'ts, shoulds, shouldn'ts and other beliefs regarding our version of the 'truth' were written on our walls by well-meaning parents, peers, teachers, religions, TV, books, etc. Many elements of this 'truth' are hand me down fictions that seem real and serve as our 'limits.'*
3. *We constantly consult the writing on our walls to make meaning of the things we see, hear, feel, etc.*
4. *It is much easier to see the writing on someone else's walls than it is to see the writing on our own. That's because our version of the 'truth' is, indeed, the 'truth' (at least to us). Everyone else's needs help.*
5. *Affirmations always work but we must be careful to discern the true affirmations. Often our true affirmations are the tail-enders (or yes buts) that show up at the end of an otherwise positive affirmation.*
6. *EFT is an impressive tool for ridding oneself of tail-enders. Without it, people are likely to keep affirming their tail-enders and stay stuck where they are. They will thus think that affirmations don't work when, in fact, they are working beautifully.*
6. *Dreams don't always come true but they DO take us in directions.*
7. *The way to do whatever we want to do already exists. We need only tune into it. Our antenna will find the 'how' for us. This antenna (our brain's reticular formation) is one of our greatest gifts. We need only establish an important goal to activate it.*
8. *Our words have great power. The habitual use of emotional words causes mini-experiences within us and conditions us in the direction of those words.*

... 'You become what you think about most of the time.' Ralph Waldo Emerson

I am aware that this is a cognitive sort of approach and, as such, some of it is old (but powerful) stuff. What takes us to new levels here is the combination of these tools with EFT. The tapping technologies clear away (erase) the heavy emotional stuff. This relief, together with the creative use of cognitive type

tools, allows us to more easily rewrite (replace) the words on our walls. Once we erase the limiting words from our walls, we can replace them with whatever we want. Erase and replace. Erase and replace. Our aim here is to approach limitlessness.

Affirmations and Tail-enders

'Affirmations are among the most powerful tools we can use for personal transformation. They are highly reliable, easy to use and are based on impeccable logic.' Gary Craig

To some people affirmations are considered useless and to others they just plain suck. To many they represent a good idea that, unfortunately, doesn't deliver on its promises. Many people have tried them but quit because *'They don't work!'* In truth, however, they do work and work superbly.

Affirmations seem to be ineffective only because there is a missing piece to the affirmation process that has gone mostly unrecognised. It has to do with what is actually affirmed. This is often NOT the affirmation that is stated. In fact, it is frequently the opposite. Our affirmations are impressive in their ability to shape our lives. If we will but listen to our own self-talk we will hear glowing evidence of this. Our self-talk contains constant affirmations regarding our existing beliefs and attitudes. So does our everyday conversation. These affirmations have brought us to the current status in our lives and confined us within our own limiting rooms in The Palace of Possibilities. To truly harness the power of affirmations, we must make sure the actual affirmations that are taking effect are the ones we want. Therein is our major challenge and an indispensable use for EFT.

If we listen to ourselves talk, we will hear our 'limits' and other forms of affirmations come rolling out of our faces. Things like...

- *'I can't sing,'*
- *'Making money isn't spiritual,'*
- *'Women can't compete in a man's world,'*
- *'I never seem to find the right words,' etc. etc. etc.*

...serve as affirmations that keep us right where we are. Affirmations are powerful, very powerful. We are using them every minute of the day. They shape our lives because they reflect our beliefs and our attitudes. You are using them right now as you read this. You are consulting the writing on your walls

(your existing affirmations) to agree or disagree with what I am saying. Have you found yourself saying, 'Yes, but...' while reading this? If so, you are affirming something, probably a limit.

There is no question that properly installed affirmations work very powerfully. The only trick here is to make sure that the affirmation that you really want is the true affirmation.

This is where EFT comes in. It serves as a highly effective eraser for all the negative emotions & beliefs that serve as competing tail-enders. With the skilful use of EFT, each and every block to personal performance can be eliminated, thereby providing a clean wall on which to write our new consistent thoughts. Erase and replace. Erase and replace. Once the competition is gone, the affirmation will have clear sailing. This is exciting. It is transformational. This combination of EFT and affirmations allows us to completely re-engineer our systems. It allows us to erase our blocks and install our dreams. Finances can flourish. Friendships can flower. And personal peace can proliferate.

Up until now EFT has been a stand-alone eraser without any means to install dreams. Affirmations, on the other hand, have been a stand-alone tool for installing dreams but without an eraser for the competing tail-enders. Now we can blend both tools together and take our clients & ourselves into the more glorious rooms of the Palace of Possibilities. I love people who pursue their possibilities. I love people with dreams. They make things happen.

'Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a Child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others.' Marianne Williamson from Return to Love

Here are some helpful pointers for creating affirmations:

- Affirm a WANT instead of a SHOULD or a Don't Want.
- It's great if they are realistic and yet big enough to be exciting
- They need to be phrased in the present tense.
- Present tense daydreams (intentions) are the most powerful tools for establishing new consistent thoughts
- Adjust them from time to time
- Affirmations work when they are not about control but about allowing
- Keep them private. Announcing them to others can invite criticism and judgement

The brain does not distinguish between what is real and what is vividly imagined. This allows us to condition our minds with the purposeful use of daydreaming. If we acknowledge that we create our experiences, we have the power to uncreate them too.

- When we succeed there is writing on the wall that empowers, supports and encourages us.
- When we limit ourselves there is writing on the wall that constrains, belittles or restricts us.

Pat Carrington's Choices

The idea of 'Choices' was first suggested by Dr Pat Carrington^{vi}. Dr Carrington sought to provide a positive input in EFT's removal of the negative emotion, she started providing her clients with a 'choice' in the form of a positive affirmation that they take away with them at the end of the session.

There is a subtle but essential difference between an affirmation and a choice. For instance, if a particular situation (or person) makes you feel angry, try the positive affirmation: '*I feel calm in this situation*'. Next use the Choice Statement, '*I choose to feel calm in this situation*'. In the former case you react to the affirmation with the feeling that it is simply not true. On the other hand, the Choice Statement may be true, as we can choose to feel calm.

When using one of the standard Setups, for instance, '*Even though I have this terrible problem, I deeply and completely accept and love myself*', the client can demonstrate resistance as they simply cannot see how they can '*deeply and completely accept and love*' themselves in view of the '*terrible problem*' they

have just disclosed. Their subconscious just says, 'No way!' When using the Choice Setup, the statement becomes '*Even though I have this terrible problem I choose to be accepting*'.

You can also remove the internal conflict from the Setup Statement by saying, '*Even though I have this terrible problem, I am open to the possibility of accepting myself.*'

Dr Carrington 'Choices' method is now a major part of the EFT system and it is very useful when working with limiting beliefs and tail-enders. There are three steps in the 'Choices Protocol':

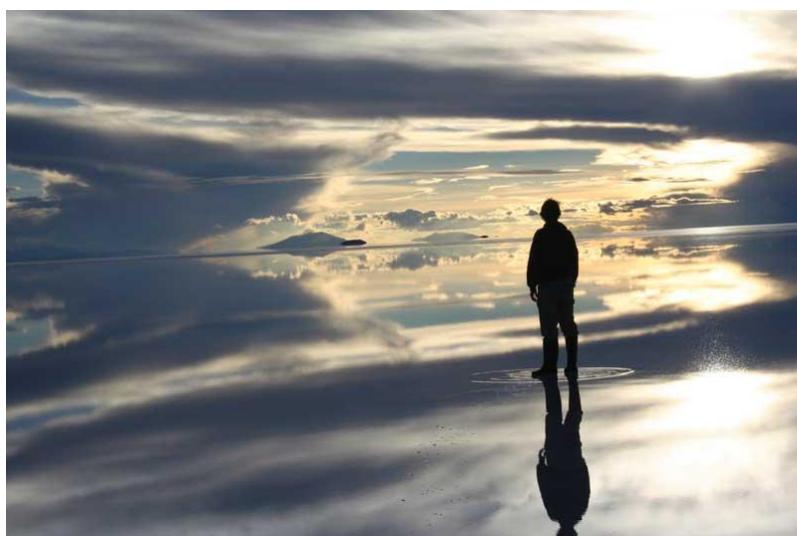
- The first step is similar to the EFT basic protocol; it uses the choices statement in the Setup with the usual Reminder Phrase.
- The second step consists of the standard tapping procedure, but this time the Reminder phrase is replaced by a Choices Reminder phrase.
- The third step uses the Reminder phrase alternating with the new Choices Reminder phrase as you move through the tapping points.

It is useful if the Choices phrase includes some wording that intrigues the subconscious mind, such as:

'I choose to be amazed that I can do so well in my exams.'

'I choose to wonder at the relaxation I can achieve.'

What stops clients from pursuing their dreams?



There are many many many possibilities. It could be Psychological Resistance, self-sabotage, secondary gain, fear and more. Below are a few emotional drivers that can hold you back.

Fear - This feeling may be related to the fear of failure as well as the fear of success. When

you are fearful you cling to what or who you know. This stops you from exploring your rooms in the Palace of Possibilities.

Anger - This feeling frequently relates to being hurt, humiliated or let down. When you experience this emotion, it can be difficult for you to trust others and yourself.

Resentment - Underneath this emotion is a feeling of pointlessness, or learned helplessness. Disappointment holds resentment in place.

Guilt – This creates the belief that you do not deserve or are not worthy of freedom or healing because of your past issues or mistakes. Guilty feelings can stop you from receiving support or love.

Sadness – This stems from loss and makes it hard to see possibilities. Clients who have experienced a lot of sadness find it difficult to resonate with personal peace and freedom.

These emotions are all interlinked, but are separated like this here to encourage you to break them down into manageable emotional chunks when you work with belief systems.

A therapist is someone who can point to a better dream or reality. A therapist shines a light in a dark place or onto a path where a client wishes to go. The combination of support, guidance and unconditional positive regard can facilitate a client to love and trust again or to discover love and trust for the very first time.



Using the Antennae

We have established that if you are to have a new reality (weight, health, relationships, business, money, spirituality, etc.), you must first establish new consistent thoughts. Your true goals can be put in affirmation form and written on your walls. This will move you towards a new reality once the competing tail enders are erased by EFT. Once the competition is gone, the affirmations have a clear path to bring about new empowerment. The purposeful use of our imaginations, or daydreaming, adds substantial to the process. There is one more concept to bring to your attention; Gary Craig calls it 'your Antenna'.

The Antenna is a metaphorical name for the part of your brain called the Reticular Formation. It is a marble sized piece of 'grey matter' that is responsible for filtering the massive amount of sensory input that you receive

every second of your existence. It has a way of bringing to your awareness only that part which you deem important. It is a gift that we usually take for granted. Fortunately, the appropriate use of affirmations, goals and daydreaming serves to orient your Antenna so that you begin to 'tune in' to new aspects (opportunities) of your newly forming reality.

This is critically important for those who won't pursue a goal unless they have first figured out 'how' to do it. This is doing it backwards because creating the reality through affirmations & daydreaming automatically invokes the Antenna which, in turn, finds the 'how' for you. According to this understanding, the way to do whatever you want to do already exists. You just need to tune into it. This is a fascinating ability all of us have.

One Possible EFT Protocol to Clear Limiting Beliefs

1. Identify the presenting limiting belief and the associated emotional intensity
2. Get a TRUTH (VOC – Validity of Cognition) rating for the limiting belief. For example, if the limiting belief were 'I am a failure'. Ask the client to repeat I am a failure out loud and then say '*On a scale of 1 to 10 how true is this where 10 is really true and 1 is not true at all?*'
3. Tap on the presenting limiting belief and emotions bringing the SUDs down
4. Identify events that contributed to the belief as well as previous events related to the presenting issue
5. Get to a root memory or event. Ask, '*What does this problem remind you of?*' and '*When have you felt like this before?*' '*When else?*' '*When was the very first time?*'
6. Tap with the initial/ prominent incident and bring the SUDs down
7. Test the original limiting belief – you will notice a cognitive shift
8. Use 'Argument Tapping' to clean up any remaining conflict with the belief. For example, '*Yes I am a failure, No I am not*'
9. Ask the client what they choose for themselves instead. Then do final round of tapping on what they choose.

10. Get the client to imagine stepping into the future and noticing how things are different.

Treat tail-enders as limiting beliefs using the above protocol

Tail-enders can be described as limiting beliefs, which are sub-conscious objections to moving towards a desired state. For example, the desired state may be to weigh 55kg and the tail-enders may be as follows:

- I will never lose weight
- It's too hard
- That's a dream

Elements in Developing Expertise

This is where EFT Level 3 Training comes into play; we hope you will join us.

The quality of your detective work as an EFT Practitioner will determine how quickly or how thoroughly you can address an issue, and all of the following elements will be important in developing your skills.

Road Map - Working with Table tops, Table Legs and Aspects as the building blocks of emotional issues will be a tremendous help in organizing your approach and provides a useful road map to core issues.

Good Questions - Although every issue will present its own challenges, the quality of your questions can move your sessions from global issues through specific events to core issues.

Insight & Experience - A comprehensive understanding of how issues are created with 'Writing on our Walls' will provide a deeper level of skill and a great foundation for intuitive guidance.

Qualities - Any good detective has certain personality traits that can be developed by anyone and will further support the ultimate goal of collapsing Core Issues.

Testing - Being methodical, thorough and creative with all of the testing tools will provide valuable clues for finding hidden issues, and a more accurate indication of when your work is really done.

Qualities that will help you in your practice of EFT

Insatiable Curiosity - You can be armed with hundreds of questions, but if you aren't genuinely curious about how your client's world is put together, you won't know how to use them. Sometimes one brilliant question will open a wellspring of information, and other times, you may need twenty simple questions to do the same thing. Often you don't know where you are headed with an issue, and neither does the client, so an abundance of simple questions will guide both of you one step at a time. Either way, the quality of your curiosity is often more powerful than a list of brilliant questions.

Detachment - That means detachment from your results as well as detachment from your clients, which we will address one at a time. Detachment from your results means that you are conducting an experiment. With each issue and each approach, you know that it might work and it might not. If not, you'll try something else, and you don't feel any anxiety about the outcome. There are never any failures, only new information. You're not worried about doing it wrong or looking bad in front of your client. Rather, all ego has been put aside for the sake of the experiment and you enjoy the challenge that each puzzle presents. Detachment from your client means that feeling needed, having a connection, or gaining approval does not drive your passion. If your experiments don't produce results, the client may not come back for another session, and if you're detached, that's OK. If not, you might feel anxious and be tempted to use other tactics to avoid rejection.

Patience - Patience with yourself, patience with your client, and patience with the process are all important for good detective work. Does anyone remember Columbo? Columbo was a very crafty detective from an American TV show in the 1970s. His investigative process was curious, methodical and amusingly unsophisticated. His greatest virtue was having the patience to wait until all the pieces of the puzzle laid themselves out in front of him...then he would have a brilliant, seemingly obvious, insight that would miraculously solve the case. There are a lot of variables at play in EFT, especially with complex issues, and sometimes the big answers don't show up right away.

If your client doesn't completely 'get' the connection between past emotions and present complaints, they will not know how to provide the information you need.

Further, even if they do 'get' it, most people have found ways to cover up or rationalize emotional pain, and often don't recognize that an event is still bothersome until someone helps them dig deeper. The only way to get good at this is to unravel your own stories with patience and tenderness.

4 main phases in an EFT session to bring about change

Quite simply you can breakdown an EFT session into 4 main phases to bring about change, balance and healing. Expert practitioners will be well versed in all of them and know how to ask questions that will:

1. Awaken Awareness, *Awareness is sometimes all that is needed for change to occur, as soon as there is awareness the doors for change open...*

Developing awareness is about listening to the inner and outer dialogue intently. Words, emotions, movement, physical signs, expand your perception to listen to more than the story.

Awareness is the ART of tuning IN.

2. Discover a way IN to the core issue with INquiry and Intuition, *with Inquiry perception can change in an instant...*

With Awareness, Intuition and tapping the client can clear surface emotions to reveal the cause. The tapping opens different ways of seeing what is going on.

3. Expand Listening and Observational Skills without judgement, *this allows for the creation of a space of deep acceptance*

Listening as the client reveals HOW the cause or issue has impacted their lives creating a safe space for them to notice it too. Go deeper to uncover specific memories, emotions, thoughts, and body sensations. While tapping listen and observe as the clients begins to have a shift. Listen and Observe changes to sensations in their body, mind, emotions.

4. Test Changes *this gives the client a sense of completion, let them check in and experience the change, there may be more work to be done, but the client leaves knowing that much has already cleared...*

Go back to the beginning and ask them how they feel now. Check how the changes would show up in their life now. What is different for them NOW?

For practitioners who get stuck at any of these steps...

Here are a few tapping pointers that helped the practitioner I was working with, as he tuned in to a session that I asked him to 'fabricate', a session that was full of potential 'toe stubbing moments', we tapped on,

Even though I am not aware of what is going on and sometimes I miss what is staring me right in the face, I love and accept myself

Even though I am so busy with my own thoughts I choose to experience stillness and clarity

Even though I'm not always sure what is happening or where and how to go forward with this, I accept myself unconditionally

Even though I don't know, I allow God to work through me

Even though I do not know what will happen, if I will be of any help, I make a very clear intention that healing occurs anyway

Even though when I test the changes sometimes, they seem so small, almost insignificant and it makes me feel ... (he made a whimpering noise) I choose to feel deep love and respect for the process.

Even though I do not know if I can help anyone, I choose to surrender all my doubts and experience faith in the client's ability to heal themselves...

When we tapped on the clients' ability to heal themselves, all the lights went on in his head as he exclaimed, (I am paraphrasing with permission) 'You know what, whenever I am with you I experience that you completely trust me and I experience that I may not believe in me but you do believe in me, and somehow that makes me feel that I can do it. I am able to heal myself; I am capable of believing in myself too.' In some ways, this is true; when working with a client I believe that it is important to have total trust that the client is capable of experiencing and creating infinite joy and healing. It reminds me of what Goethe wrote, 'Treat people as if they were what they ought to be, and you help them become what they are capable of being.'

This last round brought a real smile to his face, 'Of course, I am not doing anything, they are...I get to watch them heal themselves at their pace,' he said....
 The magic of EFT is its simplicity. Yet EFT simplicity is mastery.

Things you need to consider when booking client appointments

What are you going to do?

- Prior to the session
- First meeting
- During the session
- After the session

Have you considered the Legal implications of working with clients?

EFT by Telephone

Important Points to Consider:

- The client needs to know the tapping points. Teach them over the phone or send a diagram.
- Can be done at any time...especially useful when the problem is right at hand, such as a panic attack.
- No need for client to drive to an appointment.
- The practitioner can do it out of his/her home.
- Telephone work greatly expands the geographical area from which the practitioner can accept clients.

The Pros and Cons of EFT Telephone Therapy by Dr Patricia Carrington PhD^{vii}

I receive a number of emails each week requesting referrals to EFT practitioners in the writer's vicinity or bemoaning the fact that they live in some remote area where there is no EFT therapist for them. These prevalent inquiries are an indication that the belief that EFT counselling or therapy must be conducted *in person* to be effective is still very common -- and this despite the fact that the large majority of EFT practitioners are finding telephone EFT to be an extremely valuable modality...

...The answer is that these practitioners have found that telephone sessions are every bit as effective as in-person sessions, and in certain instances may be even more effective -- I'll speak about this in a moment but first let me turn to the few identified *disadvantages* that they have.

Limitations of EFT Telephone Sessions

There are several reasons why EFT telephone sessions may not be useful in certain instances:

Some people dislike talking over the phone, or cannot for some reason (e.g. speech problems, hearing impairment, physical weakness or infirmity etc.)

Some issues are particularly difficult to treat over the phone (e.g. ADD or ADHD, certain types of depression, and the like). Even practitioners, who work over the telephone for most issues, may insist upon seeing the client in person for others.

Some conditions involve a physical risk are best treated in person. Clients prone to seizures or who have some other physical condition which might be exacerbated temporarily by strong emotions during therapy should probably work in the actual presence of an experienced EFT therapist.

Children under the age of 14 and teenagers between the ages of 14 and 20 may require the physical presence of an EFT therapist who can establish rapid rapport and inspire confidence when seen in person, but cannot do so readily over the phone.

Most insurance carriers will not cover any kind of therapy or counselling sessions conducted over the telephone, even if they are with licensed practitioners. NOTE: When considering the lack of insurance coverage, notice that the course of EFT is often much briefer than that of conventional talk therapy thereby saving money in the long run.

Clients can occasionally forget a scheduled telephone session because they have not had to travel to an office for it. For this reason, most EFT practitioners charge for a missed telephone session unless it is for emergency reasons.

Aside from these limitations, there are major benefits to EFT telephone therapy that should be considered by anyone contemplating working with an EFT practitioner who is at a distance from their home.

Benefits of EFT Telephone Sessions

If you are considering working with an EFT practitioner, being willing to use telephone sessions greatly extends the number of qualified EFT practitioners available to you. It allows you to select from a much wider list of EFT practitioners than those in your immediate vicinity, including some of the acknowledged leaders in the field.

Telephone sessions provide considerable savings in terms of time and cost of traveling and give you much greater flexibility in scheduling than do office visits. Also, many people find it of great benefit to schedule an EFT session in their own home rather than having to travel to another location and for that reason alone prefer them. For example, I work with some clients who live at a distance of no more than 45 minutes (by car) from my office, certainly a drivable distance, but who prefer to schedule most of their sessions by phone.

Telephone sessions tend to improve concentration on the issue at hand. They often result in a greater focus than is possible in an office setting where many visual distractions occur. Visual distractions of any kind are entirely absent in a session over the phone, unless the client's own environment is disruptive (I do not encourage clients to be using EFT on the phone while caring

for a demanding infant at the same time -- it just doesn't work!) Also, some clients prefer phone sessions because they feel that the intensity of rapport between themselves and their practitioner is greater when the EFT session is conducted over the phone.

The fact that the EFT session occurs in the client's own home (or another familiar environment) can result in greater *generalization* of its effects to their everyday life. Often EFT seems to carry over into daily life more readily and they can see it work immediately after they have tapped on that issue in their own home.

EFT sessions over the phone can allow EFT to be applied right on the spot, something usually not possible when treatment is in the office (see for example my article on this site entitled '[Using EFT over the phone for on-the-spot issues](#)' in which I tell how I used EFT with a client by having her carry her cell phone with her and talk to me under conditions which ordinarily would have caused her to panic). I have used telephone therapy for clients using their cell phones for such conditions as fear of driving, fear of flying, fear of heights and many other phobias. I find it invaluable to be able to lead the client through EFT while they are actually in the feared circumstances.

How Are Phone Sessions Conducted?

Usually the client telephones the practitioner and the tapping is done while the client holds the phone with one hand and taps with the other, or they may use a speakerphone or headphones. Sometimes the client has to lie on a couch or bed with the phone propped up on their shoulder to do this, however clients rarely report difficulty tapping while talking on the phone. If they do, they put down the phone temporarily, and then resume talking to the practitioner after completing each round of EFT.

Telephone sessions are usually either paid for by credit card at the time of the appointment or directly following it, or by a check sent to the practitioner before the appointment, or through PayPal. Telephone sessions cost exactly the same as office visits since they require the same investment of time and the same degree of expertise on the part of the practitioner.

My Recommendations

Don't hesitate to try using EFT by telephone. If you are considering EFT telephone therapy, counselling or coaching but are not sure if it's for you, you may want to schedule one or two actual telephone sessions with the practitioner of your choice. Consider these 'trial sessions' although you may well benefit from them at the same time. You are likely to be very surprised at how convenient and effective they are!

EFT for Children

There are growing anecdotal reports of how parents, teachers and practitioners are using EFT with children. According to these reports' children are very receptive to EFT. It can help them with:

- Exam anxiety
- Eating problems
- Fear of the dark
- Bullying
- Parents' divorce
- Moving home/school and more

This area is included in our Level 3 Training. You must be aware of the law when working with children.

Please read the EFT International code of conduct and ethics.

Common things to investigate when EFT doesn't seem to be working

When properly applied by an experienced practitioner, EFT has a very high success rate, usually over 90 percent. However, the initial success rate for newcomers usually starts around 50 percent. When EFT doesn't seem to be working, one or more of the following factors are usually involved:

- The Set-up was not performed completely enough (Psychological Reversal)
- You are trying to apply EFT to more than one thing at a time
- The problem is being approached too generally or globally
- The problem is still not specific enough
- You need to get more clearly in touch with the issue
- Original memories need to be addressed first
- A second issue is interfering
- A 'secondary gain' (hidden benefit) is interfering
- A 'blocking belief' is interfering
- Your feelings about the issue are interfering
- A deeper issue is interfering
- You are switching aspects during the tapping
- Outside input is needed

In 2009 Jade Barbee and Betty Moore-Hafter began compiling a document of Core EFT Principles; they called it One Tree, Many Branches. It is a wonderfully comprehensive document on EFT principles.^{viii}

They successfully articulated comprehensive guidelines intended to illustrate the systematic underpinnings of what is shared as EFT (Emotional Freedom Techniques) by EFT professionals worldwide. Here are those guidelines:

Core EFT Principles include (but are not limited to):

- Recognizing the importance of engaging specific acupressure meridian endpoints while intentionally and vocally (These processes are generally known as the Setup and the Sequence)
- Acknowledging/tuning in to the energy of the problem, negative feeling, thought, challenge or uncomfortable body sensation
- Reaching to affirm (in some form) that you 'deeply and completely love and accept yourself' even though you have this negative emotion, problem, challenge, etc.
- Continuing to focus upon specific negative feelings, thoughts or energies as needed to allow resolution of emotional intensity (while simultaneously recognizing the importance of allowing positive reframes to play a major role)
- Repeating variations of the process as needed to completely resolve negative emotional intensity where possible

Valuing and demonstrating (in all of your EFT activities) the importance of:

- Listening deeply to your client
- Developing and trusting intuition
- Getting out of your own way (i.e. through me, not by me)
- Trusting the process
- Developing rapport (see below)
- Recognizing that your client (even if the client is you) is always doing the best they can
- Allowing your client to express themselves in whatever way they need

- Developing the ability to appreciate each client's creative coping skills, which helps them appreciate it in themselves, thus allowing the self-acceptance aspect of EFT to become possible
- Setting a healing intention (including pre-framing a positive vision or goal)
- Taking Intensity Levels
- Using client language and perspective in the Setup and the Sequence
- Identifying and effectively handling aspects as well as shifting aspects
- Identifying and articulating simple vs. complex issues
- Identifying and skilfully addressing the complexities of resistance and/or psychological reversal
- Recognizing global vs. specific issues
- Valuing being specific wherever possible
- Asking skilful questions for the purposes of revealing information about the location, character and amount of negative emotional intensity
- Understanding the role of potentially limiting beliefs (i.e. writings on the wall)
- Asking skilful questions for the purpose of discovering and addressing core issues
- Recognizing and following healing doorways that potentially lead to core issues
- And there's more...
- Recognizing and articulating the Apex Effect
- Building bridges of belief
- Skilfully encouraging clients to notice their progress
- Confidently exploring course corrections 'when EFT isn't working'
- Developing awareness of 'not going where you don't belong'
- Recognizing and effectively exploring tail-enders
- Learning when and how to reach for options, strategies, applications and refinements (9-Gamut, The Personal Peace Procedure, shortcuts, continuous tapping, touch and breathe, imagining tapping etc.), where appropriate
- Developing and following gentle and effective strategies for Chasing the Pain
- Finding your own relationship to Borrowing Benefits

- Minimizing pain by gently and systematically approaching intense feelings, events or memories by skilful application of Sneaking Up, Tearless Trauma, Movie and Tell the Story Techniques
- Taking appropriate opportunities to allow humour
- Testing appropriately, repeatedly and effectively
- Facilitating bringing intensity levels as low as they will go where appropriate
- Recognizing, understanding and communicating the Generalization Effect
- Checking in with your client
- Cultivating awareness of Surrogate Tapping
- Developing skills for working with visual, auditory, metaphorical and/or body-centred awareness of emotional intensity
- Becoming skilled at artful and effective positive reframing during the tapping process
- Understanding the role of persistence
- Skilfully demonstrating the Basic Recipe and EFT Shortcuts when appropriate
- Coming to your own unique understanding of the Discovery Statement
- Exploring the role hydration plays before, during and after a session
- Actively expanding and refining your personal Art of Delivery (i.e. staying updated with the latest EFT scholarship, coming to your own conclusions, pursuing independent study etc.)
- Cultivating awareness, understanding and appropriate application of a myriad of advanced sequences, strategies, applications and/or related methodologies

And More

- Learning the vocabulary and skills behind the Core EFT Principles and systematically applying them as the backbone of your EFT sessions
- Acknowledging and understanding the relationship between Core EFT Principles and your personal Art of Delivery
- Knowing the difference between doing EFT mechanically and The Art of Delivery
- Coming to your own refinements around Core EFT Principles
- Actively doing your own work

- Taking complete responsibility for your use of EFT and for your emotional and physical well-being during the EFT process
- Exploring your relationship to the spiritual and/or scientific dimensions of this work, when appropriate
- Experiencing the value of feedback (i.e. supervision, mentoring, users' groups, 'EFT buddies', trading sessions etc.)
- Developing a consistent, passionate and compassionate practice of 'Trying EFT on Everything'



A Few Extra EFT Ideas:

Cross Over Tapping

Argument Tapping

Refusal Tapping

Look in the Mirror Tapping

Thank You Tapping

Photo Tapping

Past Tense Tapping

'You' Tapping

A Summary of Approaches and EFT Level 3 Training

Some of these approaches you will have been taught and some you will have seen in action in demonstrations or on DVD sets. All of the approaches described here have either come directly from the work of Gary Craig or have been developed from his original work by other therapists. We go through these approaches systematically in the Level 3 Training.

You may find the list useful to help you identify exactly what you did during a session and how well that approach worked at that time. Other possibilities then become clearer. Remember that you are not limited to any one approach during a session. You may begin a session with one approach, and then switch to another which is more appropriate as the session proceeds. Sometimes you may use several, sometimes only one. Let your client lead you by their language, body language and the content of what they say and do. Just relax, trust yourself and get yourself and your own concerns out of the way and the impact of the therapy can be astonishing. You will amaze yourself at some of the insights which come to you and the phrasing and creative reframes which come out of your mouth. This is when the therapy becomes artistry in action and a real privilege to be part of. Knowing which approach to use and when will also help your client open up and empower them to experience their own potential. The biggest joy in EFT for me is seeing the lights not just go on inside but blaze brightly in my clients.

Direct Approach (Learnt at EFT Level 1)

This is used when the issue is very clearly defined by the client.

Tell the Story/Movie Technique /Tearless Trauma Technique - (Learnt at EFT Level 1 and Level 2)

These are used where a specific past event can be identified which is driving the issue.

Working with the 'Big' Issues, 'Sneaking up' on the Problem, 'Stepping Stone' Approach (Introduced at EFT Level 2 and explored at Level 3)

This approach is a stepwise way of dealing with more complex issues for example with Secondary Benefit Syndrome or when the issue seems 'too big' to handle.

Non-Directive, Non-Specific Approach, Simply Tapping (Introduced at EFT Level 2 explored at Level 3)

This approach is suitable where a person cannot focus on anything specific to tap on. This approach may be used when **a person is not aware of any emotional disturbances or limiting beliefs or when the number of issues is overwhelming and it is difficult to know where to begin.**

Touch and Breathe Method (Introduced at EFT Level 2)

This approach may be used when the client does not want or like to tap, or when a client is experiencing high emotional intensity.

Picture Release Approach, Clearing Triggers (Introduced at EFT Level 2 and further studied at Level 3)

This approach is useful where the problem is not clearly understood by the client, but seems to be triggered by a particular image or situation. It seems as if the picture or recall of that situation has come to represent the whole problem in the clients mind.

Keyword Approach (Introduced at EFT Level 2 and developed further at Level 3)

A specific Keyword is chosen by the client to represent a problem that is so devastating that they cannot bear to talk or think about directly. The keyword may or may not relate directly to the problem – it can be anything at all.

Private Approach (Learnt at EFT Level 1 & 2)

Used where the client is unwilling to voice the problem because of embarrassment or it is just too personal.

Chasing the Pain Approach – Working with Physical Pain (Learnt at EFT Level 1 & 2)

Used where there are only physical symptoms apparent or where there are both emotional and physical symptoms but the client is struggling to access the emotional components.

Tap as you Talk Approach (Introduced at EFT Level 2 and explored at Level 3) Also known as Inquiry and Tapping, Follow the Story and Tap Approach

This method ignores the usual Basic Recipe structure or the shortcut version of it and is much more flowing and freeform. The therapist taps continuously, sometimes in no particular order, going just where intuition directs while the client talks about their problem.

More EFT Approaches and Refinements taught at EFT Level 3

- The Choices Method developed by Patricia Carrington
- Working with the Major Modalities (Visual, Auditory and Kinaesthetic modes of working)
- Working with Sub modalities
- Working with Parts, Archetypes, Fragmented voices, Inner Child
- Working with Trauma Responses, Dr Scaer's work
- Discharging the Freeze Response, using the Work of Brent Baum (Holographic Memory Resolution),
- Protective Distancing
- LiberatingTouch – developed by Eddie and Ranjana Appoo
- Picture Tapping Technique – developed by Christine Sutton and Phillip Davis
- Inner Theatre developed by Betty Moore
- Approaches with creating positive images and clearing blocks
- Working with Imagination and Metaphors
- Imagineering developed by Gwyneth Moss
- Approaches of working with suppressed emotions and memories
- Approaches using Resource States developed by Patricia Carrington,
- Approaches with Future Pacing
- A 5 Stage EFT Recovery program for Addictions – developed by Sue Beer and Emma Roberts
- Approaches Using the Sedona Method
- Approaches with the Law of Attraction - developed by Carol Look
- Magic Bear Surrogate tapping

At the Emotional Health Centre EFT International Level 3 Training includes:

- Shifting Belief Systems and Creating Life Enhancing Transformations
- Healing Addictions
- Critical Labels and Surrogate Tapping
- Understanding Trauma / Abuse / PTSD, Methods of Healing Trauma
- Other Methods and Approaches in Energy Psychology
- Intuition and Client Rapport, Asking Questions and Listening
- Using Visualisation, Music, Fragrance, Sand Trays, Drawing
- Experiencing Source & the Journey of Self Realisation
- Building your practice and more

For more information about Emotional Health Centre Activities

Go to www.emotionalhealthcentre.com

At the Emotional Health Centre, we have a unique take on EFT Practitioner Training. We believe that developing expertise requires time, dedication, mentoring, study, experience, and support. We combine the EFT International Accredited Training with group and individual Mentoring, LiberatingTouch® Seminars, email and phone support to provide students with a depth of understanding, experiential knowledge but most importantly SELF confidence. At this stage we believe it is vital to share with practitioners how to develop skills and resources so that they can be open to whatever life throws at them. This degree of openness takes dedication, willingness and compassion. We specialise in helping you find your authenticity, your gifts and talents, your true (reality) power and an undiluted (uncontaminated) sense of SELF. Having this will give you all that you need to be a skilled EFT Practitioner. Our trainings are customised to bring out the best in you.

NOW THE JOURNEY REALLY BEGINS....

Light bulb moments by Angela Kirk

On reflection

I meet myself from past to present

Watching the full story

Of my life so far

Exposing all the lies and secrets

Given and received

A tapestry of pain and comfort

That make a soul complete

Whilst sometimes my mind is drawn

To traumas unresolved

Or the view finder highlights

Glorious moments- carefree

With a chance remark

That alters everything

Some grace flowing to untangle

All misinformation

Until I see the bigger picture

Or perhaps forget

And with tunnel vision

Blame all circumstances

That make me grow

But slowly I'm enlightened

To what makes it all worthwhile

And I know I'm guided

To see all is well

ⁱ EFT International is a registered not for profit professional association, with clearly defined aims and objectives. They are committed to maintaining strong codes of ethics and practice and to establish itself as the lead training provider of Emotional Freedom Techniques. Eddie and Ranjana are Accredited EFT International Trainers in EFT

ⁱⁱ As Eddie and I are trained in Jin Shin Jyutsu and we are facilitators of Liberating Touch, our preference is to hold or touch the areas on the meridian system; we call these areas Energy Balancing Locations.

ⁱⁱⁱ This article can be found at <http://www.emofree.com/trauma/general-trauma/pros-article.html> Lori Lorenz has specialised in helping survivors of abuse. There are many many articles by her available online. Definitely a must research and study.

^{iv} This article was published on <http://www.emofree.com/trauma/general-trauma/trauma-healing-abreactions-eft-article.html>

^v Sue Beer is an EFT Master whose articles and books have been very important in the development of EFT. For exploration here are 2 links: <http://theeftcentre.com/pdf/EFT%20in%20Action%20-%20The%20EFT%20Centre.pdf> and <http://www.theeftcentre.com/aboutus.html>

^{vi} To find out more go to <https://patcarrington.com/introducing-the-choices-method/> <http://www.emofree.com/articles-ideas/professional/choices-article.html> Pat Carrington, EFT Master is one of the leaders in EFT

^{vii} This article can be found at <http://www.emofree.com/articles-ideas/professional/telephone-pro-con-article.html> Pat Carrington is an EFT Master whose articles and books have been very important in the development of EFT. Do visit her website <https://patcarrington.com>

^{viii} This article was published online at <http://www.eftfree.net/2009/12/22/the-core-eft-principles/> Jade Barbee <http://www.emotionalengine.com> and Betty Moore-Hafter <http://creativeeft.com> are dedicated EFT-Master Trainer of Trainers and are members of the EFT International Training Panel. They have played and continue to play a very important part in the development of EFT.