

Is your client at the start line for EFT?



When working with clients, they will often provide a lot of information, but not all of it essential to making changes with EFT. If you are an EFT Practitioner you are on the lookout for....you guessed it, EMOTIONS, but also negative beliefs. Before you start tapping with a client there are three things to address.

1. Has the problem been clarified?
2. Are they fully congruent about making the change?
3. Are they happy to use EFT to accomplish the change?

I call this getting to the start line. Sometimes practitioners will start tapping with their clients before they are there. This means that success is less likely. Here's how to address these three sticking points.

1. Clarifying the problem

Sometimes people will talk about their problem without using clear and direct language. This can be because they have learnt to use a language which distances them from the feelings while still referring to the problem. For example someone might describe their feelings about flying "I don't like it" or "I'm stressed about it". Whilst both of these may be true, they are not tuning in to the real feelings which are likely to be something like "panic that I can't get out" or "frightened that I'm going to die". Therefore you have to help clients to be specific with skilful questions, which can be open, closed, probing or challenging.

Once you have a clear and accurate description of the feeling (or negative belief) you are almost at the start line, but do they actually want to let it go?

2. Ensuring the client is congruent about making the change

There are a number of reasons why EFT will not work with someone even when you have a clear and accurate description of the problem. That's because they believe that they *should* have the feelings because they can think:

a. There will be negative effects of letting them go

We have emotions for a reason or “positive intention”. For example fear or even panic is intended to protect us. Therefore there can be reluctance to let go of it if a part of the person perceives that they would be left vulnerable in some way.

b. It would say something negative about them as a person not to have these feelings

Sometimes when helping people with prolonged grief, underlying it can be the belief “if I let it go, it would mean that I don’t care, or there would be no connection”.

In both a. and b. the belief has to be addressed before progress can be made. This can be achieved with a reframing discussion or if the person wants to, tapping away the belief with EFT. Then you can use EFT to clear the emotion itself, although in my experience, having let go of the belief means there is much less emotion to clear.

3. Ensuring the client is happy to use EFT

To avoid encountering any such resistance you need to give a convincing explanation that the client accepts. The story of Roger Callahan and his client Mary with the water phobia can be very useful as it provides some history or background to EFT, a story, some explanation of the process and even humour. All in a very short space of time. One way or another, an explanation needs to be some kind of bridge between the client and EFT.

So once everything is in place and the person is at the start line, when you start tapping with EFT it will work and there is no false start.

Key points to remember

1. Develop high quality rapport with the client
2. Explain EFT in an engaging way for the client
3. Refine the issue (emotion or negative belief)
4. Ensure that the client is actually tuned into the issue and can rate it on a scale as they experience it now.
5. Ensure that the client is 100% congruent about letting it go – you can even ask the question “on a scale of 0-100% how much/ committed/serious are you about letting it go?”

Happy Tapping!