

Ten Easy and Effective EFT Tips for New Practitioners

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Ever had a new client who comes to a session saying they don't want to do 'that EFT stuff'? They tried it and it "didn't work." Barbara Smith, EFT Master in New Zealand, shares tips to help Fast-Track new clients to success at home.

Not wanting to do EFT provides me with an immediate challenge. EFT is the cornerstone of my work. I want to know exactly what goes wrong for this group of people who say in their very first session with me, "How is it that I am tapping all the time and getting so nowhere?" or "I don't want to do that EFT; it didn't work for me"

I invite them to tell me more. In some instances they report that they learned EFT from a friend, or they did a little piece of tapping in the context of another health discipline. Some people have downloaded the EFT Manual but have never experienced a live session. In other examples, there has been some kind of therapist-client mismatch.

Most of these people either have not been introduced to Gary's Basic recipe, or became so excited with their first success that they did not really get a hold of the basics; hence could not repeat the process successfully at home.

What all these people have in common is the belief that EFT does not work for them, and that they have not fully experienced the stunning effectiveness of the EFT Basic recipe. Here are ten ways to ensure your clients continue their progress at home.

1. EFT is amazing but takes some time to learn.
2. Keep it simple at first
3. Try EFT on everything
4. Write it down
5. Anecdotes will inspire
6. Metaphors for reinforcement
7. Stay Underwhelmed
8. Prescribe a possible problem
9. Avoid burnout on re-entry
10. Arm your Newbies with basic information

1. EFT is amazing. It takes time to learn and it gets better with practise

At the first session, I set up a simple Basic Recipe homework protocol "*so that you get the whole process on automatic pilot, and then it will be available whenever you need it*" This sets a homework precedent, where you, as practitioner, are not responsible for all the progress. By suggesting homework you will build an expectation that people will keep working at it, and that the basic protocol will become easy with practise. In the following session ask about the homework. Consider what else they could do at home, and demonstrate in the session.

2. Keep it Simple at First

There are many new and exciting enhancements to the basic EFT protocol. When clients experience a lot of variations of statement and tapping points in the first session or workshop, they often make a significant shift at the time, but may not be clear as to how to proceed at home. It is well worth going back to basics to consolidate the foundation EFT process. You can also reinforce the basics by offering a simple 'basic recipe' handout for people to follow in their home practise sessions.

3. Try EFT on Everything

When people who already use EFT tell me about some life problem or frustration, I invariably ask them how they have used EFT on it.

I keep reminding clients to try EFT on whatever they are telling me.

- I use anecdotes and stories of EFT succeeding as a result of persistence.
- I reframe 'failures' with: *"So it hasn't worked yet?"*
- I assume a client will have tried EFT on their new issue. *"So how did you get on with EFT?"* is a lot more potent than: *"Did you try EFT?"*

4. Write it down

In one-on-one sessions with beginners, I like to write down at least one complete sequence of successful EFT for the client to take home. I use two sheets of paper with traditional carbon paper, so there is a copy for my file and a take home copy for the client. Most clients really like this, and they invariably bring this back to the following session to discuss what worked.

5. Anecdotes will inspire

I use anecdotes about other people's difficulties, and eventual success when getting started with EFT. I am careful to change enough details to ensure privacy is maintained. The caveat here is that some people can wonder when they hear stories, whether you might share *their* story and they might be recognised: I usually tell my clients that the details have been changed.

6. Metaphors for reinforcement

- When you buy a car, you need to check the oil, fuel, tyres and water if you are going to have a smooth ride. You need to learn to drive safely as well. You can drive around in a dirty car, but the experience is pleasanter, more efficient and safer if the car is cleaned and serviced regularly.
Every day we spend time washing, cleaning teeth, choosing clothes that will be right for the weather, exercising and making diet choices. We all know what happens if we ignore these vital routines.
- Now ask: *"How much time do you think it would be appropriate for you to invest, each day, in ongoing maintenance of your mind and soul?"*

7. Stay Underwhelmed

Some people who have unresolved emotional issues have previously experienced overwhelm or meltdown at home, are afraid to use more EFT because it may open up too

many issues. When a problem is too distressing to think about, we become used to pushing upsetting thoughts or memories away. The idea of addressing such problems directly with EFT may feel overwhelming. Always trust the client, and ensure safety. If you are a new practitioner, you need to stay underwhelmed, too. Use EFT for yourself, and seek professional supervision with an experienced colleague.

If you have previous therapy experience, it is helpful to suggest that people gain confidence by addressing the BIG ONES in the session and practice with smaller issues at home. One very gentle approach here is to start with the emotional response.

Even though this problem feels too big to handle (or) I might get overwhelmed if I let myself think about it (or client's words)...I accept myself anyway.

Once clients have the experience of safely releasing some of their distress, they are more likely to feel safe enough to continue the process in the session, and eventually at home.

8. Prescribe possible problems

As other people's disbelief or scepticism can discourage new clients, I suggest they don't try to explain what they are doing until they feel confident. I ask if them to remember their own early doubts, and to allow for the fact that some people will think it is really weird. I also give out a one page simple handout that will help them explain the process to their significant others.

9. Avoid burnout on re-entry

EFT is so exciting! People often go home from their first workshop filled with enthusiasm, and ready to change the world. If the EFT doesn't seem to work as well at home, they can sometimes lose heart. I find it helpful to tell my clients that they may experience temporary setbacks at the beginning while they are still learning. I reframe such reactions as: *"Tripping over an issue that is deeper than expected"*. Perhaps it is a signal to go back to the basics, or just to do more tapping.

10. Arm your new 'converts' with basic information.

Some Newbie's are so enthusiastic they want everyone else to know, too, and they may lose heart when some friend, family member or health practitioner treats EFT with suspicion or derision. I usually encourage people to remember their own first doubts at doing something so different. Most people will remember themselves or someone else who thought that EFT was too strange or weird to be taken seriously. I suggest they get comfortable working on themselves before sharing with others.

As well as a Basic Recipe hand-out to help people stay on track at home, I offer a simple written description in everyday language that will help new clients explain the EFT process to their significant others.