

My Favourite Tips for Practitioners

Jaqui Crooks, EFT Master www.beacontraining.co.uk

Self Care: To best help your client you need to be in a good space yourself. If you're in the bog yourself, how can you see clearly to guide your client onto dry land? As the plane safety announcements say, "First put on your own oxygen mask, then help others." Use the Personal Peace procedure every day!

Network: Create a network of supporters, therapists, fellow EFTers who you can exchange sessions with. It's always easier to work with someone else on deep issues, they have a different perspective. Working with someone else is not a failure; it's taking responsibility for your own healing.

Humour: Don't be afraid to add humour to your sessions, but not until you know you've had significant shifts, so that you don't break rapport. When a client laughs spontaneously you know that something has shifted.

Obstacles: Clear blocks before you work with someone else. Clear your doubts about being able to help them. Clear any emotions that you may have about the person. Clear any need to make it right for them. These are the things that keep you in your own space, rather than with the client.

Intake Info: Before your client comes for the first time ask them to write down, not just what's going on for them now and what they'd like instead, but any negative event in their life right back to childhood, places, times, people that have caused them a problem. It gives you a chance to spot patterns and to really tune in to them before they arrive.

Curiosity: Have a sense of curiosity about the other person and about their issues. Don't go in with set expectations. You'll just build a strait jacket for your self. Think, "I wonder how this session will go today" and you'll be open to following the leads, listening to your intuition and listening to the other.

Perspective: People think that everyone sees the world in the way that they do. When you understand what they see, then you know what they don't see. Rapport is about matching their world. Reframing is about showing them something different.

Possibilities: You can show them other possible ways of looking at the world. You don't say that they should look at things that way, or that the other possibilities are right, or better, than their view, you just offer them as possibilities. Use the words: possibly, maybe, perhaps. All the indefinite words that allow the client to make up their own mind about what works for them. You're just expanding their horizons, showing them a larger view when and how they take it is up to them.

Intuition: When you relax, your intuition can flow. If you preframe and say “If I suddenly get an intuition I may throw it in just in case it’s right, is that OK with you?” You’ve got permission to experiment. You can pick up things intuitively, knowing if for any reason they don’t fit, the client knows what you’re doing and it’s OK. It helps you to relax and trust your intuition and means that you don’t break rapport even if your guess doesn’t land. Just check your intuition with your client.

Stuck: If you’re stuck and you don’t know where to go next, sit back, take a deep breathe, and ask for help. Ask the universe, God, your higher self, your angels, your guides, whatever and whoever you see as being that greater source of intelligence.

Ask your client: They have all the answers. Ask confidently enough and with enough indefinite words and they’ll respond.

Acceptance: Recognise that your clients and you are always doing the best you can, at any time and in any situation. And so were the people who have caused problems in your client’s life. A good reframe, (but only after you have done a lot of clearing,) is “they were doing the best they could. It may not have been a very good best, but it was still the best they could do.

Unhealed parts: Recognise that everyone you work with will be showing you unhealed parts of you. Register it and then let go, EFT will start to clear it for you, out of your conscious mind. Remaining aspects you can deal with later.

Irritated: If your client irritates you or you feel threatened in some way, who or what do they remind you of? Find that and then clear whatever comes up for you. It’s a golden opportunity to do more healing.

Disappointment: If it didn’t go as well as you’d hoped, tap on that and clear your feelings so the next session you can start afresh. Remember to let go of your expectations and trust that it will be as it needs to be.

Close down: If you have opened more than you can clear in that session, wrap it up before you finish. Something like: “Even though we’ve opened a lot today and we haven’t cleared everything, I choose anything uncleared to be put away safely until the next time it’s safe to take it out to work on it again.” You might want them to choose somewhere to keep it safe. It could be a locked box, or a recycling bin.

Choice: Remember they have the right to choose not to heal. Give them permission to hold on and then watch things change! People are used to resisting, often when there’s nothing to resist, things change. You could always tap on “Whether I let this go or not, I’m doing the best I can, and that’s OK”

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