

# Essential Skills

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There are six skills essential for all practitioners to develop: Rapport, Nuances of Tapping, Non-attachment, Intuition, Questioning and Simplicity.

The first essential skill is **Rapport** – THE key ingredient in any energy psychology modality or method. Rapport is achieved and maintained by listening to the client, responding with compassion and understanding and being congruent with the client's state. Unfortunately, while rapport is an essential ingredient in any healing system or modality it is often overlooked by professional health care providers. I have been told many times by my clients that, "I have never felt so heard before" or "I feel so understood and accepted." Feeling heard, understood and accepted are signs of healing for the client. Feeling heard, understood, and accepted helps the client feel safe – the major job of the practitioner. They feel safe to go on. The ability to developing rapport is the most important skill a practitioner has.

The second essential ingredient is to actually tap, encourage the client to tap at home and to learn the nuances of **Tapping**. Have your client focus and tap in the session and leave the session with the ability to do so on their own. They can learn to weave it into their lives as a key self help tool to deal with many of life's issues.

The ability of EFT to be used by anyone and to be taught to clients so easily was one of the reasons that I fell in love with it. One of the challenges that we all face as practitioners is that of encouraging the client to tapping for their issues as they come up, rather than waiting for the next session.

One metaphor to engage clients is to compare daily tapping to medication that a GP might prescribe for an infection; the pills are to be taken several times a day in order to keep the level of medication constant for the period of time prescribed.

Any on going issue or intense traumatic memory or an illness such as Chronic Fatigue, Crohn's Disease or any other ongoing symptoms will benefit from daily regular tapping sessions.

Another beneficial usage of EFT is to just weave it into your life, rather than taking time out of your day to tap, tap whenever you notice a negative thought, emotion or physical feeling. Even a short tapping session can reduce stress and release anxiety or anger without spending a long time on the issue.

In my experience the results come with tapping much easier than with suggestion, or directed techniques.

An event that has clear sharp images with loud clear sounds, that feels just like it is happening in the present, most often reduces to a remote, silent and powerless event just through tapping. Many practitioners are adding techniques or blending NLP concepts, such as time line therapy and parts work. These are often helpful in difficult situations but often it works just fine to focus clearly and tap.

The third skill is **Non-attachment**. To be free of the desire to fix the client or to direct the healing in a way that is imposed by the practitioner. The freedom of non-attachment to the outcome combined with trusting the client's innate ability to heal creates opportunities and possibilities for healing well beyond the imagination of the practitioner.

Recently I was coaching a new practitioner who felt that he failed if he did not get a one minute wonder each and every time, which puts pressure on the client to get results. How could he allow his clients to heal at their own rate if they needed to produce a miracle every time in order for him to feel good about himself?

A fourth skill that can be developed is **Intuition** - an innate human ability that needs to be practiced to be consistent. The only way to trust your intuition is to use it, and use it until it is automatic. There are many tools available to assist you in developing your intuition and Gary Craig has always used his inner vision to great advantage. He is quite visual and uses his inner vision to see a gauge that measures the client's Suds (intensity) level.

The quiet voice is the one to listen for, and if you are working with someone, and you have an intuitive thought, it doesn't have to mean anything to you. Just say it; check it out with your client.

The only way to learn to trust your ability is to use it and as you trust it more the more clarity you will get. When I was learning to access my intuition in the mid eighties I compared myself to my teacher who was visual and other students who were clair-audient.

My strongest modality is kinesthetic and it wasn't until I realized that I was sensing physically and then expressing in words, ideas and thoughts that were accurate that I began to value my intuitive talent.

Listen, see or feel and then express what you get without judgment or doubt. Just like a muscle needs to be exercised to get stronger, intuition must be exercised to improve.

I judged my intuitive ability because I couldn't see or hear like my teachers and other students, and then I realized that I am kinesthetic and learned to recognize and then trust the feeling that came before an insight, or more accurately an 'in-touch' and trust myself to express whatever came up.

**Simplicity** is another important tool, the common sense approach which is really quite rare. We tend to make things complex and special rather than simple.

Human circumstances are infinite. The ways in which we experience them are finite.

If you focus on the story you will get lost in it. **If you focus on the process you will heal it.**

Fear, anger, grief, sadness, acceptance, rejection, resistance, discover the responses and you have the keys to freedom for your clients. Victim, Master, Perpetrator, or Facilitator, what is the role that has been adopted?

Keep it simple. It is always simple, especially when you hear, "I'm different" or "it's not that simple"

Ego wants it to be complex, since we have a bigger success when we fix a complex issue, and then you have two egos to deal with, the client's and the practitioner's.

The **Art of Inquiry** is crucial to great results on a consistent basis. Asking questions rather than telling the answers will open doors for your clients and give you the information you need to do the job.

Asking questions that require more than a yes or no will provide an incentive to the client to express themselves more.

How does that feel?

Where do you feel that in your body?

When was the first time you felt this way?

What is the colour, size and shape of this pain?

Check with the client as you tap to see where they are in relation to the issue. Testing gives you both a measure of the progress and changes made.

How intense is it? 1 to 10

Is that a fact or a belief?

Could you let that go?

Can we go deeper with this?

Do you feel safe to proceed?

Listen to your client, accept and love your client as they are and allow them to heal themselves in your presence, you cannot fix them anyway so just be there for them fully.

Learn about yourself as you work with others and as you grow, so will your practice. This is a great gift that comes from doing this work, the practitioner has the opportunity to heal and grow along with their clients and the growth opens new doors and brings new challenges that keeps life exciting.

We can continually Borrow Benefits as we facilitate the emotional freedom of our clients, family and friends.

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