

## Using NLP with EFT – Tania Prince

(Tania will be presenting at the EFT MasterClass 11-12 October [www.eftmasterslive.com](http://www.eftmasterslive.com))

NLP, otherwise known as NeuroLinguistic Programming, is a natural compliment to EFT. Gary Craig learned NLP before developing EFT and you can see the NLP influence in his sessions. There are many NLP techniques that work well with EFT. Two of my personal favourites are anchoring and submodalities.

### Submodalities

We experience our world through our senses. When we process that sensory information, we think in pictures, sounds, feelings, tastes and smells. Submodalities is the term used to describe the finer distinctions of our internal representations of the external world. For example, if we are thinking in pictures, then the picture we hold in our mind may be bright or dim, in colour or black and white, large or small, clear or fuzzy, near or far in our field of view. We may be looking at the event through our own eyes (commonly called associated) as if we are still observing it happening, or we might see an event as if we are watching ourselves in it (dissociated).

How can we use this with EFT? We can use their description of the picture as a way to gain feedback on whether we have completely cleared the events we are tapping on. Sometimes by focusing on one submodality the technique may be useful to find other aspects or new events.

Many people hold big bright images of events long past; these events may have been highly uncomfortable at the time, although when they think about a particular event they might not immediately connect with emotion. Phobic events are often stored in this way, lovely big bright associated images. When you have fully cleared the event it will look totally different. Generally it will no longer be an associated image; it will often become faded or distant.

A client I worked with recently complained of anxiety.

Every event in her life was stored as a nice, big bright associated image. Many of these events had been extremely traumatic. If you think about this method of storing your memories, it is a great way to create anxiety. She was looking at the events as if they were still happening.

My guess is that the reason her mind stored the information in this way was to keep her safe, by reminding her of all the past negative incidents it tried to make her prepared for the next nasty thing to happen. Nice idea, but it wasn't working. We tapped on safety and needing to keep the memories; the memories faded straight away, like a deck of cards collapsing. *(We did more work than this to deal with the anxiety; it was only part of what the work done in the session).*

Knowing about how the mind 'codes' information can be a powerful asset when working on issues.

## **Anchoring**

Anchoring is associating one thing with another.

It occurs naturally – any stimulus can be linked to any physiological state. An example would be when a person smells a particular aroma they might think of the beach, because the two things are linked together in their mind. The first time they smelt that aroma they were on a beach. Similarly, when they hear a particular song it may make them feel sad. Maybe the song is linked to a sad occurrence in their life.

I used the ability to match one thing with another recently in my clinic. I was dealing with an insect phobia learned as a child from her mother.

I had the client tap on the karate point and ‘see’ her mother running around frantically and panicking. *(We had actually tapped on different pieces of the problem and the intensity had already dropped significantly).* I wanted to form a different association. I asked her to put funny music behind this scene. She actually thought of Benny Hill’s theme tune (an old English comedian); we tapped and hummed the tune whilst she ran the visual in her mind. She burst out laughing.

After this point in the session, whenever she thought of the insect and herself or her mother panicking, the Benny Hill music popped into her mind and she laughed her head off. This shows a complete change in how she thought of the event. She now perceived it in a far more resourceful way..

Other great NLP techniques that I would suggest people look into are: collapsing anchors – changing the link from a negative to a positive and reframing – where an undesirable situation is converted into a positive intention.

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Tania has a blog at: <http://www.eft-courses.co.uk/blog/> Her Oct 1 post was about a session where the person could not remember a related incident to her knee pain. Tania approached the situation by addressing the knee directly. Tania also holds courses and sessions in Manchester, UK.