



For Practitioners Learning EFT

If you are a psychotherapist, healer, or other practitioner learning EFT and beginning to use it with clients, you are already experiencing EFT's power. For many people, EFT seems to peel away symptoms and problems quickly and painlessly.

But then there are the times when EFT doesn't quite seem to work. Here are a few things to try when the tapping doesn't seem to be getting anywhere:

- Be *persistent*. We can get so used to EFT working quickly; we can even begin to take the one session "miracle cures" for granted. Keep trying - you may need multiple rounds of the full EFT protocol with someone before a stuck or layered issue begins to shift.
- Be *specific* with your Set-up phrase. It can be tempting to tap on a broad issue, like "anxiety." While that may be effective over time, it's more effective to identify a situation in which your client feels anxiety, and pick just one aspect of that to tap on first. For example, in working with anxiety, choose the last time your client felt anxious, and then break it down: when did the anxiety begin? What was he or she feeling in the body when the anxiety reached its highest point? The more specific the Set-up phrase and reminder phrases, the more success you'll have in less time.
- Be *creative* with your wording. Sometimes just the right phrase holds meaning, allowing the Set-up to finally "take" and the tapping to be effective. Follow your client's lead: use language he or she has used, then ask if the Set-up phrase feels right, and if not, what else might be more accurate. The right wording will resonate more deeply for your client, and the tapping will begin to work.
- *Try another angle*. At times, you may be tapping on someone's physical pain or discomfort and it doesn't seem to be getting anywhere. If you're sure you've been specific enough with the Set-up phrase, try going at it from another angle. It often helps to ask, "Can you check in and see if there's any emotion underneath that pain?" or, even more indirectly, "If there were some emotion underneath that pain, what might it be?" Often, one of these questions will open up another door into a cluster of feelings or aspects to tap down. Shift the Set-up phrase to address these one at a time. Then the physical pain or discomfort may start to shift or even disappear while you're tapping on the emotional aspects.