



Case Study Guidance Manual

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This manual outlines minimum EFT International requirements for acceptable case studies for students seeking EFT (Emotional Freedom Techniques) certification.

It is also designed to show Trainers (in the role of Mentors) and Practitioner-Candidates the qualities that make a successful case study, and to highlight the integral part case studies play in assessing a practitioner's competency. This guide includes:

1. The Purpose of Case Studies in EFT Certification
2. Minimum Case Study Requirements
3. How Case Studies are Evaluated / Marked
4. How to Prepare a Client Case Study
5. How to Prepare A Personal Case Study
6. How Personal Case Studies Are Evaluated / Marked
7. Sample Case Studies for Each Level of Training

1. The Purpose of Case Studies in EFT Certification

1.1 What Are Case Studies?

Case studies are session stories that provide an avenue for discussion and assessment of a certification candidate's EFT (Emotional Freedom Techniques) knowledge, ability and understanding. They also function as teaching tools intended to help candidates actively notice, reflect upon, and learn from the choices made – and what occurred – during an EFT interaction.

By recounting the EFT interaction or intervention undertaken with clients, certification candidates (called "Practitioner-Candidates" or, simply, "Candidates") have the opportunity to:

- Demonstrate their understanding of the process
- Develop greater conscious awareness of their choices
- Clearly identify the specific approaches used
- Reflect upon the intended purposes of their chosen approaches
- Observe, more objectively, their role in the EFT interaction

- Reflect upon the results of the session, the quality of their facilitation, etc.

1.2 How Are Case Studies Useful?

When a Candidate presents *what happened* in an EFT intervention from their perspective, and *why they made the choices they made*, they can more objectively evaluate and discuss their current level of competency together with their Mentor. Conversely, Mentors can utilize the case study process to accurately assess a Candidate's skill.

Case Studies are opportunities for constructive engagement between Candidate and Mentor – on many levels. For Mentors, this interaction gives them the opportunity to:

- Offer a more personalised phase of training beyond Level 1, 2 or 3 training
- Enquire directly about the decisions and choices made by the Candidate during their EFT intervention in ways that actively promote a Candidate's professional growth and development
- Acknowledge strong areas of competency and clearly identify those areas that require improvement
- Give honest, direct feedback from their perspective and experience about what they are witnessing of a Candidate's EFT skills and abilities
- Share their professional expertise in ways that encourage a Candidate to draw new conclusions and expand her/his skills
- Assess a Candidate's level of competency for certification purposes

For Practitioner-Candidates, reviewing case studies affords them the opportunity to:

- Ask questions and receive feedback regarding specific client work
- Receive a more experienced perspective on their abilities as facilitators of the EFT interaction
- Reflect upon and discuss what they did well, where they were challenged and what they might do differently in the future
- Identify, together with their Mentor, any areas of skill that require improvement
- Brainstorm together potential solutions for areas under discussion
- Openly discuss their challenges, successes and personal experiences in ways that help build, sustain and enhance their professional capacity as EFT practitioners

1.3 What Is The Process?

Once a Candidate writes-up a case study or provides a recording or in-person demonstration of an EFT session (single session Client Case Studies only), their EFT International Mentor reviews it and provides feedback to the Candidate via email or a 1-to-1 discussion. At that point, the Mentor will either accept the case study as complete or request further revision.

Please Note: Mentors may require more case studies, revisions, 1-to-1 discussions or mentoring hours – provided fair notice is given to the Candidate during the Mentoring period (See 2.3: All Candidates, for further detail).

2. Minimum Case Study Requirements

2.1 Practitioner Candidates

Practitioner-Candidates are required to submit a minimum of 4 Case Studies (3 Client Case Studies and 1 Personal Case Study) that demonstrate competent, professional and individualized application of foundational EFT. The following requirements can be completed in any order, at the Mentor’s discretion:

- **One** of the Client Case Studies must be a live demonstration and discussion of a full EFT session. This can be accomplished by live, in-person demonstration (may be online) and follow-up conversation with Mentor, OR Audio OR video recording of session and follow-up conversation with Mentor. A write-up of the live session may be required at the Trainer’s discretion.

*EFT International Mentors can provide a Recording Consent Form for Practitioner-Candidates to use when asking their clients for a recording

- **Two** of the Client Case Studies must be written accounts from multiple sessions (2 minimum, 4 maximum) with a single client. Each must demonstrate a comprehensive exploration and understanding of the role of Core Issues
- **One** case study is a Personal Case Study – a written account of a personal EFT exploration that demonstrates a thorough examination of a personal issue, and includes how Core Issues were uncovered and handled (60 minutes minimum, with multiple sessions encouraged)

2.2 Advanced Practitioner Candidates

Advanced Practitioner-Candidates are also required to submit a minimum of 4 Case Studies (3 Client Case Studies and 1 Personal Case Study). However, the Advanced Practitioner studies must be of a higher standard and:

- Demonstrate nuanced, practical, creative and adaptive application of both foundational and advanced EFT. For example, if you undertook an “Inner Child” approach during the EFT session, it is essential that you communicate a detailed understanding of how foundational and advanced EFT skills were utilised
- Originate from complex sessions – those interactions with clients that are complex enough to require a high degree of discernment, skill and creative facilitation on the part of the practitioner

For Advanced Practitioner-Candidates, the following requirements can be completed in any order, at the Mentor's discretion:

- **One** of the Client Case Studies must be a live demonstration and discussion of a full EFT session. This can be accomplished by live, in-person demonstration (may be online) and follow-up conversation with Mentor, OR Audio OR video recording of session and follow-up conversation with Mentor. A write-up of the live session may be required at the Trainer's discretion.

*EFT International can provide a Recording Consent Form for Advanced Practitioner-Candidates to use when asking their clients for a recording

- **Two** of the Client Case Studies must be written accounts of multiple sessions (2 minimum, 4 maximum) with a single client. Each must demonstrate a comprehensive exploration and understanding of the role of Core Issues
- **One** case study is a Personal Case Study – a written account of a personal EFT exploration that demonstrates a thorough examination of a personal issue, and includes how Core Issues were uncovered and handled (60 minutes minimum, with multiple sessions encouraged)

2.3 All Candidates

Each of the required 4 case studies must be about a different person.

When writing a case study, please change any names and details that may explicitly or inadvertently identify your client.

Written case studies must be based upon either (a) notes taken during live session(s), or (b) a combination of written, verbal and audio/video recorded sessions.

Recordings must carry the client's full knowledge and consent (see Recording Consent Form).

Candidates may be asked for more case studies or mentoring hours (with fair notice given to the Candidate) if the Mentor considers it necessary for the Candidate's development. The format, level of detail, and required follow-up, are always at the Mentor's discretion.

No Mentor can guarantee a Candidate's automatic advancement to the next relevant level. If the Mentor observes that more case studies, audio recordings, live sessions or supervision/mentoring hours are needed to fully develop and demonstrate the required EFT skills, the Candidate must be given as much advance notice as possible (ideally before the end of the agreed-upon Supervision/Mentoring period).

Case Studies must be submitted to the Mentor within 12 months of attending the relevant level training course. If more than 12 months has passed since a student has attended their Level 2 (or Level 3) training, the Mentor may request that Candidates attend a refresher course. The form of such training will be at the Mentor's discretion, in cooperation with the Trainer (if different).

These are the minimum requirements, but emphasis is upon quality. Mentors seek to establish a Candidate's competency to practically and effectively apply Level 1, Level 2 (and/or Level 3) EFT.

Please Note: Mentors can initially request more than the minimum case study or certification requirements as a matter of course, provided notice is given to the Candidate *before* the beginning of the certification process. When requesting any additional requirements, Mentors must make clear the difference between minimum EFT International requirements and their own discretionary requirements.

3. How Case Studies Are Evaluated / Marked

3.1 Client Case Studies

Before certifying a Practitioner- or Advanced Practitioner-Candidate, a Mentor critically evaluates each case study to ensure that a Candidate has grasped the skills taught in the relevant course level. While no case study will necessarily include all of the following criteria, Mentors will want to see just how effectively a Candidate:

- Identified her/his client's presenting issue(s) and goal(s)
- Handled abreactions or overwhelms
- Demonstrated knowledge of when and how to ask appropriate, quality questions
- Understood and handled the need to reduce the Intensity/SUDs/VOC Levels that arose during session(s)
- Undertook every opportunity to be gentle and avoid retraumatizing the client
- Recognised how and when a client displayed a Reframe or Cognitive Shift
- Displayed how Cognitive Shifts (or "Client Reframes") were integrated
- Undertook appropriate opportunities to Measure and Test their work
- Describe the role of any Reversals present and how you handled these Aspects (i.e. secondary gain/loss, etc.). See **EFT International Glossary of EFT Terms**
- Displayed thoroughness (as well as variety) of Measuring and Testing opportunities
- Professionally managed and contained the EFT process
- Built Rapport, safety and trust with clients and handled any challenges in this area (projection, transference, etc.)
- Listened to their clients, reflected their subjective experience and worked with what they were bringing to the table
- Handled unexpected moments, such as triggers and sudden shifts

- Maintained a non-judgmental stance (displayed ability to “get themselves out of the way”) during the EFT interaction (i.e. the concept of “through me, not by me”)
- Utilised effective and appropriate Reframing
- Uncovered, handled or otherwise acknowledged Core Issues* and their relationship to the presenting issues as well as Specific Past Events
- Discerned any need to refer out, recognised areas where they lacked expertise or otherwise demonstrated understanding the concept of “Do Not Go Where You Don’t Belong”
- Opened and closed sessions appropriately (i.e. demonstrated ability to end session(s) safely and on time, and knowledge of what to do with any extra time at the end of the session (more testing, assigning homework, or more tapping if appropriate, etc.)
- Addressed and/or acknowledged any ethical concerns or issues that may have arisen
- Communicated ample self-reflection about the process

*If, for example, during a single session, no Core Issues arose or there was difficulty clearly identifying or resolving them, the Mentor will want to ascertain a Candidate's understanding of the relationship between what did unfold in this session and “getting to the core.”

3.2 Personal Case Studies

Assessment of Personal Case Studies will be focused upon how thoroughly and successfully a Candidate was able to use the EFT toolbox *on her/his own behalf*. This is a different EFT skillset than helping others, as it can be challenging to ask ourselves the curious questions we might easily ask of someone else.

Personal Case Studies are designed to encourage thorough self-exploration and self-reflection using EFT as the primary tool.

As in Client Case Studies, Mentors will be looking to verify that a Candidate has sufficiently identified a personal issue, addressed the presenting Aspects, tapped on any body sensations, snuck up/away when necessary, identified and handled Core Issues (including Specific Past Events) and thoroughly Measured and Tested the results along the way. As in any thorough case study, Mentors will be looking for specific ways in which Level 1, Level 2 (and/or Level 3) EFT was applied.

At each level of practice, Mentors will be assessing Candidates’ understanding of how their unique tapping exploration specifically relates to foundational and/or advanced EFT skills.

4. How to Prepare a Client Case Study

4.1 The Intake Process: Client's Background Information, Etc.

In the first section of your case study, highlight the steps you undertook at the beginning of your work, including the intake process. Present your client's basic background by including relevant factors such as age, gender, work, health status, mental health history, drug and alcohol history, life difficulties, coping skills, etc., that will provide context for the case study.

4.2 The Presenting Issue, Problem or Limitation and Any Goals and/or Desired Outcome(s)

Describe the presenting issue(s), limitation(s) or complaint(s) that are the problem for the client. What did your client want your help resolving? Include the specific goals you and your client identified and agreed upon together.

Detail any rapport or bridge-building you employed. For example, if this session was this client's first EFT session or experience, include how you initially introduced it to them.

If this was not your first session, briefly note where you are in the process (how many previous sessions, brief summary of what you did before, etc.)

4.3 The EFT Intervention: What Happened and Why

Next, give the details of your EFT intervention. Explain what happened in each of your tapping sessions, and note the reasoning for your choices. Clearly communicate in your presentation all relevant Level 1, Level 2 or Level 3 skills utilised, how they were deployed in your session(s) and how the client received them.

Minimum requirements for this section:

- Present highlights from the EFT process, as it unfolded, step-by-step
- Clearly communicate the presenting issues you encountered, and include precisely how you sifted, isolated and addressed specific (or global) Aspects. Include any physical, emotional or sensory symptoms reported and how they were handled
- Detail how Measuring and Testing were conducted throughout the session(s). Explain when you Measured or Tested – and for what purpose – every step of the way
- Include a meaningful selection of the quality questions you asked, including when, how, and for what purpose they were utilised
- Provide a meaningful selection of the Tapping Basics (EFT Setup phrases and Sequences) you chose to use, and include any relevant details about how they were generated. How did you decide upon what words to use at each step in the process? What specific sequence of points was used overall in the tapping?

- Note which specific EFT strategies you employed (Sneaking Up, The Movie / Tell the Story Technique, Tearless Trauma, etc.) and explain your reason for choosing a specific approach at a given time
- Describe the role of Core Issues* in your EFT interaction. How did you uncover, identify and handle them? For example, clearly communicate any shifts in Aspects that may have led to a specific Core Issue (i.e. a specific Limiting Belief, Tabletop, etc.).
- Detail what Specific Past Events arose, how they were handled and how they appeared to relate to Core Issues and presenting issues. What Measuring and Testing did you do? What foundational (or advanced) skills did you use to initially and/or ultimately address them? If flexibility was needed, how did you alter these techniques to meet the needs of the client in that moment?
- Specifically highlight any Cognitive Shifts (or “Client Reframes”) that arose. Demonstrate how they happened and how you integrated them into the session
- Illustrate your use of Preframing and Reframing (or “Practitioner Reframing”) during the process
- Describe how Intuition factored into your interaction at any given time
- Describe the quality of rapport established during the interaction. For example, did humor play a role at any time? If you had to “get out of your own way” during the process at any point, please explain.
- Describe the degree to which the presenting issue was resolved, and include any next steps you imagine taking, should the opportunity arise to continue working with this client
- Describe the role of any Reversals present and how you handled these Aspects (i.e. secondary gain/loss, etc.). See **EFT International Glossary of Terms**
- Explain how you specifically closed each of the sessions included in the case study
- Share what direction you gave your client for any post-session tapping
- Include any ethical considerations you met during the EFT interaction and how you handled them

Advanced EFT Practitioners: Please demonstrate in your case study your nuanced, practical, creative and adaptive application of both foundational and advanced EFT skills.

For example, if you did Inner Child work (a Level 3 strategy), thoroughly present both your specific approach to this and how foundational skills were integrated during the process.

*All case studies must illustrate an awareness of how Core Issues were specifically uncovered, handled and/or addressed. If none were uncovered, if there was difficulty clearly identifying them, or if none arose – explain what did occur, in detail. Even if no Core Issues were specifically addressed or resolved, candidate must demonstrate an understanding of them in the context of the EFT exploration.

4.4 Outcome

Case studies are learning exercises. Each is designed to highlight a Candidate's specific strengths, weaknesses, understanding of EFT, and overall competency; encourage personal and professional growth during the mentoring process; and illuminate any challenges to be remedied along the way. Therefore, any outcome can be beneficial for a Candidate's development.

In this section, share the outcome of the EFT intervention - from your perspective. A "successful" outcome may be measured by achieving the client's goal (being able to comfortably fly on a plane, for example), or by reducing their level of anxiety around a specific issue (and even maintaining that level until their next session). If you (or your client) judged your outcome successful, please explain.

An "unsuccessful" outcome may well be your greatest teaching moment, especially if you deconstruct your work and use the opportunity to discuss what might have been done differently then, or in future sessions. If you (or your client) judged the outcome unsuccessful, please explain.

4.5 Post-Session Review and Self-Assessment

In this section, provide a self-assessment of your work, both specifically and overall – in hindsight. While the EFT Intervention section was a "play-by-play" of how the session(s) unfolded, this section is your opportunity to reflect upon the process, give your perspective, explain your choices and present your conclusions.

To assist this process, at the end of each session, give yourself time for self-reflection and jot down some thoughts that will enable you to recall and write more detailed session notes at a later time.

Here are some potentially helpful questions to consider:

- How well did I manage or otherwise contain the process?
- What was I especially good at facilitating in this session?
- What could I have done better?
- What could the session have used more (or less) of?
- What techniques felt uncomfortable? Which ones was I reluctant to use?
- Was anything getting in the way of our rapport? If so, what may have been the reason for this?
- How effective were my questions in facilitating the EFT process?
- What might I do differently next time?
- What uncomfortable feelings was I aware of during the session? How did I handle them?
- What did I learn from this EFT interaction?

- Did I remember to test the thoroughness of my work during and upon completion of the session? If so, how?

Make as many notes as you can during your case study session(s) or ask permission if you are going to record the session. If recording, be certain to let your clients know the purpose of the recording, who will have access to it, how the audio will be stored and when the recording might be destroyed/erased. You may also offer a link or copy of this recording to your client.

5. How To Prepare A Personal Case Study

How someone finds their way to tapping for personal issues is always highly individualized. Whether the approach is to journal their Personal Peace Procedure (or adaptation) at set times several times per week, write and tap *stream of consciousness* several times per day, or identify areas of stress in the body as a personal ritual before bedtime, etc., any methods used can find their way into a Personal Case Study.



Just as in Client Case Studies, Personal Case Studies involve clearly defining an issue or problem to explore, and sharing the resulting “tapping journey” in a detailed write-up for discussion with the Mentor. This process must take place over at least 60 minutes minimum, with multiple sessions encouraged.

Writing a Personal Case Study is a two-part exercise:

- Firstly, the Candidate works through their presenting issue, problem or limitation in a way and time that is uniquely their own (see full description above). Candidates can do their own tapping or work together with another person.
- Next, once the personal tapping process is complete, the Candidate writes-up their experience and communicates how foundational (and/or advanced) EFT skills were employed. This process is very similar to a Client Case Study – where the client is you. The case must include relevant background, insights gained, techniques used, etc.

6. Sample Case Studies For Each Level Of Training

Please note: The sample case studies included below are examples of real uses of EFT submitted for case study review. They are not designed to represent perfectly completed cases. Rather, they are *example cases that model effective starting points* for constructive engagement between Mentor and Candidate, encouraging further learning and fine-tuning during case study review:

6.1 Sample Practitioner Client Case Study (Single Session): “Jean”

6.2 Sample Practitioner Client Case Study (Multiple Sessions): “Maria”

6.3 Sample Practitioner Personal Case Study

6.4 Sample Advanced Practitioner Client Case Study (Multiple Sessions): "Nas"

6.5 Sample Advanced Practitioner Personal Case Study

6.1 Sample Practitioner Level Client Case Study (Single Session): "Jean"

Intake, History and Background

"Jean" is in her 30s and works in retail. She wanted to know if EFT could help with her work stress. I said that we could give it a try and see, and she was happy to do this. Our session lasted 1 hour.

I first asked Jean if she had any serious medical conditions, was on medication, or had seen a psychiatrist at any point, and she said that she hadn't.

Building Bridges

Jean didn't know anything about EFT, so I asked if she had tried anything else to deal with stress previously. She said she'd tried CBT (Cognitive Behavioral Therapy) the year before on a different problem that also involved stress. I told her that EFT talks about the problem (just as in CBT), but we also use tapping on acupuncture points on the face and body – to help shift patterns in the body that come along with stress and difficulties.



Jean's Presenting Issues, Aspects and Sneaking Up

I started by "*Sneaking Up*", asking Jean how she felt just now, on a scale of 0-10 where 0 meant relaxed and okay, and 10 meant maximum discomfort. She said that she couldn't really say a number, and I encouraged her to just give a rough guess. She said maybe somewhere about a 6. I asked her what told her she was a 6 – was it a thought, an emotion, a feeling in her body, something else? She said that she felt a little bit anxious, and not sure what was going to happen. I suggested we start there, and I could show her where to tap, and she agreed.

We tapped:

Even Though I feel a little bit anxious, and I'm not sure what's going to happen, I'm okay (I asked Jean if this was true, was she okay, and she said yes). We did this shortcut round 1x.

Her SUDS level went down to a 4/10; Jean said she felt a little calmer. I asked her how she knew it was a 4 and she replied, "I'm wondering if this can really help."

ET I'm wondering if this can really help, I'm okay. 1x shortcut round.

Her SUDS was now 2/10. Jean said, "it's worth a try, isn't it?" I agreed and asked what told her she was at a 2? "My legs are a bit jittery."

ET my legs are a bit jittery, I'm ok. 1x shortcut.

Testing, Reframing, New Aspects, New Setups:

SUDS now 1, Jean's legs felt less jittery and she was now much calmer, so I asked her to tell me a little bit about the work problem. She started speaking very quickly, and said quite a bit about a colleague she really couldn't stand. I gently asked Jean to pause, and said that it might seem a little rude that I was interrupting her, but in EFT, we did our best to make things as easy as possible by stopping often to tap with little bits of intensity, so that when we got near to the big bits, they weren't so uncomfortable. I asked her would it be ok if we just tapped here? Jean agreed. Her SUDS had gone up to an 8. How did she know? "She just makes me so angry."

ET she just makes me so angry, I accept that I'm angry. (I checked with Jean whether this felt okay to say, and she said yes, but didn't really seem sure, so I suggested we go back to 'I'm ok,' and she was happy with that.) 1x shortcut round

SUDS still an 8. I didn't want to get more specific about the situation until her SUDS had come down more, so I asked if there was a feeling anywhere in her body, or perhaps a picture in her mind's eye. "Yes! I can see her stupid, grinning face."

ET I can see her stupid grinning face, I'm okay. 1x shortcut

Her SUDS had dropped one point, to 7. The picture looked the same, but Jean said she didn't feel quite so angry.

ET I can still see her stupid grinning face, I'm okay. I decided to do a full basic recipe round at this point, including the 9-Gamut, to see if it helped the SUDS move a little more.

Her SUDS had dropped to a 5. Jean thought the 9-Gamut was weird and hilarious, and said she thought I was a bit mad. I agreed it seemed pretty oddball, and said sometimes it can help to shift something by adding those extra tapping points with the "weird" thing in the middle.

Testing, New Setups, Specific Events, Tearless Trauma, The Movie Technique

I could have carried on with the picture, and potentially asked, "What tells you you're a 5?" but I thought as her SUDS was relatively low, I decided to bring in *The Movie Technique* at this point.

I asked Jean, if she could think of a particular episode when the colleague had made her angry. "Oh, millions! I've had to work with her for 5 years, now." I asked her to pick just one of them, noting that EFT is most effective when getting specific, and that tapping on just one or two incidents could have a big effect on how she felt generally, and we wouldn't need to tap on every single one.

"She accused me last week of making a mistake, and I didn't," she said. I asked her that if that incident was a movie scene, how long would it be, and could she give it a title? She answered, "Just a couple of minutes, and it's called 'Rotten Lying Cow.'" I now asked about Jean's SUDS – it was up to an 8 again.

ET I have this Rotten Lying Cow movie, I'm ok. 1x shortcut round. (Used all shortcut from this point on).

Jean laughed a lot, saying, “Rotten Lying Cow” at each tapping point, and her SUDS level was now back down to a 5 again. I asked *if* she imagined she was going to watch that movie, did that make her number go up? “Yes,” she said, “to a 6.” She reported feeling angry.

ET I feel angry at the thought of watching this movie, I'm okay.

Her SUDS level on the title was now a 4; I intuitively sensed it was ok to ask her to narrate the movie scene. I asked Jean to imagine there was a screen somewhere in the room, and she was going to press play in a minute, and we’d watch the movie.

I asked her to start the movie at a point when things were ok, and describe what she was seeing and hearing on the screen so that I could imagine it for myself. I asked her to let me know if her number went up from a 4, even slightly, and to “press pause.” Jean started the movie, and I could tell from her tone of voice that her intensity was going up, so I stopped her and asked her for the intensity – it was a 7. I used the detail she'd just mentioned to form the new *Setup* statement:

ET she walks in the door, I'm okay.

Her SUDS level was now back to a 4. I asked her to rewind the movie to just before the last intensity of “she walks in the door,” and “press play” to continue.

I stopped her at various points in the movie when I noticed her intensity go up, and we tapped it back down to a level 4 each time, using whatever she had just described to make the *Setup* statement. When we got to the most intense part of the movie, we ran that scene a few times, with different *Aspects* and intensities discovered each time (“her stupid grin,” and “he AGREES with her!” and “I can't get my words out right”), until she could go through the entire movie at a level 1, throughout.

New Aspect, Testing, Sneaking Away:

Then I asked her to run the whole movie once again from the beginning, and another couple of *Aspects* showed up, so we tapped each of those back down to a 1, and ran the whole movie yet again. Jean was still at a 1, so I asked, “what convinces you there’s still something giving you a level 1?” Jean said, “I still have to work with her.”

ET I still have to work with her, I'm okay.

Saying this out loud, Jean’s SUDS level went up to a 7. She spontaneously said, “I can't stand her, and it makes work really stressful.” I was aware we only had 5-10 minutes left. I told Jean that, with only a little time left it would be unhelpful to get into any new high intensity (to be more specific without getting into more details about the situation that might take the SUDS even higher), so I asked if Jean felt anything in her body anywhere. She said, “My stomach feels churny.”

ET my stomach feels churny, I'm ok.

SUDS went down to a 2. As we only had a few minutes left, I decided to do some “Sneaking Away,” and I offered this *Setup* as a suggestion to Jean:

ET this colleague makes work really stressful, I've been able to help how I feel a little bit today, and I know how to do more if I want to...

I said she should change that to whatever words felt right for her, but she agreed the words felt right, so we tapped a round with them.

I then gave Jean a tapping points chart with instructions for tapping on an issue at home. I left it open for her to come back for another session.

Self-Assessment, Self-Reflection:

If Jean came back, I could either work through more movies relating to this colleague, or I could ask if the situation reminds her of anything, and see what came up to tap in the moment so that we could explore Core Issues more thoroughly. I chose to focus on building rapport in our first session together, so that Jean could feel safe and sure of me and sure of the process.

I realize now that when we tapped with the statement, "I still have to work with her," it caused a "google effect" of her starting to think of all the problems involved, which made her SUDS go up very quickly. I'd rather this hadn't happened so close to the end of the session, and would be more careful in future to avoid tapping on general statements near the end.

6.2 Sample Practitioner Level Client Case Study (Multiple Sessions): Maria

Case Background: This is for a client, Maria, which originally began working with my proprietary nutrition and detoxification program. After two weeks of good results, one stubborn symptom remained – hives, which she told me was a longstanding issue.



Sensing an emotional connection, I invited her to try EFT; as she'd tried everything else, she readily agreed. I sent her some informational links on EFT to get started, and when she arrived for our session she was very optimistic.

Goal: Relieve longstanding hives symptoms

Session #1:

Presenting Issue: We started by reviewing information about her personal life, with an eye towards the possible emotional underpinnings of her skin condition. She listed the various other methods she'd used to control her hives, with no success.

First we rated the present hives symptom using a SUDS scale; she rated them as 7, also adding they were itchy, now, although they hadn't been when she arrived. (Measure/Presenting Aspect)

We did a few tapping rounds together on this simple truth, "Even though I have these hives, and they feel like an itchy 7, I deeply and completely accept myself." After these rounds Maria

had a hard time giving a SUDS rating, as she could see the hives on her skin, but no longer had a distinct feeling about them. (Testing)

Without any sense of intensity remaining, I decided to tap and talk while asking her to guess at any events she might remember, around the time of this condition's onset. Tapping continually, she was eager and curious to find out more about any possible root causes or events. Soon she was tapping with words along these lines: I am thinking about my hives... and when they first showed up... and soon she popped up, "It has to do with something that came up between me and my husband."

I acknowledged this as she quickly daisy-chained onto other statements around the hives, until we had this list:

The thing that came up in her relationship with her husband & fear of abandonment

My mom couldn't love me – felt abandoned

Fear of abandonment when my father left her home at 3

Lack of self-worth and self-confidence

Understanding that an event had triggered her hives to return

EFT Techniques: Movie / Tell the Story Technique: I felt Maria was a great candidate for the Movie / Tell the Story Technique and she was eager to try it. I explained the ground rules, and how to begin before intensity rises, and how to stop and communicate any other rise she felt along the way. I explained that we would take each and every trigger out of the event with this technique, and asked her to rate the intensity of the scene – "only a 1 or 2, as it happened so long ago." She began narrating the movie scene before the action peaked. The only intensity she could find arose at the part where her husband shared his happiness over a woman colleague he'd met at work. Although she knew they were not having an affair, the look on her husband's face as he talked about his co-worker triggered a fear that he would abandon her, spiking her to a level 10. (Presenting Aspect)

Bringing Down The Intensity: We immediately started tapping, creating the Setup phrase, "Even though I'm feeling fear, a fear that my husband may leave me, I deeply and completely accept myself." One round brought this down to an 8. (Testing)

Before I could bring the rest of the intensity down, she intuitively gravitated back to "the look on his face" from the movie scene, and so I picked up her exact words around this aspect: "The look on his face," and, "He looked so happy." Just using this reminder phrase began bringing the intensity level down, and also turned up the thoughts and meaning it had for her: "What if he leaves me?"

Together, we turned this in to, "Even though I am thinking, 'what if he leaves me? It would be the end of the world if he left me, I want to accept myself, but it feels hard right now.'" We continued to tap a few rounds until the SUDS dropped down to a 4. Quickly she filled in the "link" of her father having abandoned her at age 3: "Even though this reminds me of the time when father left us, left us with nothing..."

Several rounds on this quickly brought the SUDS down to a 2, and then disappeared. She volunteered that she saw the connection between that old panicky fear feeling she and her mom had lived through, and the idea her husband's happiness over another woman had triggered inside her.

Testing: Checking in, Maria said she felt calm and relaxed, and so we ran the movie scene again, finding no intensity left. Next we checked the "A-ha" thought she'd come up with; Maria was able to say the statement again, with no obvious or reported emotion, she said "it makes sense, now." Next, we checked on her hives, and she said she couldn't see any difference at all. I explained about the body's process of integration, and encouraged her to be patient. We both got some water to re-hydrate.

Sneaking Away: As our session time was nearing an end, I decided not to open any more "doorways," and chose to tap on her exact words, in a bit of a global way to start Sneaking Away, and close the doors we'd opened. I began by simply having her re-state the last thing she'd said, into a Setup statement: "Even though I've still got these hives, I still deeply love and accept myself." The acceptance statement triggered her more than I thought it would – she couldn't easily say those words – so we tapped on the karate chop for a moment before Maria confided that she didn't really like herself very much, after all. After a global round of a simple truth Setup, "Even though I don't accept myself... yet..." I could see she felt more comfortable.

I explained that this new Aspect might bear some very good fruit in our next session, and how we could safely put away issues and feelings using the Box Technique, as a way to acknowledge and contain things until we could work on them again. She quickly agreed, and was able to provide a very detailed box container. We also boxed any remaining emotions around her hives, and stored both in a locked closet, for "safe-keeping."

Next, I gave her some homework, to find at least one thing she COULD like about herself, and to tap with that, and with gratitude, and bring that experience back to our next session.

Our session ended warmly, and we made a follow-up appointment to work on the Core Issue we'd found in her specific event.

Session #2:

When Maria came back we checked on what was going on in her life at present, then her homework, and finally, the items we'd put into the Boxes from Session #1. Our new list looked like this:

Nervous about the upcoming trip to Florida

My body still covered in hives (but not so itchy anymore)

Sadness about my body (hives & big belly)

Constant lack of self-love (although she said this was better)

Presenting Issue: Removing what was "in the way," first, we began tapping upon her nervousness about the upcoming trip, about a 6 SUDS, in a way we both knew was global, but a place to start: "Even though I am nervous about the trip, and all that means to me, I want to accept myself." This calmed everything down quickly so that the lack of self-love issue came

clearly into view, and the general nervousness went down to a 1. This deeper Aspect was now about a “constant 8” and “really big.”

I encouraged her to continuously tap while we talked, and she reported that she had noticed she was actually feeling a bit better about herself, since our last session. I encouraged her to feel into that thought and feeling, to expand and celebrate it; I showed her how to tap and focus on something positive, to magnify it. (i.e. “I’m noticing I’m feeling better about myself; that feels good.”)

Aspects: Then I returned to the present Aspect and asked a few questions, including ‘what’s that like, now?’, and, ‘what other insight about that is coming up as you tap?’ Maria reported a few things, and we tapped on each as they came up, to see what developed: She “was not loving herself 100%” and it had to do with “I keep growing - I’m up 3 sizes and nothing fits,” and “sadness around my body.” The Setups were predictable, such as “Even though I DON’T love myself 100%, because I keep growing and nothing fits...” until she settled upon I just feel “sad like a 10 about my body;” because it was so high we simply tapped upon her simple, exact words, “Even though I have all this body sadness, I want to accept myself...”

Tapping and Testing: The tapping soon popped up the result of her homework, finding one single thing she liked - surprisingly, her “grey hair,” so we built that in as the SUDS went down to a 6, “Even though I am sad about my body, I like my grey hair...”, bringing the SUDS down even further to a 2. But then the next Aspect popped up, her big belly, which spiked the SUDS back up to a 7. I kept rocking the exact words as they changed, including the grey hair as the positive affirmation: “Even though I’m sad about my big belly, I like my grey hair...” and we managed the intensity back down to a 4 of body sadness. I asked a few more questions about the current sadness feeling, which gave us “blue sadness in my chest, now” and “maybe I can at least love the muscles under my big belly,” which brought the whole body sadness down to a 1.

Sneaking Up & Core Issue: I asked Maria what she guessed the sadness might be about, as we silently tapped together. Soon she said, “My mom. She didn’t really have it in her to love,” and finally, “I felt abandoned even then,” and the insight, “It’s hard to love yourself if you never felt loveable’ and finally, “Of course I would feel abandoned.” Maria now appeared clear-eyed and calm, now, so I gently took all the related insights and tapped globally with, “Even though I have all these insights, and now I see how these feelings are all attached...” We tapped several rounds, allowing her to daisy chain all around the Core Issue of “unlovable and abandoned,” until she volunteered that she was “determined to do better than that with her own daughter.”

Closing & Sneaking Away: Our session time was again coming to a close, and so I asked her if she felt comfortable with the insights she’d found, checking her intensity, which was a somewhat “flat,” sad 1. We tapped on this one more round, until she reported that she was feeling fine, better about Florida, and “actually looking forward to being with people who really loved her.”

Although she exhibited little noticeable intensity or cause for worry, I almost felt the “flatness” itself was something to note. I decided to ask her to Box the issue, regardless of intensity, to put it away safely as she was leaving for her Florida trip the next day. We found an appropriate,

larger box than before, and put everything present we could think of around this issue into it, for “safe-keeping.”

Maria reported she felt completely calm and “good to go.” We agreed to meet after her vacation to gently address the Core Issue found (as well as the specific events around it). We did a brief rundown of the session, ending up back at the hives, which still looked about the same, but *felt* much better. Maria left the session in a good mood.

Reflection: I would’ve liked this session to move a little faster into the abandonment issue (Core Issue) we found, but I reminded myself to go at her pace (Getting Myself Out of The Way). I actually felt I had to be extra gentle with her, and be extra mindful to remember to allow her take the lead with the realizations, connections and insights she was having. Understandably there were so many complex emotions and “evidence” for her around this, just from the 2 sessions we had, that I felt like a lot more work was needed untangling one from another. It occurred to me I might have tried some different kinds of measurement, especially around areas where things appeared emotionally “flat,” but I suspected she was exhibiting a kind of dissociation as a coping strategy to handle excess intensity around the deeper, more uncomfortable “core” stuff (i.e. abandonment).

I wonder if there might be an opportunity next time to ask about the dissociation, and potentially help her become aware of this. Perhaps there will be an opportunity where I can help her understand her issues more clearly with some mapping of the “tables and legs” in the various boxes we’ve made – the next time she returns to work with me. Regardless, I’ll follow her lead and see where it goes!

6.3 Sample Personal Case Study at Practitioner Level

Personal History/ Presenting Details:

A few months ago, the feeling that a part of me wanted to offer EFT to clients in my sessions increasingly bothered me, but another part of me was holding back for some reason.

Whenever I was aware of holding back from offering EFT, I’d try to get myself to speak up, but I noticed that the more I judged and pressured myself to do it, the more I held back. (Presenting Issue) Shame and self-judgment followed, accompanied by a sense of failure. (3 Aspects)



I had been doing a lot of self-tapping the 8 months prior on various issues and events –old and new – and decided to tackle this “holding back” issue head-on, so that I could easily integrate EFT (Goal). As I sat with it, I decided to start the tapping with my self-judgment (Specific Aspect), as it felt as if the self-judgment was very much in the way of my figuring out just what was behind my holding back. The self-judgment was almost like a bully of sorts, getting in the

way of my accessing other more vulnerable parts. I rated its intensity at about a 7 (SUDS).

(Setup Statement): I began with:

“Even though I feel like a failure not offering EFT in that session...” Even though I judge myself for holding back offering EFT to clients... Even though I have a part of me that is judging myself for not being more effective with clients by offering EFT more frequently... Even though a part of me is feeling a lot of self-judgment that I’m holding back from offering EFT in session”

Then I tapped the Sequence of points with:

“Judgment for not offering EFT more frequently. Self-judgment that I’m holding back from offering EFT. Part of me that’s judging myself for not offering EFT to clients more frequently...”
(Reminder Phrases)

I stopped and checked the intensity. My self-judgment had gone from a 7 to a 2. (Testing)

Now I realized that’s what’s holding me back is that a part of me that is fearful (New Aspect). I asked myself what the fear is about and where I am holding it in my body: Chest and jaw/cheekbones – tight, constricted feeling (Detective work, revealing new Aspects of the Fear). It feels very intense and very global, around an 8 or 9 (SUDS).

Even though I have apart of me that is fearful about offering EFT to clients, and I don’t know what that part fears... (New Setup Statement)

The part that is Fearful of offering EFT to clients...Not sure why that part is so Fearful....Tight, constricted Fear feeling in my jaw, cheekbones and chest. (Reminder Phrases for 1st Sequence)

I stopped to notice any changes: Fear went down from an 8/9 to a 6 (Testing/SUDS).

Now I can clarify the fear a little better: Fear of criticism, fear of client's’ anger, fear of failure, fear of hurting clients due to that failure. (4 Fear Aspects)

I ask myself questions again (more detective work): “Where do I hold the fear in my body, now?

There’s still tightness in my jaw/cheekbones, chest and I also notice constriction in my groin/root chakra area at about an 8. (Test/SUDS: new Fear Aspect)

As there are so many aspects to this Fear, I decide to separate them out a bit, and first focus first on fear of criticism and anger I am feeling the most strongly.

(New Setup Statement): *“Even though I have a part of me that fears criticism or anger from clients for offering EFT in session...”*

I don’t get far before getting an image of a crouched figure, as if fearful of receiving a blow of some kind. I spontaneously expand upon my words as I tap

(Reminder Phrases): *“Fearful of anger and criticism...fearful of receiving a blow from clients for*

offering EFT...part of me fearful and crouched low in a semi-fetal position...fearful of an attack..."

I do 2 Sequence rounds on the above phrases, and now I see that the image is one of a young child, fearful of an attack...of doing something wrong, of making a mistake. I'm noticing that all the Fears identified are connected.

"Even though I have a part of me, curled up in a ball, fearful of making a mistake and doing something wrong..." (New Setup Statement)

(Reminder Phrases): "Fearful of doing something wrong...young child crouched down, fearful of making a mistake...fearful of an attack...frozen with fear...doesn't dare act for fear of making a mistake..."

As it feels very intense now I do 4 sequence rounds on the above, and the fear reduces from around an 8 to a 4. Jaw/cheekbone tensions remain, and are at a 4, as is the groin/root chakra area. Chest is no longer constricted. (Testing)

I identify a belief, "If I offer EFT to clients, I risk failing, being attacked or criticized."
How true does the belief feel? "An '8'." (Core Limiting Belief/VOC)

(More detective work) What does this remind me of? My mother getting upset with me as a kid and yelling at me.

(I noticed the intensity rise with this...so I must have hit pay dirt...)

I asked myself, "Are any memories coming up?"

(Specific Events:) Immediately a memory of my mother yelling at me for overcooking the broccoli at Thanksgiving, when I was around age 20 and home from college. The image of my mother yelling at me is very clear, as is my anger at her for doing so; I remember not speaking to her the rest of the evening, leaving that night and driving immediately back to college. Intensity around a 6. (Testing/SUDS)

(New Setup Statements) Even though I have this image of Mom yelling at me for overcooking the broccoli at Thanksgiving...Even though I am *still* so angry at Mom for yelling at me...She had no right to yell at me, I was only trying to help...Even though when I think about that memory I am still angry at Mom for yelling at me and spoiling Thanksgiving...

(Reminder Phrases): Mom yelling at me... She had no right to yell at me, I was only trying to help...Angry at Mom for yelling at me and spoiling Thanksgiving....

As I am closing in on the end of round 1, I get an image of myself driving back to college, feeling very angry, sad and alone and I go on for a 2nd round, adding in the these words:

(new reminder phrases): Driving back to school that night...So angry, sad and alone...

As I am closing in on round 2, I get a sense of feeling sad for my mother. **(New Aspect)**
I don't stop to do a new set-up, I just keep going for a number of rounds with the following **reminders**, as feelings and realizations surface: **(Continuous Tapping)**

"Mom was tired of carrying the burden of doing Thanksgiving all alone. I didn't help out enough. I could have done more. I was still too much of a child, and too self-involved to realize she needed more help, and Mom was unable to ask for more help. I could have done more than the broccoli, but I did the best that I could. I was a kid and not particularly happy at college, and was looking forward to coming home and being taken care of over Thanksgiving break. I was focused on having my needs met, and Mom just didn't have the energy to do any more than she did. Yes, she yelled at me, but it was out of exhaustion. She did the best she could, and I did the best I could." **(Cognitive Shifts)**

After about 4 rounds of tapping, I feel the intensity fade. **(Testing)**

I ask if there are any more memories coming up? Nothing specific, but just identifying that one memory brings back living with my mother, who was often very anxious and stressed out. **(2 more Specific Aspects)** As I am remembering all of this, I feel my jaw and groin/root chakra tighten up again, to about a 4. I realize that this is far too vast an area to address at this one sitting, so I decide to do a general tapping on the issue to bring down the intensity.

(New Setup Statement:)** Even though I always felt like I was walking on eggshells around Mom when I was growing up... Even though I was always on guard with Mom, waiting for her to get angry at me for something...Even though I didn't always feel safe around Mom for fear of doing something wrong, something that would make her angry, fear of her criticism... **(6 New Aspects)

Reminder Phrases: Always walking on eggshells with Mom...always on guard with Mom...waiting for her to yell at me for something...didn't always feel safe with Mom...feared her getting angry at me and criticizing me... couldn't always anticipate the next attack...

I did 2 rounds on the above, and identified feeling overwhelmed **(New Aspect)** at the thought of needing to, at some point, address the impact of my mother's emotional reactivity on my life; it's quickly up to about an 8. **(Testing/SUDS)**

Because I felt the overwhelm escalating quickly, I decided to do a very slow, mindful "Touch and Breathe" on all of the points while I imagined my fearful part entering into my "safe place" (created in other tapping sessions) and being cared for by my caretaking, compassionate Self. I did this for several minutes, finishing by placing my hands on my heart and slow, deep breathing (learned that from a "Mindful Self-Compassion" workshop that I attended last year). **(Tapping variation)**

I checked back in on the intensity of the original limiting belief, "If I offer EFT to clients, I risk failing, being attacked or criticized." It was now around a "3". **(Testing/SUDS)**

I then decided to do a round on:

Even though I still have some remaining belief that if I offer EFT to clients, then I risk failing, being attacked or criticized.... (New Setup Statement and Self-Affirmation Statement:) “I am choosing to release the belief that offering EFT to clients opens me up to failure, criticism or anger--its roots, origins and all that it means and does to me. (I said this 3 times while tapping on the KC point. I also chose to add this affirmation and ‘positive’ from a 2008 Touch and Breathe workshop, as my Aspect SUDS was very low after the work I’d just done.)

I did one round of TAB (Touch and Breathe), holding and breathing on the sequence of points while keeping silently focused upon the belief. (No reminder phrase.) Belief dropped to a “1”. (Testing/VOC)

I asked myself, what positive belief would I like to have in place of the negative one? (Testing, original session Goal)

I decided on: “I can offer EFT to clients, knowing that I will be able to handle whatever anger, criticism or sense of failure may result.” Belief was around a “6”. (Testing/VOC)

My Setup Statement was:

Even though I don’t completely believe that I can offer EFT to clients and be able to handle whatever anger, criticism or sense of failure may result yet, I deeply and completely accept myself.” (3 times, followed by the self-affirmation:) “I am choosing to release anything that is blocking me from believing that I can handle whatever anger, criticism or sense of failure that may result by offering clients EFT—its roots, origins, and all that it means and does to me.”

I did 2 rounds of TAB (Touch and Breathe) on each point, while silently focused upon the new belief. (I did not use a Reminder Phrase.) My belief increased to a “10”. I check in with myself to see what’s coming up. (Testing/VOC/More Detective Work)

I feel calmer and clearer: If clients get angry or criticize me for offering them EFT, then that’s their protector reacting. It would have nothing to do with me. If, and when that happens, I’ll figure out how to deal with it. (Cognitive Shifts)

(Testing:) How is my fear of failure? Better. I need to be able to make “mistakes” in order to get better at EFT. I may not like it, but I have to be able to allow myself to take the risks and “fail” in order to grow. (Cognitive Shifts)

I check in with that little girl who was rolled in a ball, fearing anger, criticism and attack: She’s in her safe place, stretched out by the fire pit, feeling very cozy, warm and safe. (More Detective Work. Testing)

Satisfied, I ended my sessions.

Because of the Holidays, it was 2 months before I remembered to check in on my work. (Presenting Issue). I found that I couldn't even remember my issue or goal!

I am aware of adding more EFT work into my practice over these past 2 months, not only offering it more frequently, but easily. I also noticed that even when I didn't offer EFT that I was falling into my old pattern of self-criticism and doubt, but going with the flow more, and using my "lapses" as an opportunity to refocus my work, going forward. There are certainly times when I need to tap post-session (to neutralize negative emotions such as irritation with the client, criticism towards myself, etc.), but those times are fewer and farther between, and I don't feel as intense and "dug in". In just a few rounds I can feel calmer and clearer.

Within the sessions themselves, I can see that I'm more relaxed, even when I'm not sure where to focus the tapping. This is a really pleasant change! (Cognitive Shifts) When I've been in those situations lately, I have found myself laughing about it, and telling clients, "I'm not sure where to start, let's just jump in with some of the things you've told me so far." We just tap for a few rounds, and voila! a trailhead emerges, and we simply follow that thread.

Sessions in which clients seem not to be resonating with the tapping for one reason or another (they're very quiet and not having many positive things to say about it, they seem irritated by it, they seem hesitant to do it, etc.), are flowing better, as well. (Noticing Aspects)

Rather than allowing my "catastrophizing" part to take the lead ("Oh my gosh this is going terribly! I should be doing better! The client hates this! They hate me! I'm such a failure at this!), I'm staying calmer ("This is ok. I'll figure it out."), which in turn, helps me tap into my intuition and identify the next step. Does it always work? No, but things are definitely calmer and flowing much better. Rather than falling back into my own ruminative pattern, I stay calm and curious. (Cognitive Shifts)

My EFT self-session 2 months ago, combined with the support of my mentor's program have enabled me to offer more EFT sessions to clients, which in turn, has given me more experience and more confidence, which then leads to me offer even more EFT sessions! (Self-Assessment)

6.4 Sample Client Case Study at Advanced Practitioner Level: "Nas"

Presenting Issue(s): Extreme anxiety when studying, inability to concentrate, perfectionism, fear of studying

Goal(s): To be able to study with more focus and ease, to enjoy studying enough to do it comfortably for several hours at a time.

Case History & Background:

"Nas" is a 21 year-old South African of Indian descent, and the youngest of four siblings. He came to address the "extreme anxiety" he has when studying for his college entrance exams, so much so



that it “prevents me from studying and concentrating.” He filled-out an intake sheet wherein he outlined these concerns, and reported that he is neither under a doctor’s care nor on any medication.

Intake/ First Session:

Since we had not done an initial introductory call together, I used the first 1/2 hour (of our 2-hour Skype session) to discuss his issues and outline his goals for our time together.

Nas felt something was “blocking his intelligence,” and that while he was able to tap and get his intensity down at times and “get less anxious,” he felt there were “core issues” (his words) he was not able to address on his own. He also said that if he doesn’t get into university, “everyone in my family will be disappointed.” Additionally, he believed when it came to studying, that he was “doing it wrong,” and was “scared of enjoying” studying. Nas even stated his desire to “enjoy studying more” and “be more focused.” He also said he felt he “had to be perfect.”

Presenting Issues, Aspects, Body Awareness

Since his anxiety was clearly high (he was doing lots of sighing and was clearly agitated), and there were so many Aspects to consider (and thus many potential healing doorways), I asked him if he felt any anxiety in his body when talking about these issues. He indicated his jaw was tightening a bit, and his breath was constricted. We did several EFT rounds (Setup 3x and one Sequence) on these physiological symptoms to help calm him down. As we went along, he did indicate that saying the balancing phrase “...I deeply and completely” worked for him:

“Even though I have this anxiety, my jaw is tightening and my breath is constricted, I deeply and completely accept myself...”

After several rounds, his presenting intensity got down to about a 3, but despite doing a few more rounds, it would not go any lower. Since he had opened the door to the idea of Core Issues, I asked when was the first time he remembered having trouble studying. He said (and I was taking notes), “When my eldest brother left, no one was there to help me.” I asked him how old he was at that time, and he said it was about 8 years old. He said this was when studying became difficult.

A Specific Event

We tapped on all the specific Aspects he could remember from this time. We Measured each one and Tested before moving on to the next. I did my best to reflect his words exactly and to do several rounds on each one. I tried to see if he could make a story out of this time in his life, but he did a lot of Shifting Aspects, so I decided to just follow and tap on each intense piece, one-at-a-time:

Round One (example): *ET I have this “leaving sadness”... Reminder Phrase: “Leaving sadness”*

Subsequent Rounds: *ET she was the only one who protected me from my brothers...*

More Aspects: *ET I felt so helpless after my brother left...*

There were many Aspects to this interaction with his older brother and him leaving. At one point, he cried quite a bit at the sadness over losing his brother's support (we tapped on this). Another intense Aspect was the fear of being bullied by his two remaining brothers (we tapped on this, as well).

A Core Issue

While tapping through each of these intense Aspects, he did say he felt "worthless," and I sensed this was a pretty important Core Issue (tabletop) for him. I also felt there were more corners to sweep out on this story/time of his brother leaving, but also that this story was just the tip of the iceberg. Unfortunately, there was no time to address much more in our remaining time during this session. I also felt like our interaction was laying a good foundation of rapport between us.

I asked him if "feeling worthless" was new for him to acknowledge, and he said yes, so we tapped several rounds on this (global tabletop), then we did several rounds on his anticipation of anxiety when studying (still global). He said he felt better at having acknowledged all his feelings about his brother leaving, and he indicated that the whole event itself did not carry much of a charge anymore.

Closing the First Session

The end of the session came quickly, and I was only able to test on his feelings of anxiety, which were at about 3. He said he was calmer (less anxious), but that he wanted another session ASAP, and I could tell we had only scratched the surface. We scheduled one for three days later. I gave him homework to continue to tap on any anxiety/confusion he was experiencing while studying and to notice what was different. He said he was OK doing that, and was looking forward to seeing if he felt better studying.

Second Session / Presenting Issues:

At the beginning of our second session a few days later, I checked-in on his awareness of his progress: I asked him if he thought the EFT we did before was helpful. He said he still had trouble studying and his anxiety level was quite high. In other words, our first session didn't seem to have helped much! This was somewhat disappointing to me, but not surprising, given the complexity of his issues (Note: I did not allow my brief flash of disappointment to get the better of me or interfere with the session).

For example, I sensed that we had only just touched upon the real Core Issues around his fear of failure – feelings of worthlessness, low self-esteem, etc. As I listened to him share that he was still having a hard time, I wondered privately if I needed to be even more present to his exact words – and see what happened from there.

First, I asked him to measure "I feel worthless," (using parts and percentages language). He said that 50% of him felt that way. I also asked if he felt "not good enough" and he said yes and that about 40% of him felt that way. I sensed it was higher, but I did not want to push!

We then tapped on his "anxiety in his chest and throat," which shifted to "my eyes are burning"... After a time, he shared that felt fear about studying, so I included this emotion in the tapping, "Even though I have this fear in my stomach..." and "fear, burning in my throat." I

was mindful to tap through each Aspect and “Chase the Pain” (his awareness of the symptoms as the intensity moved around his body). We finished up this part of the session when he indicated his presenting anxiety and symptoms “felt much better” and each one was a 3 or below.

A Return to Presenting Issues, then a Core Issue

A turning point came in our session when I asked him when was the first time he remembered feeling distracted and confused while studying. Was it around the time his brother left or before?

He said “before,” but as he started telling me about being six years old, he shared that his mind “was distracted” now, and that he was not able to focus on the session.

I felt this admission was a huge revelation, largely because this is the same thing – a kind dissociation – that appeared to be happening when he studies. He also shared that he was worried and scared that tapping would not help him. I checked my intuitive hit (about this being perhaps his most present form of anxiety) by asking him if he was experiencing now what he feels like when he’s studying. He said yes, so I offered some structured tapping to specifically address this “distraction.”

We tapped on, “my mind is distracted” for several rounds. Soon after, he said, “I am stupid,” (Core Issue / tabletop) and began to cry. We tapped several rounds until his intensity subsided and he said he felt better (emotional upset / intensity at a 2). I finally felt as if we were finally “following the trail” together organically. It seemed to me that he was actually being very present to himself in a way he had not allowed before. I also felt that he was finally admitting all the self-judgment he has - perhaps for the first time. I sensed this was a big shift for him to admit this to himself - and to someone else.

Inner Child Work, Getting More Specific & Cognitive Shifts

I then asked him how far back in his life he felt stupid or believed he was stupid. He said it was before his brother left, when he was 8 years old. This prompted a flood of intense Aspects from that time in his life. I had him tap through each one, including his very strong “I am stupid,” (which was a 10), which eventually opened up to, “I wanted to impress them” and “I didn’t believe in myself.”

In an effort get more specific, I asked him to picture himself as that 8-year-old child he had seen (thinking a visual approach would help us more easily get - and stay - specific). He indicated he was able to do this easily. I asked him how he felt about this young person. After several moments, he said, “I am stupid.” We tapped several rounds on this (limiting) belief about him, which seemed almost like a revelation to him. The intensity then reduced (after about 3 full rounds) and his words changed to, “I am too sensitive.” We then tapped on this for several rounds until he indicated it felt less true (using VOC scale) and his tone of voice seemed lighter. I felt we were now tapping into some of his earliest experiences of judging himself.

At times, I found it difficult to contain each Aspect (so we could tap each one down), but I sensed that trying to have him do Tell the Story on a specific event was not the best approach

here. In other words, he was not open to containing this to a specific event, even when I made a few suggestions / offers to do so.

After we tapped on the most intense Aspects, I tested each of them, especially “I am stupid,” “he is stupid,” and “I am too sensitive” (a Cognitive Shift). He indicated another shift, to compassion, at one point when he said he felt sorry for the boy. We tapped on that, too: “Even though I feel sorry for him... he’s too sensitive” and followed up with several sequences of “I feel sorry for him...he’s too sensitive...”

Once we had tapped and significantly reduced the intensity of these feelings about the child and what the child was experiencing (many intense Aspects that were coming up as I helped him be present to this child), he volunteered (without any prompting from me) a clear Cognitive Shift in his awareness: He said that when he gets overwhelmed when studying, he can “just be silent and not let his family/brothers get to him.” He said he doesn’t have to “act stupid.” He also said he believed that he could study more easily going forward. He also said it felt very good to acknowledge that he “did not believe in himself” back then (just like now), which was why he “did stupid things” and allowed his brothers to bully him. This all came pouring out, with almost no prompting from me!

I sensed that more corners were left to sweep out, (past specific events that support his limiting beliefs about himself, for example), but we were short on time now, and he did appear to be making connections between the not believing in himself (aka his changing belief “I am stupid”) and the anxiety around studying.

Measuring, Testing and Closing

When I asked how true “I don’t believe in myself” felt now, he said it was a 3 and “I’m worthless” and “I’m stupid” was less than that. When I tested and asked him what else could be different going forward, (beyond no longer “having to act stupid”), he said his family would not help him pay for more sessions at this time, but that he felt differently about studying, saying, “they are just exams,” and “I am OK. I’m going to be OK.”

At this point, I felt we had done our best in the time we had together. For homework, I suggested he continue to tap when he gets anxious or distracted by focusing on the body sensations, and then tap on any self-judgment he still has (“I am stupid”) that comes up until he feels better. He said he could do that easily.

I asked him again what could be different for him going forward. He said he felt that he would not judge himself as much when he gets confused - that it’s just “something my mind does.” When I asked him what he meant by that, he said he had more understanding of why his mind does that and how his anxiety was related to old feelings of “I’m not good enough.”

We ended the session soon after this, and he indicated that he was actually looking forward to enjoying studying. He reiterated, with a smile and observable sense of relief, “I’m going to be ok.”

Self-Assessment

In retrospect, I think I may have facilitated the jump to specific past events a bit soon in the first

session, before all his presenting intensity could be more fully explored/reduced and we could get there more organically (by *letting the tapping do the work*).

However, even though how I facilitated may not have been the best route in retrospect, it did seem like the right thing to do at the time, given our rapport and what he was willing to share, etc. I have learned from this interaction to be even more careful to more fully hold space for presenting intense Aspects before necessarily making an offer to explore a past event.

I think recognising and tapping on the Core Issue (i.e. his limiting belief “I am stupid”) and the Inner Child approach to getting to specific events / times in life was pivotal to the ultimate success of the intervention.

While I sense, if we were to continue, that more thoroughness would be beneficial, Nas seemed genuinely excited to study without so much anxiety (which was a big shift from the closing of our previous session).

6.5 Sample Personal Case Study at Advanced Practitioner Level

Background:

I've have had a desire to write songs and express myself musically for some time, yet, for some reason, have been unable to make the time. In fact, musical expression has always felt like work, and I've come to know in recent years that if anything feels like work, it's probably better to focus on something that feels better.



Previous to these few sessions I'll share, I had tapped on this issue in a number of meaningful ways, but it was only in this last few weeks of personal sessions that something shifted significantly. I attribute this breakthrough to a newfound readiness for change, and an ever-growing willingness to do whatever it took to look honestly at uncomfortable areas of my early years that had previously been hidden away.

Several significant present-day events helped facilitate this by intensifying the feelings involved (and helping bring them into my awareness), namely the unique circumstances around my father's illness.

Presenting Issue/Limitation: Not able to write or play music / enjoy a personal, artistic practice.
Intensity Level: 8

Goal: To enjoy singing and to write more effortlessly and consistently, and develop an everyday, consistent personal artistic practice

I've never described myself as an artist, and I'm well aware I've had a complicated relationship to that identify over my life. I've certainly tapped on a number of different specific issues to address my major artistic conflicts, namely wanting to be a professional artist whilst simultaneously judging my ability to do so, etc. There's been resistance. There's been Psychological Reversal. There has been fear of success, fear of failure and everything in

between – all tapped on at various times, with little permanent or even satisfactory success. I think I was blocked to even tapping on this effectively or allowing others to help me.

Recently, however, I've set some intentions around wanting to develop a true artistic practice, to the point where I've said *out loud* that I want to have as much fun writing and performing music as I do practicing EFT.

So, thinking I had to take some action (other than tapping, for reasons that might become clear), I started working with a writing coach in an attempt to break through my creative block. During our several sessions together, she kindly instructed me to write an inventory of all the songs I had been working on over the past years - fragments and ideas, titles, melodies, etc. This inventory went pretty smoothly at first, and it was fun to begin putting all the song titles into one list. It turns out I had at 75 songs/ song fragments and counting.

And then I stopped. In EFT terms, I was becoming aware of a dizzying number of “yes, buts...” around finishing my inventory. I also noticed I was *extremely reluctant* to tap on them. In retrospect, I felt quite hopeless that tapping would do any good. Previous to this my ministrations with tapping buddies or myself had largely only had a palliative effect. I'm aware that superficial tapping can be pitfall for many practitioners, and I now realize I was avoiding *getting to the core* of this issue. At the time, however, I couldn't quite put my finger on the idea that I was avoiding anything at all.

A month later I went traveling, and my coach and I subsequently put our sessions “on hold.” I was secretly relieved. I did not want to finish the inventory, and doing the work that I had done with her had not necessarily made writing music any easier - it was still too uncomfortable. Plus, I now had the displeasure of carrying the added self-judgment and shame that working with my coach had failed. There was also a performance aspect (i.e. fear of putting myself out there) that was a part of this story in some way, and despite my lack of progress, I was sitting with this awareness.

Upon my return, I considered my keyboard upstairs – how lonely it must feel. I was, after all, willfully ignoring it. And I was still paying for it – as it had been quite an investment for me. Like many people, I thought making a sizable financial investment in an instrument would automatically help me to “kick start” my artistic practice. Wrong!

A Healing Doorway:

A month or so later, my father was in hospital, and I flew across the country to assist with his care. This particular place, this hospital where he was being treated, was in the very town where I had spent many formative months as a teenager. Interestingly, but perhaps not surprisingly, a number of cognitive and sensory memories arose while I was there.

The climate in that town, in general, was very dry and extremely hot and sunny – which made it easy for my brain to recall *the feeling* of my teenage years. The combination of that town, my history there, the severe weather, old family dynamics and spending time with some high-school acquaintances proved to be an extremely potent sensory brew that served to bring back a number of visceral memories of a scared and melancholic youth. I slowly became especially

aware that some very dark emotions were attached to these memories as well, particularly *shame*.

Early Sessions:

Raw (intense) shame and sadness. This is what I was feeling then. In retrospect, thinking that I might lose my father at any moment, seeing my mother's pain, witnessing my brothers' worry and my own – all conspired to intensify my feelings.

At first, I didn't tap on the feelings of shame or sadness directly. I simply allowed myself to feel them. Then, at some point, whilst driving by myself, my inner EFT practitioner kicked in, and I remembered I could allow the feelings of shame and sadness to connect me with specific, long-buried (and, in hindsight, minimized) memories from early life – and tap on them.

I can't remember how I tapped at first, whether it was continuously or absent-mindedly or intentionally, but it wasn't long before I started to remember specific, previously hidden moments from grammar school:

There was the time I blanked out (dissociated) when leading the band, the moment of humiliation of getting an "undeserved" award, that choir contest where I was still drunk from the night before, the horrible "kiss by the fire" that had left me feeling humiliated... Interesting that these were all "performance-based" memories – yet, I was not quite aware of this at the time!

I tapped consistently on each these moments as they came into my awareness. Sometimes, if I was busy, I made a conscious note to tap on them later. Some were clearly specific, painful moments and, some required a game of "Let's Pretend," where I had to make up a scenario (a story or movie that didn't actually happen) and tap on each moment of intensity in the scenario. In retrospect, almost all of events had a very low intensity at first, but once tapping started, they intensified – as if they had been rudely awakened from a deep sleep.

Here are examples of some of the specific memories I addressed and the rising (and rising) and then falling intensity levels of each one. I addressed each Aspect faithfully, until the emotional intensities were 0 or at least a 2 or less. Sometimes I used a Setup phrase. At other times I just tapped a few Sequences w/ Reminder Phrases. Some of these events had Aspects of their own, and I tapped on these as well:

Even though she gave me that award, it was undeserved, everyone got one, etc.

Undeserved award 4 / 6 /

Even though I still see this "undeserved award", it's still a 3...

Undeserved award 3 / 0 (Cognitive Shift: I did deserve that!)

Leading the band that day - just going through the motions 4 / 8 / 0

An interaction with a girlfriend 6 / 4 / 0

She said what she said: 6 / 8 / 4 / 2 / 0

Unable to help, didn't understand why 6 / 3 / 0

His comment about her body: 6 / 3 / 0

Pretended she was my girlfriend: 3 / 6 / 0

Ashamed Ben judged my performance, told Siobhan I was pretending: 8 / 4 /

Even though I was ashamed I made up that dream... 7 / 5 / 3 / 0
Ashamed seeing Ben on the bus 5 / 0
Ashamed I Lied to Elise 5 / 0

How had these specific, tiny, stabbing shame moments not come up before in years of EFT practice, especially during my ongoing Personal Peace process? In hindsight, I'm sure I convinced myself somewhere along the line that these things were *no big deal*. At no time did I think these might actually be table legs holding up some rather large tabletops – conclusions about me that I'd accepted as true.

Asking for Help:

During this time, a recent event where I was “shamed and blamed” absolutely required me to enlist the help of an experienced practitioner friend. Our EFT session was most beneficial in that she provided witness to my feelings of shame around this extraordinary and quite devastating event – which helped me acknowledge and tap through the shame.

Unfortunately, I did not take notes during this process, but overall it illuminated how shame was very present for me, and thus a clear “emotional doorway” for me to address some of my Core Issues. As we reduced shame on each Aspect of the event, a connection to what I call “my mother’s old shaming strategy” came up. Perhaps not coincidentally, she happened to be sharing a hotel room with me at that moment! I let the awareness of this simmer in my subconscious, since we did not touch upon any early specific events in this session.

More Personal Tapping:

While busy helping family, I tapped with a few clients and buddies (all of whom, not coincidentally, had shame issues to address). It was during this week that some family-related shame was very present. Again I made time to notice any specific past events:

Ashamed of my family in the car 6 / 0

Ashamed of my haircut 4 / 6 / 0

The shame when my brother won the award 7 / 3 (no further movement, until...)

More Aspects: Ashamed of my behavior, I couldn't be happy for him 7 / 4 / 1 (Cognitive Shift: I was feeling ashamed, I wasn't necessarily a bad person)

Ashamed of his enthusiasm and return home 4 / 7 / 2 / 0

Ashamed to shine in front of dad, he said, “yuck, who cares about that” 3 / 7 / 1 (Cognitive Shift: My dad's relationship to his own self-judgment is huge)

Almost as if on cue in a string of “this is your life” events, my actual pre-school teacher, who I hadn't seen in years, visited my father's bedside while I happened to be there (!), giving me (surprise!) further opportunity to tap on early memories. These were charged and significant, and I savored tapping on them later:

Sadness, the barn door on the farm where I used to play “dress up” 3 / 8 / 2 / 0

The sliding door handles, etc.

Visual and visceral, tapping on these moments and inner visuals prompted a great deal of physiological movement (tearing up, yawning) when I tapped on them. This time in life (age 3)

represented my freedom to be myself, to be in nature, to cross gender lines – a freedom I'd never have again until adulthood. I tapped and just let this awareness simmer. There was no shame around these events and associations, but instead a deep melancholy, which I appreciated – as if for the first time.

During this time, I also had the opportunity to tap with my dad on some of his issues around feeling powerless and afraid. This was significant for me in many ways, and I know this interaction contributed to the resolution of some of the shame, sadness and loss that was present for me at this time.

Results:

Almost immediately upon initiating this process, my singing felt markedly different. I started to notice that when I would sing in the car, I felt freer and freer – like I was letting go of something that had been weighing me down. I felt a much easier connection between my chest voice and head voice (low notes and high notes), and singing didn't feel as much like "trying," as had in the past.

It was actually starting to be fun...

I even went to karaoke (which I would have avoided like the plague, previously) and sang a song for my brother, which I don't think I ever would have done in the past. I even sang for my mother (earlier that evening), which was also somewhat out of character. It felt easy – necessary. But I didn't quite realize the impact my process was having on my artistic practice just yet.



More Tapping:

As I continued to allow feelings of shame and sadness to unlock and release the past, I noticed some distinct earlier memories that were clearly specific to my musical expression (age 10), and that there was a distinct feeling of loss associated with this time – almost as if I had lost belief in myself then:

Even though I sang with headphones in front of the circle of kids 3 / 8...

(More Specific Aspects) They thought I was stupid 8 / 4 / 2 / 0 (Cognitive Shift: I put myself out there!)

Even though I sang a second time 3 / 8 / 2

How humiliated I felt afterwards... 3 / 8 / 2 / 0 (Testing: 0 charge when I took myself through a movie of this whole memory)

Outcome:

When I returned home, I was a changed person – and I felt it. The day after I got back, I found myself going to the piano and writing some arrangements to songs I'd set aside years before. I actually caught myself doing it, almost unconsciously, and wondered aloud, "What is going on with me?"

Later that evening it was the same – more music, and the night after that, still more music – and singing! It suddenly felt possible, and quite natural to practice – like it was the very first time I’d ever really done it. I actually wanted to be in front of the keyboard, and missed it when I wasn’t. I felt unburdened. Is this what a genuine artistic practice feels like?

Weeks later, I still feel changed, as if every word that comes out of my mouth – singing or otherwise, could potentially be *my own*. Very strange, and very gratifying. I’m still doing music or vocal practice at least 2 hours everyday with none of the previous resistance. While it feels new and odd – and somewhat uncomfortable – it’s definitely real and lasting.

Self-Assessment:

Upon reflection, the shame, sadness and sense of loss was the “feeling bridge” that connected me to the core of this block. Each hidden, minimized memory from grammar school; each performance-related and self-esteem-related injury was a small, damaging table leg supporting a limiting conclusion (tabletop) that affected my ability to put myself forward artistically. Maybe some of these tabletops were “performance is humiliating” or “it’s not safe to be me” or “I have to pull my punches” – all beliefs that feel *way less true now*, but had until recently sabotaged my artistic endeavors.

The Apex Effect is quite present for me right now – in that I cannot recall precisely which events were the most pivotal (or how precisely I felt before the tapping). All I know now is that the whole process has been very profound and the results feel like a revelation.

Presenting Issue/Limitation: Not able to write or play music / enjoy a personal, artistic practice.

How true it felt before tapping (VOC scale): 8 After tapping: 2 or 3

Goal: To enjoy singing and to write more effortlessly and consistently, and develop an everyday, consistent personal artistic practice.

I am enjoying singing 100% more as a result of the tapping, and I am slowly, but surely, developing a more consistent, daily artistic practice, which includes writing. I probably spend at least an hour a day engaged in musical practice – writing, playing or singing.