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Emotional Freedom Techniques

in association with Karin Davidson's certification program

Dear J,

Thank you for the honor of allowing your colleagues and me the gift of observing your dynamic demonstration session in Level 3 EFT Training. Some of what I have to say here you probably already know, but I'm not making any assumptions. You have an unusually fluent and elegant way of directing a session with many positive qualities in your delivery.

Since this was an artificial situation, and you knew your client beforehand (having been in class with her for two days), there wasn't a huge need to establish rapport. You said that you were treating her as a new client, and it was good that you told her what to expect, however, had this been a "real" new client, she may have needed a little more introduction. I hope you would have taken more time to get to know her, asked some personal questions, and gotten a little more history. I would encourage you with real new clients to enter the session more slowly, asking about her prior experience with EFT, demonstrating the points, explaining what the two of you would be doing together.

One thing that both of us observed was that you were tapping on the "under eye" point off the side of the cheek, and down too low rather than on the bone right under the pupil. This is easily fixed by tapping with 4 fingers on the top of the cheekbone, but it is important, when teaching a client where the points are that you are accurate in your description. Gary describes it this way, "*On the bone, under the eye, about an inch below the pupil.*"

In terms of building rapport, your own sense of confidence, and your ease with note taking, supported by excellent eye contact gave you a good starting place. It was good that you addressed her nervousness about being in front of the group before getting into her issue. Using Gary's words, it is always a good idea to "take the edge off" if a client presents with anxiety or nervousness.

You built rapport very well by getting her centered in her body, getting her SUDS, asking her how she knew it was a 6. When she said that she “saw” a 6 you asked her if she could feel it, and where it was in her body. Once you got started, you changed from her word, “nervousness” to the word “fear”, which may have had a completely different meaning for her. I would encourage you to use the client’s own words whenever possible unless you are intentionally reframing. (Remember the Roger Callahan story about the little boy with encopresis. He tried using words like “mess my pants”, and “poop in my pants”, but was only able to achieve success when he used the boy’s words, “I shit my pants.”).

One of your colleagues noticed the wording in the set up, “I’d love to be able to accept myself right where I am.” which was a lovely preframe.

Although you did an excellent job of keeping the environment non-judgmental and safe, the transition of getting her through her nervousness and into her issue felt somewhat abrupt. Your greatest strength, the ability to keep the session flowing, is also where you tend to trip yourself up. I can’t stress enough how important *presence* is when you are working with a client, and it often felt like you were more focused on what you might say next than on what was happening for her. You also made some assumptions that may or may not have been true for your client.

“I don’t know how to handle it.”

“I feel too much.”

“I was told it was not okay to feel this way”

A little more history at the beginning might have given you the knowledge of whether these things were true, thus they would have come from the client herself rather than from your interpretation. Although I totally admire your fluency and your ability to keep the flow going, it seemed that you got off the track of her nervousness with such statements as:

“They paid the bills.”

“Some people are scared of water.”

Something about a midget

“Some people may be told they can’t sing.”

I commend you for checking in with her to see if these were true statements. Still, you were at the beginning of a session, not into her issue yet, and they really had nothing to do with her nervousness. When working with a person’s initial anxiety about the session you can *simplify*, and save your wonderful metaphors for when you are digging into the core issue. Once you got her to a zero on the nervousness, I would like to have seen you slow down a bit and test that she was truly at a zero.

You were very direct in deciding what to work on. You asked her what her issue was, and she told you she was scared of her intuition. You also did some very positive things with this:

- asking her what the consequences (the downside) would be if she did trust her intuition
- nice preframe asking her if there are people who can control it, leading her to the cognitive shift that controlling it is possible
- elegant use of metaphors to help with cognitive shifts, and then checking with her to see if they resonated
- good summary of cognitive shifts
- when you didn't understand something you asked her what she meant

Fear of intuition is a very global issue. Typically in EFT we would look for a specific origin – an event, or events that created that fear (the table legs in the table top) metaphor of Gary's. Perhaps that's when you shifted to Matrix Reimprinting, but I never heard you identify a specific incident. Karin said that your use of MR as a kind of clean up was well done, although you forgot to send it into the field.

In summary, J, you have an exceptional ability as an EFT practitioner to keep the session flowing. You might I want to suggest you consider the following:

- SLOW DOWN. Don't change your style, just slow it down. One of your colleagues put it this way, "very impressive EFT skills, but felt mechanical – like a barrage of commands."
- USE THE CLIENT'S OWN WORDS whenever possible, and when doing MR be sure that the information feedback is coming from the ECHO, not the client or yourself.
- CHECK THE "UNDER EYE" spot to be sure you are tapping on the right place.
- PRACTICE "PRESENCE" with the client, always being tuned in to where she is and what she is saying rather than thinking ahead to what you are going to say next.
- DON'T MAKE ASSUMPTIONS. Ask questions instead.
- KNOW WHEN TO CLOSE. Don't go into a new aspect ("I know when people are lying.") when you have gotten the original issue down. That's another session. I believe Karin stopped you here.
- BE VERY CAREFUL ABOUT GIVING ADVICE. It's usually not helpful.

You demonstrated good testing at the end. You went back to the client's original statement of "I'm afraid of my intuition." She told you she still had a little bit left. At this point you might have considered a mini-reversal ("Remaining fear of my intuition."). You could have gone back to the body sensation. Sometimes, if a person has never been at a zero they have no way of recognizing that they are there. You might have asked her, "How will you know, in your daily life, especially in the next few days, that this fear has been cleared." It's a good idea to use the last few minutes of a session to slow down, get the client centered in her body, and help her integrate the healing – for example, "Take the new knowing that, even though it wasn't safe when you were a child, it is safe now and send that message to every cell in your body." You did some lovely reframes here at the end telling her that it is a "beautiful gift" and directing her to the cognitive shift, "I don't have to respond the way I did as a little kid."

J, this was a masterful session, elegantly and confidently presented, and I offer my congratulations. I hope that these suggestions have been helpful. Feel free to call me if you have questions or wish clarification.

Most sincerely,
Nancy