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Aspects, Core Issues, and the "Anchor and Wander" Technique

Dear EFT Community,

In this article, EFT practitioner R. Leah Moon, who is also a naturopath and pastoral therapist, illustrates how she integrates EFT with the techniques of Active Listening and Mirroring along with a technique she developed called "Anchor and Wander," which was very helpful in honoring and at the same time grounding her client's rambling and ranting approach to ["Telling the Story."](#)

-Stephanie M

By R. Leah Moon

This first EFT session with Lily illustrates the fluidity and flexibility that creative EFT can provide for a client like Lily to feeling and responding to life. There is wisdom in all our clients that can flow from them once they have an internal organization that allows their information to the outside. Staying the course is important, even if you as a practitioner do not see your client's vision clearly. It is the client's internal process that deserves the full intent and respect until their "aha" moment arrives. It is important to honor their timing and need for internalization.

For this client, I found I needed a tapping approach that would allow me to more readily identify Core Issues and Aspects in her life. After some starts and stops, I developed two tools that worked while tapping to finesse the information needed for a successful EFT session.

- 1)Anchor and Wander:** First, I needed an anchor, a way to identify a point of reference to spring from and a place to return to as my client randomly combined and intertwined different times, events and emotions together in her statements. I identified an anchor and used it like a buoy in the water, as a reference, until there was enough information to tag it as a Core Issue or an Aspect, or to identify its relationship to them.
- 2)Toggle Algorithm:** Second and concurrently, I needed a way to create focus while precipitating directed responses. For that, I developed an algorithm of a gentle rather rapid conversational set of interactive prompts and responses: Short question/Client answer or new client statement/Repeat answer to client in question form/Client answer/Repeat with clarification request/Client answer/Clarification request. I continued to repeat the sets in varying combinations until clarity surfaced for a direction or a picture emerged. While this may sound cumbersome, it is not. It became a delightful revelation as I found a gold mine at the end of each Anchor and Wander/Toggle Algorithm.

After using the Anchor and Wander with the Toggle Algorithm once or twice, an energetic rhythm develops between client and practitioner. I observed our exchanges become a "flow space" that could be likened to participating in a group line dance. As the Toggle Algorithm pattern becomes

familiar to the client, it takes on a life of its own, morphing into a shared interactive tool. The client recognizes and joins in the energetic dance routine, “allowing” the process to provide answers they could not. The repetitive nature brings a generous space of openness and acceptance across the session too. This approach also served as a vehicle that allowed me to more accurately bring the nature of the session and the client’s voice to the case study.

For example, I chose and set an Anchor point from one of her early statements indicating she saw her first job in California as an event. It could have been an age, trauma, event, feeling or response. I followed her statements as she appeared to Wander while I kept an eye on and returned to the anchor: first job in California. I followed her across time, events, people and traumas until enough information was gathered using the Toggle Algorithm. This rapid sequence provocation supplied a picture of an Aspect, Core Issue, or a relationship to them. The Anchor and Wander technique held the space until I could ascertain her “real” first job, using the Toggle Algorithm.

This technique may support clients who have experienced so much abuse that they lack a starting point; who are confused about what they want to work on; who don’t have verbal skills; who are so emotionally stuffed they don’t know how to start; whose trauma is so great they need to be able to say whatever can come out; and some forms of autism in young children.

As a multimodality energy practitioner, I work in the quantum fields as a Morphic Field Catalyst. This kind of EFT session gives me the opportunity to “hold space on an event horizon” while tapping with my clients.

Core Issue Underlying the Presenting Issue

Much of the session with Lily was spent sorting through her timelines, people and jobs to gain a perspective. The process of sorting and defining revealed itself as a Core Issue itself. I realized “it” (the confusion of time, people and places) had a life of its own and as such was a hidden Core Issue, along with anger and child abuse. We sorted the Aspects: *she’s too old, other people lying have gotten her fired again and again, other people don’t believe me, keeping a job, I do screwed up things, I have to hide...*

How We Discovered and Handled Core Issues

As she tap-rambled, we focused on gathering her thoughts into patterns together. These energy sequences then formed into Aspects, which became Core Issues containing their own Aspects. This session with Lily appeared to provide her with a clearer picture from a longer view about her immediate life. This entire session was one giant opportunity of discovery for Lily. It provided her an opportunity to create her own mental continuum of what happened in her life. Together we sorted and laid the pieces out that looked like they went together on the table. I treated it as a giant jigsaw puzzle for which we needed to turn the pieces right side up while we were starting and in process. This session had a sense of launching or preparation for both of us. It felt like we had a mutual agreement to sit down together and turn the pieces over. We watched and noted each one. Neither of us expected to know what the picture was going to look like at this point. We were busy turning pieces over, dusting them off and noting their colors while wondering where they might go. My job was to create dividers where she might place the pieces of like kind for further work in the future, and to help her realize they were her pieces and her puzzle that we were working on at her table, by her choice. Lily indicated she came away from this session with a focus and grounding she had not felt before this. She would later find in her second session a new way of feeling and responding to life.

Background

Lily is in her 50s and the mother of two grown boys. She raised the two boys on her own without financial, social, or emotional help from the father. Lily was the middle child of nine children growing up. Her mother disappeared early in her childhood. She is now living on the California coast near the beach with her ex-husband, under extremely stressful circumstances. She feels frustrated and stuck. Lily is familiar with EFT. She is actively and keenly interested in all kinds of energy medicine.

She is on unemployment but manages to keep involved in and as much up-to-date with what is going on in the alternative health world as possible. Her ex-husband/partner has a computer she uses to do this. She has arranged to clean the floor of a local acupuncturist in exchange for weekly acupuncture treatments. She maintains a remarkable growth pattern of learning in alternative medicine despite her circumstances. She has sores on her legs and some parts of her arms, which she indicates are from a liver malfunction. I believe she has had hepatitis for some time, but our sessions did not include confirmation. She is taking a progressive supplement for her immune system. She works hard to find ways to medically support her body and health. Lily is quite articulate and has e-mailed notes to me about her observations of herself after our first session together in which we used another modality. This is our second appointment together and our first EFT session.

Presenting Issues

Lily has been fired from her last five jobs and doesn't know how she can get a job. She wants a job; she does not want to have to live under the jurisdiction of her ex-husband. She is highly motivated to figure out what the problem is so she can solve it, get a job and get on with her life. Lily would really like to understand what leaves her unable to get/keep jobs.

Active Listening/Mirroring/Questioning

I employed active listening with Lily on the phone throughout the session, using words such as: um, yes, okay, sure, oh ... It would be redundant for me to type them in text below at every juncture. Additionally, mirroring the end of statements back was an ongoing activity as Lily asked for that by checking in with me quite frequently. A number of times she needed more listening confirmation and asked me if I was listening or if I had heard her. This is also her established method of communication. She seeks to stay continually and directly linked to her conversant. Also questioning after each set of statements from her helped both of us stay centered toward a single event/timeline. Questioning became an important pivotal technique with this session, and I reflected that in my continuous toggle between client and practitioner entries below. The events she presented were quite mixed up with people, place and time. It took some careful listening and questioning to unwrap and unfold the story. This challenge became important; as I questioned and cleared people, timelines, and jobs, her mind appeared to clear as well. She would show this in her voice quieting and then repeating her discovery of putting it together.

Rambling/Ranting

Lily was unable to give me single sequential situations on any timeline. I chose to add the rambling technique to the session. She added much emotion and emphasis on her own, which might be thought of as a true "ranting" through the session.

Session Jump-off Point

We began mid-thought and mid-sentence right here:

Lily: If I got fired from my last five jobs, it's obvious it isn't them, it is me. I need a job and I don't even know what to do about getting a job. How am I gonna get a job? That's how I feel. How am I gonna get a job? There's so many people out there looking for a job and if you have any bad stuff, how am I gonna get a job? That's probably the main thing.

Practitioner: (I check in with her to make sure she has water nearby her as we talk.) Tell me why you think you got fired from the job. When is the first time you remember getting fired? Go back as far as you can.

Lily: I can't think, I can't remember.

Practitioner: Okay, when was the first job you got fired from since you have been in California?

Lily: It was from a job on the west side of California. It was attitude. I have attitude. I am angry [Core Issue]. I am in the position I have to be here with Jim, my ex-husband. I was sick and I thought I was

dying and that's why I came down here. And I really couldn't get a job in Indianapolis, before I came here, because there are more people and they were hiring all the young people. I guess we could go there [for session] when I was working in a home delivery shop. I had worked there. I was the only driver all summer. I worked there every day, and they weren't that busy because the college students were gone. The owner of the home delivery shop gave my job to some young boy he liked that was 21, 22, or 23. The boy just walked in a week or so before Christmas, and he gave him my job. I said, what the . . . are you doing? I mean I was so mad. Initially I was so shocked and wondered what . . . are you doing, Tony? I worked for you the whole summer every day as the only driver, because, you know, the college kids make a whole bunch of money and then don't show up the next day.

Practitioner: Uh-huh. (to let her know I am listening)

Lily: He gave him my job the week before Christmas and I was counting on the extra tips before Christmas and you are going to give that to some boy?

Practitioner: Did he fire you?

Lily: No, I quit. (laughter)

Practitioner: Did he fire you? Did he keep you on too?

Lily: No, he wanted to put me on days and get rid of the girl that was working on days. We are not that busy during the day. Sometimes we have regulars that order over and over again. That was screwing me over because I had been delivering to some of the same people for over a year. The regular people. And here just before Christmas and you are going to give my job to someone who has just walked in.

Practitioner: Did you tell him if he was putting you on days that you were quitting?

Lily: No, I didn't, I accepted the job. Then I thought about it and he was screwing both of us, the day person too. He was going to fire her four days before Christmas and all that goes with that... Then I couldn't find a job in Indianapolis and then I came down here and I thought I could get a job because everyone is older. But now I am running into the same thing. The first job I had I was so angry about ending up down here with Jim that I didn't want to be here. I had a job. I got a really good job when I first came down here. I didn't tell him about it because he would have took all the money.

I started client tapping on KC point from here through the rest of the session. I checked in and went over the points several times over the next few minutes to clarify that she was on the right area. She was going to have her computer up with the points to look at but she couldn't get it running. I explained to her to continue tapping as she talked to me. I stopped and explained the technique and referred to Steve Wells and explained a little more. She was happy and interested to hear. I reminded her if she got tired to change sides and could tap around as we talked. She was very happy with the suggestion, as she was pleased to let me know she knew the points. I reminded her to tap as we started the story. I checked in a few times while she told the story to see if she was still tapping. She was always pleased with herself for remembering, as well as impatient that I checked in.)

Tell the Story with Continual Tapping, Rambling, Setups with Reframes

Lily: I told him I had a job that...I didn't because he would take the money. I went there [the mall] to apply for one job and ended up getting another job. Let me go back to something else. When I came down here... He insisted I get a job, helping me get a job, he took me out to help me get a job. I had got a job—no, I went through the whole process of going through the physical, drug test and all that stuff. They were going to give me a job or they would not have put me through all that stuff. The job was at night from 11–7.

The client was erratic, stopping, starting sentences, jumping topics and timelines and people. I have copied it down as she told it to me. I listened carefully to and for my client who had not been listened

to much in her life. This kind of listening can jumpstart the healing process and may open an important door for the client to step through. I knew the scattered information would all coalesce eventually. I found “**Telling the Story**” the best way to start work with Lily. It was the closest I could come to getting sequential statements that made sense. In a way it ultimately became delightful, like a giant jigsaw puzzle that began to have edges and corners and then take form. I found myself drawn toward and anticipating what the picture was going to look like because I didn’t have the picture on the box to look at. One of the delights hidden in the EFT forest. I found myself resonating with her ramblings and I noticed that in my writing up this case I took on some of it myself. I notice that with each client my writing style changes in response to spending time with them. After a period of time it returns back to my own voice.

Practitioner: “Which job is this?”

Lily: At a nursing home with Alzheimer patients. They said at night, because it would be easier because they would have their pills and be sleeping. I was going to be their attendant.

This section is somewhat edited. Client jumped repeatedly from half sentences describing a job to another time and place. I just waited and watched and re-asked as the pieces fell out and slowly into place.

Practitioner: Was this after the mall job? Was this just when you got to California?

Lily: Yes, that was the first job I could have gotten was at the nursing home.

Practitioner: And you didn’t take it?

Lily: Yes, he didn’t want me to take it. He said I didn’t bring you down here to sleep alone at nights. And I wanted it [the job]. I wouldn’t have to be with him. I would be working, making money, gone at night and I said to myself—yeah! I didn’t have to be with him all night. I could be working and they were giving me a bonus for working nights!

I checked in to see if she was tapping. Yes, but on an area of her hand not near KC—it still works somehow. We went over KC point several times until she was sure that she had it. I also used this as a break to give the tapping a little time to settle in. She reminded me she had watched the videos. I took this opportunity to explain a little more about the meridians and how it worked. Since she was receiving regular acupuncture treatments each week, I told her that continual tapping was like an acupuncture treatment that was aligning her energies. She said that she was now feeling it (energy) run down her from KC point.

Practitioner: So you didn’t take this night shift that was a wonderful job because of Jim?

Lily: Yeah, because I came down here to California and I didn’t know my way around and he said he wasn’t going to take me and I said I would find another way and he said no you won’t and I ended up getting another job over here at Great Wellness. Great Wellness is a health food store. That job was wonderful because I...that’s what I am interested in and that’s what I am into. I would have been happy with that job except that it was only part time. Well 28 to 30 hours. Whatever they could give me without making me full time. I didn’t really want that job because it wouldn’t have afforded me the opportunity to get out of here even though I had an interest in it. I did like the job and I would have kept it but I got into it with that one girl that was there. She lied and that has happened to me a lot. They lie and they believe the liar. And that’s just about what has happened to me in almost every job. It always comes down to me and someone else. They believe the other one. As I see it they like them more and they’re more acceptable socially or something that they would believe them. As I see it the truth is stranger than fiction. And that is why I have lost every job almost over life.

Practitioner: So you never did tell me what your first job was. You said you never did tell Jim which job it was.

Lily: First I had a job at Great Wellness, see I only worked there for a month. And then another thing about that job that he, they were struggling and sometimes I worked 12, 14 hours a day in my first

month. In fact, my second day there I was there alone and I didn't know anything.

Practitioner: Why did you quit that job?

Lily: I got into an argument with the girl and she lied and they made me.

Practitioner: What was your second job?

Lily: The second one was at the mall that I didn't tell Jim about because I didn't want him to take the money.

Practitioner: Which one was that? What was the job you got at the mall?

Lily: That was the second one. It was at a little bar after you go through the main mall entrance. The only people down there are the people who don't want to eat at the food court. It was a bar with some food. I made tips and I only got paid \$5.50 an hour but with tips averaged \$90 a day.

Practitioner: (Acknowledge her job and asked her if it was full time and how long she worked the mall bar job.)

Lily: I only worked it about a month.

Practitioner: What happened?

Lily: The reason is what happened, anyway. I went to the mall to apply for a job at the sport shop, I can't think of the name. Jim likes sports, and he liked me having that job.

Practitioner: That is job three?

Lily: I didn't have that job. I didn't go apply for that job at the mall because I knew I could make more money at the job at the bar and I went there first.

Practitioner: Tell me what happened with the job at the bar? Are you still tapping? What happened to that job? That was good money.

Lily: I'm telling you I was supposed to go get that job at the sport store. I told him...I didn't tell him I got the job at the bar. I told him I was working at the sport store. I knew if he knew I was making the kind of money I was making he would take it all. And so I didn't want him to know how much I was making and I told him I got the job at the sport store. That was around Easter. One day I finally told him I don't work at the sports store, I work at the bar.

Practitioner: How long after you started was that? When did you tell him you weren't working at the sports store?

Lily: Not long, I'm not good at keeping up a facade.

Practitioner :Tell me, what happened with the bar job?

Lily: I took a drink on Thanksgiving. I had a drink and you were not allowed to drink. There was no one there. It was Thanksgiving. There were no big special events going on. There was no one there. All of them had already gone out. And it was Thanksgiving and it was my birthday and I wasn't working the next day. And I took a drink and the other girl that was working with me told on me and I got fired.

Practitioner: And you had that job about a month?

Lily: Yeah, about a month.

I reviewed the sore spot and tapping sequence, asked her how she was doing it over the phone, and checked to see if she found sore spot so we could start.

Setup: Even though I have had all these jobs, and I don't understand what happened, something

always happened with these jobs, I am still really a good person.

Test: Does that feel good to you?

Lily: I would like to say that I am still a good employee.

Practitioner/Setup: Even though I have had all these jobs, and I don't know quite what happened at each one, I'm still a really good employee (Lily changed to) "I would still make a good employee."

Even though I have had all these jobs, I would still make a good employee, really good employee.

Round

Led Lily through points, checked to see if she is on speaker or holding phone. "All these jobs" Helping her find each point and repeating "All these jobs." I had her cross her arms to reach under arm as I find this a comforting hold for many people.

Lily: What about the wrist?

Practitioner: We can do wrist, we can do it all different ways.

It was obvious she had studied the videos on her own and wanted to put the wrist point in there. At this point I felt confident that she really knew what she was doing and told her to tap on through the sequences as we talked.

Practitioner/Test: I didn't ask earlier but I put your beginning job frustration at a 10?

Lily: Oh yeah, it's a 10. Right now I am on unemployment and I might get one more check or two and then it's done. Okay, go ahead.

Practitioner: As you think about all these jobs you've had— [Lily interrupts]

Aspect Shift/Cognitive Shift

Lily: I do some ___ up things on the job. In my opinion, they are not that bad. Never mind, go ahead.

Practitioner: (confirming listening) No, go ahead, I'm listening.

Lily: Well I just...you know, I don't think I'm like, you know, it wasn't anything like that would cause whoever I was working to, to be harmed in any way. I just do some screwed up things. Crazy stuff.

Practitioner: If you were to look at this and see these jobs—look down these jobs. If you were to think about what was going on in your life with these last five jobs, it seems to me that Jim was the main factor in it. You were judging the job by him. One job you didn't take because he didn't want you to and that was the one you wanted.

Setup with Reframe and Story Telling with Continual Tapping

Sore spot: Even though I never quite get the job I want, even if it's because of Jim (Test and client agrees), the other people lying, or if I get it, me breaking a rule (Client: or me doing something stupid.), I can still really be a good employee (Client adds: I can still work and do a good job).

Setup continued: Even though Jim and other people, and even I, get in the way of getting the job I really want, I'm still really employable.

Practitioner/Test: You can say that with emphasis, "I'm really employable." You feel that way, don't you?

Lily: (loudly confirming) YES, YES, I do, I do.

Practitioner: You can say that really loudly. (I illustrate with elevated voice) I'm still really employable!!!

Lily: (happily and enthusiastically repeats in a loud songlike voice) I'm still really employable.

Setup/KC: Even though I never get and can keep the job I want...

Lily: Even though I don't get or keep the jobs I need or want...

Practitioner: And I'm not quite sure why yet, I'm open to the possibility of finding out.

Lily: (added with thoroughly loud voice!) And I AM, I'm open to the possibility of finding out or we wouldn't be talking about it.

I advised Lily to feel free to go ahead and change setups and ramblings, how it suited her emotions.

Setup/Reframe: Even though I never quite get or keep the job I want—

Lily: (stops setup to give information) The thing is what if I don't get hired, how am I going to get hired, what am I going to put down on my resume, what am I going to put down on an application?

Practitioner Setup/Reframe continued: Even though I feel blocked from applying for jobs because of my history, because I don't know what to put down on my application, I'm still really employable and I can get and keep a good job.

Even though there are all these things in my way and I'm really stymied about what to put on that application, I know I am really employable and can keep a good job.

Practitioner/Round: Stymied about the application, stymied about the application, stymied about that application, that application, that damn application.

Lily: I'm done, I went through everything tapping seven times each.

Practitioner: If you were to think about that application now, how do you feel, do you feel better than before?

Lily: No. Can I tell you about a story? I was applying off Craigslist and it said no resume or application needed. I talked to a guy on phone and after him and I talked about it and had a conversation he said, I don't think it will work out. You live too far away, it's 40 miles from here to job. But, listen, the job was working at one of them booths they put up at Farmer's Market on weekends. Especially, down here now because it is warm.

Practitioner: Lily, are you tapping now?

Lily: No, sorry, tapping now, tapping now, tapping on Karate Point

(She was delightful in her desire to do "this.")

Lily: I only had to go up there two days. I wanted that job. I tried to think of ways, so it was a job way up there, 40 miles I had to go to pick up the stuff. And then I had to come back, but he said I lived too far away. He said there is one in a first town and one in another town, is what he was looking for. He does the one in first town while I would be doing the one in second town. But the second day I would be doing the other one. So I would be making two to four trips up there. But the job paid \$1000, \$1000, and the job paid 20% of sales. He said the average sales in first town are between \$2500 and \$4500.

Practitioner: But you didn't have a car?

Lily: No, I didn't have a car. So he said...and I said to myself, Oh my God, I'm going to get a new job! I don't have to fill out an application. It would be selling organic health care products. Wanted someone familiar—that me—when we were talking, he could tell that I was educated, I was educated. And then I went and met him. He said come down to the farmer's market when he is closing up so he could meet me. So I went down there a little while and hung around and seen what he did and he talked to me, but then I knew he wasn't going to give me the job. But as far as I know

he hasn't hired anybody yet. I just have this sense he is not going to give me the job in the first town for sure. But he said he could just give me the job in the Winter Fair—but you know, you don't make that much in the Winter Fair. So I would be lucky to make \$100/day at the Winter Fair because the sales are so low there.

Practitioner: What happened to the job at the Winter Fair?

Lily: Well, it's the same job. It's just that different places they go.

Practitioner: He hasn't hired anybody yet including you?

Lily: Well, he is looking at a couple of people for the first town job. He pretty much said I lived too far away.

Practitioner: That was mechanical; it was far away.

Lily: (very excited and stated the following with emphasis) Well, it was just for the weekend, I wouldn't mind making four trips up to first job. I don't mind traveling if I am making \$1000/day. Of course that is the kind of money I want! And that is the kind of money I need to be able to afford to get out of here. Or am I just supposed to learn how to live with Jim?

Lily: (very excited) Are you listening? Do you hear me? Are you still there?

Practitioner: Yes, I am thinking about it. Are you still tapping? (Lily says yes, the KC point.) Sometimes it is just like a big box of tangled Christmas tree lights when we start looking at what is going on in life. And you and I have picked up this big box of Christmas tree lights and we are looking at them and we're untangling them and we're tapping.

Lily: Yeah, and I am tapping the KC point, right?

Practitioner: Yes, and you know the points and you can tap around as you want with whatever is comfortable since you know the points.

Lily: Yeah, because I have been using them.

Practitioner: Okay, go ahead and tap around with whatever feels good to you while you are telling me.

Lily: So this is what I am hoping, that I can find a job like that job where they don't really care about an application or a resume. Because I don't look good on a resume or application and I'm sorry, I don't think there is anything that is going to fix that. It is going to have to be someone who knows me or knows somebody who knows me or somebody who needs me and they will just give me a job on personal reference. That is how it's going to have to be.

Closing

This first session with Lily was a little different in closing. The successful "sorting and looking at" was our focus. Staying the course is important, even if you as a practitioner do not see your client's vision clearly. It is the client's internal process that deserves the full intent and respect until their "aha" moment arrives. It is important to honor their timing and need for internalization. The power of this session was not revealed until the follow-up session in which her tapping rounds revealed her inner feelings and knowingness that left her with revelations and peace she had not dreamed of.

Practitioner: You have given me a lot to work with here. Next time we can work with your frustration around being stuck living with Jim, being financially stuck there. We can work with the job issues and what happens to these jobs. It would be good to start on these and do another session right away. I remind her about the free videos and to use her continual tapping method. Lily indicated she came away from this session with a focus and grounding she had not felt before this. She would later find, in her second session, a new way of feeling and responding to life.

Session Summary

Rapport at the beginning of the session and making the client comfortable in the clinical/formal setting. Lily's session was done by phone. She indicated in a pre-session conversation that she was comfortable with the session being recorded and gave permission for me to use it as a case study. She called me on a prearranged conference number that provides the opportunity to record conversations. We also discussed the nature of EFT on the phone and she indicated she had familiarity with the process. Initially, at the beginning of the session, she forgot we were going to do EFT. She thought we were going to do another modality and said she would have thought about it more if she had known. She seemed concerned and I explained to her that we were in no rush and we could take a few minutes together to look around and see what she would like to work on. I let her know that it was up to her. I briefly went over the nature of EFT and why we had decided on that previously for this session. I left the door open for her to choose either way. After a pause she decided she wanted to proceed, she said she definitely had something to work on/with, she relaxed, and we were on our way. Her initial tension appeared to be about not having a focus quick enough and, once that was dissipated, she was full of enthusiasm.

Explaining what to expect. I sent her several tapping point pictures via e-mail. I told her to choose the one that appealed to her and that she liked best. I also sent her two different sets of links to the videos on EFTUniverse.com, which she watched. In the previous phone conversation I explained energy in the body and how it can get disrupted. She said she was familiar with EFT. When we came to a new tapping algorithm, I stopped and talked with her about it. We discussed the nature of energy in the body and where the meridians surface and a little about removing the zzzt.

Confidentiality and Informed Consent. Confidentiality is always confirmed at the beginning as a matter of course. As a naturopath and multimodality practitioner, I have an extensive Informed Consent form that is read and signed prior to the first session. Also, as a pastoral therapist, my clients have signed an agreement that confers "Confessional" status protection in preparation for the first session. I talk with them until I see a sign they are in a comfort zone, confident, and ready to move on. This became especially significant for Lily during the session. She stopped me and indicated that since she was protected, she had something she wanted to say or tell me. She said, "Wait a minute, let me tell one thing since we are 'confessional' here," indicating she felt free to discuss what was apparently very confidential with her.

Demonstrate Presence with the Client. Practitioner/Active Listening/Mirroring/Questioning. Practitioner acknowledged active listening with Lily on the phone throughout the session. I used words: um, yes, okay, sure, oh. Additionally, mirroring the end of statements back was an ongoing activity as Lily asked for that by checking in with me quite frequently. A number of times she needed more and asked me if I heard her. This is also her established method of communication. She seeks to stay continually and directly linked to me throughout the session.

Introducing new technique and what would happen. Because this was Lily's first EFT session I took time to describe the points through the first several rounds until she indicated to me she understood. This first session gave her an opportunity to apply what she had been studying and doing on her own in a formal session with a practitioner. She was quick to describe what she was feeling as she felt changes in her body and sometimes quite dramatic changes in her thinking process. She questioned the value of leaving the present and going to an earlier time in her life. I explained that we were looking for the energy disruptions and they were probably the cause. She agreed that her current situation was not responsible for what was happening now.

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