

Transform your life today with an EFT workshop!



EFTUniverse.com

Get Your **FREE**
60-Page EFT Tapping
Mini-Manual

Get a **FREE** 60 Page EFT
Tapping Mini-Manual

You will get instant access to the EFT Mini Manual download and the Weekly Health Report with valuable EFT Tapping info and you agree to the terms of use and privacy policy.

EFT Essentials

Getting Started Free
About EFT and This Site
Learn EFT
EFT Books
Free EFT Videos
EFT Certification & Training
Find a Practitioner
Scientific Research

Using EFT For:

Choose a topic

Find 5,000+ EFT Articles Here...

Search our Site



Bessel Van der Kolk
Professor of Psychiatry, Boston University School of Medicine
"EP techniques and procedures can bring about remarkably rapid changes in the way people feel."



Free EFT Newsletter EFT Resources EFT Training EFT Media Languages

Parent Category: English

EFT Techniques to Identify Well-Hidden Core Issues

Dear EFT Community,

Expert EFT practitioner R. Leah Moon gives a detailed account of a single EFT client session that illustrates two techniques she developed called the *Anchor and Wander Technique* and the *Toggle Algorithm*, which help identify core issues and aspects in the midst of client rambling.

-Stephanie M



By **R. Leah Moon**, ThM, BCND, EFT EXP-2

The session covered in this article illustrates how the deep foundational nature of EFT can support a client's unfolding life story, even in the most unusual circumstances; how EFT's powerful core issue and aspect tools are so critical to the client's progress; how the "writing on our walls" can color the rest of our lives; and how creative modular EFT can support and fit almost any session situation.

Lily's less than idyllic childhood was fraught with dysfunctional relationships that led her down a lifetime of dead ends until tapping with EFT.

Watch for the big life-changing "aha" for Lily at the end of the session. She experiences a new peace and internal worth with clarification about authority, her father, and God. Lily gains a sense of balance and place from which she can now take action.

Practitioner observation: 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.

Background: This is our second EFT session. The first session was a great expedition into the time and space of Lily's life. Lily is approximately 58. She has two grown sons. She has two younger sisters, two younger brothers, three older sisters, and one older brother, for a total of nine children in her family growing up.

Lily's mother was not present in her childhood.

I do not know the full story and it didn't present itself except for a quick reference she made about her mother. Lily reveals in this session that she was given a lot of responsibility very young. When she was 12, her father had her take over the household and care for the other five siblings left at home, plus her father.

Lily's father held a steady job as a foreman in the local factory. Lily is currently very unhappy with her inability to support herself and feels stuck. She must share her living quarters with an ex-spouse from long ago until she is financially independent.

I believe she is without additional vocational training beyond high school. Lily is quick, open, interested, and delightfully challenges whatever does not make sense to her or appears inconsistent as we move through our session.

Note: Lily has grown on me and enriched my life. I'm glad she allowed me to record her and share her life with others as a case study.

Presenting Issues: Lily is frustrated with being financially stuck living with her ex-husband. She needs a job to support herself so she can leave and live on her own.

She appears to have lifelong issues with getting a job, holding on to it, and the people at the workplace. She says she is ready right now to figure out what her blocks have been with getting and keeping a job.

Phone Session

Practitioner comment: Inspired by my client's positive responses and success during our first session, I continued in our second session to use the same creative EFT blend that I dubbed Anchor and Wander with the Toggle Algorithm method (definitions and example of these methods are at the end of this case study).

Anchor and Wander is a listening and questioning technique that served as our auditory anchor for focus and reinforcement.

It allowed me to interact with her in a continuous fashion that created comfort for her and as well as an anticipated format she could relate to while moving her through her stories. The two methods combined developed a cadence of their own that became our path to gather and cohere information from her life.

Techniques: Rambling/Ranting, Mirroring, Anchor and Wander, Toggle Algorithm

In this second session, Lily jumped in mid thought with what was on her mind. This is typical Lily. We never did establish a linear set of events in her life and it did not stop us from finding the core issues.

Test: It seems to me your greatest frustration is having to live with Jim?

Client: Well yes, absolutely yes.

Practitioner: And you're seeking to get these jobs so you can get away from Jim?

Client: Correct.

Practitioner: Let's do some tapping now.

Client: Wait a minute, let me tell one thing since we are confessional here.

Practitioner: This statement by her indicates to me how important it was to explain confidentiality at the beginning of the session.

Client: One thing I wanted to tell is when he did mention about the job at the bar instead of the sport store at the mall—What do you think he said? He wanted my money. Yes, all of it. I said to him, you...he picked me up every day because he knew I had all that cash, so he would know how much cash. He stood at the table and pounded like this [rapping noise] with his hand out for all the money and I said, you...I was going to keep all the tips and give you the paycheck. Because I was making \$5.50 an hour. I wanted to just give him the paycheck that was a couple of hundred dollars every couple of weeks.

Practitioner: What did you do? Did you give him all the money?

Client: No, I lost the job before it got too far anyway.

Practitioner: How long were you married to Jim before?

Client: Not very long, we lived together a while and married three years and then separated and divorced.

Practitioner: How long ago was this?

Client: Thirty years ago.

Practitioner: Why did you marry Jim to begin with?

Client: Bad something from the Righteous Right?

Practitioner: How did you meet Jim?

Client: In a bar.

Practitioner: What was relationship based on?

Client: Sex, sex, sex, sex, a long time ago when I was young and hot and I could give a...

Practitioner: And you just came to live with him how long ago?

Client: Seven years ago.

Practitioner: What did you do in between—have contact with Jim?

Client: Occasionally

Practitioner: And you didn't have any kids with him?

Client: No.

Practitioner: I am thinking this goes back further than Jim. Jim is just in the present right now, I am looking for the core issue we can work on right now that will really help you.

Client: What does this have to do with jobs? Does this have anything to do with jobs?

Practitioner: Yes, it does, it does, directly.

Client: Alright, you want to know what I think? Okay, I have always had this problem for years and years. It's nothing new. Like you said, Jim doesn't have anything to do with this. I am not blaming Jim for the fact that I can't get a job or don't have one. So yeah, I know it's not him. If you want to go back to where I think it all started?

Practitioner: Yes I do.

Client: I don't, sometimes I wonder if I really want to know because I might have to admit that I have a flaw or something.

Practitioner: What that might mean is there might be a fear there. There might be a reason you really don't want to know. It might be threatening or if you did know you might be able to fix it and there is something called secondary gains involved too. Like ____ is on disability and if they get a job they will lose that money coming in. What is it you think is going on? That is really important.

Client: When I was 16. I had my first job and my dad made me quit and I really loved that job. I was working in a burger shop and I was a waitress and I was only 16 and I had my own money. I could buy my own clothes and I could get what I wanted [tears]. There were nine kids there and it's not like I could get what I wanted ever, ever, ever. And I know I was bad at that job because I was only 16.

Practitioner: Why did he make you quit?

Client: The burger shop was a hangout for teenagers. And they closed at one in morning and after we had to clean the burger shop and wipe down the walls and tables and booths and jukebox there and we stayed there a lot of times and partied after work.

Practitioner: And that is why he wanted you to quit?

Client: Yeah, because I would come home late, like 3:30/4:00 in the morning.

Practitioner: Okay, here with each job you had, you knew there were rules. You knew you were coming home too late?

Client: Well I didn't do it every day.

Practitioner: Maybe your father was scared for you to be out so late?

Client: I had a boyfriend who walked me home every night. But my father didn't like him.

Practitioner: So you knew that this was a bad combination even at 16?

Client: Yeah. So we are going to go back even further.

Are you tapping?

Client: Yes.

Hidden Core Issue

Practitioner: You knew your father would make you quit coming home so late?

Client: Well that wasn't the only reason I came home late. It was because I was the—my mom was already out of the picture. So, I was the housekeeper, I was it, the chief cook and bottle washer. I was it, I had to cook every day. I was 12 years old and I did everything. I had to clean the house and cook supper. I was it. And he [father] said I couldn't work and take care of the house. Who was going to do it if I was at work?

Practitioner: Was your father working?

Client: Yes, he was a foreman at local factory.

Practitioner: So that was your job and he didn't want you to have another job. Where are you on the one to nine birth order?

Client: middle. I am five either way. Three girls older and one boy and two boys younger and two girls younger. The reason I took over is because the older sisters moved out.

Practitioner: So you were the next in line?

Client: yes, yes, I was the next in line as a girl.

Practitioner: This is making so much sense. This has everything to do with you and jobs.

Cognitive Shift/Aspects/New Core Issues

Client: My brother older than me by a year did nothing. He did nothing at all ever. He did not have to clean, do the dishes, he did not have to do anything because he was a boy, an older boy. Not only, but my dad gave him money when he went out. When I was older and had a license, and I had friends and I used the car and I picked up the friends I had to get money from them to put gas in the car. But when my brother went out, he would give him money. He would also give him money to pay for his girlfriend to go out and everything else.

He did nothing in the house, not one thing. And now when I am thinking about it and we are talking about and everything that is the exact relationship I have with Jim right now. He does

nothing in the house, nothing. He does give me money, but that is the exact same thing. Boy, I have seen it before, but I can't seem to feel it. Even though I have seen it before because that is how he treats me because I am the housekeeper and I am supposed to take care of the food in the house.

I know I haven't told you this, I told..., but this is confessional so, I hate when he expects me to put his lunch together while he lays on that bed in there watching TV from the minute he wakes up. He'll watch it for however long before he goes to work, two and a half hours. And then he will instruct me on how to make his lunch and what to put in it. You know what? I don't do this. If you want lunch, you can put it together yourself. I make the food, I'm not putting it together for you. What do you want me to do, eat it for you too?

Practitioner: Rub the sore spot. Let's go in this door. Are you on your sore spot?

Client: Yes, I was rubbing the sore spot all the time I was telling you this.

Practitioner: You are doing your own therapy here. You can finish these sentences and change them as we go because I am feeling my way as I open this door and look in. I see Lily there with Jim now and Lily there with her father.

Practitioner Setup with Reframe and Cognitive Shifts: ***Even though I think I married my father...***

Client: no.

Practitioner (changing setup): Even though I'm angry...

Client: Wait a minute, can I take it a step further? Well, here's the thing. I think this is what God wants. And then he is the father too.

Practitioner: Do you think that is what God wants?

Client: Yeah, I think he wants me to take care of the house, take care of Jim, and not work and not be independent. And here I am living in an Amish, Mennonite neighborhood, see. Being a subservant woman and being brought up Catholic is the same thing. They have the same attitudes, the same doctrines, and the same beliefs. So I think God doesn't want me to have a job—because if he did, why don't I have one [laughter].

Practitioner Test: So you really think that God does not want you to have a job?

Client: Well, the reason I say that is because my dad didn't want me to and Jim doesn't want me to and their both authority figures and God must not want me to either.

Practitioner Setup/Reframe/Cognitive Shifts: Even though I think that probably God might not want me to have a job because Dad did not want me to have a job, and Jim didn't want me to have a job...

Client added: To be independent, they want me to work and have jobs they just don't want me to have jobs and be independent, Jim wants me to get a job.

Practitioner Setup/Reframe: Even though I want to be independent, it looks like God, Dad, and Jim do not want me to be and I still think I am a really good person and I think that I still want to be independent myself.

Client inserts and finishes: I have fear.

New Core Issues/Aspects

Client: I do have fear because the time between now and 20 years ago or however long of not being with him. I was a single parent and after my kids grew up and moved out and I was alone, I

was scared. Sometimes guys would watch me. They even told me that they didn't see a man hanging around and sometimes I would be afraid being alone.

Practitioner Setup with Reframes

Even though God, Dad, Jim, and I don't want me to be independent...

Even though God, Dad, Jim, and me don't want me to be independent, I really do want to be independent but I'm afraid.

Even though God, Dad, and Jim don't want me to be independent, I really do want to be independent.

Client adds: *Even though I have fears.*

Practitioner: Even though I have these fears of being independent because it's scary, I have been there before [reminder to keep tapping], I know what it is like to be alone and that's scary.

Client adds: It doesn't bother me either, being alone other than being scary.

Practitioner Round cont'd: So the only thing I am really afraid of in being independent is the scary part.

Client adds: ...is the security part.

Client: You know Jim's job has to do with security, he just bought a gun. So it definitely is a security issue.

Practitioner/Rounds

Fear and security repeated,

I'm afraid and I am insecure,

This fear and insecurity,

I'm afraid that I won't be secure and that makes me insecure.

Practitioner Round cont'd: This insecurity; this fear; this insecurity; I am afraid and insecure; this fear; this insecurity; it's scary to be out on your own; fust of being out on your own is fear; the cost of staying with Jim is like living with my dad; It's like being 16 all over again; I wasn't treated well at 16; I was 16 years old; and my father gave the boys money and they didn't have to do anything; I didn't get money; when I went out, my friends had to give me money to put in the gas tank; this 16-year-old girl; her father made her quit, because she had a job at home; all her older sisters moved out and left her with the job and her father made her quit the job that paid her money; he may have been terrified; here he was, a man with nine kids.

Client: Well, there was only six of us then.

Practitioner Round cont'd: Well, with six kids living at home. And he was all alone. And he didn't know what to do. Even a woman with six kids, it would be hard all alone.

Test: Laughter and agreement. Practitioner: How many kids did you have?

Client: Two.

Practitioner Round cont'd: Even a woman with two kids all alone is scary. And my father had six kids left at home and he was scared.

My goodness, what does a man do with nine kids? [Laughter] Nine kids and no wife.

Client: How's he going to get a wife with nine kids? [Laughter]

Practitioner round cont'd: That's true. So my father was really stuck. He had big problems. Big, big problems. I found it scary and difficult with two kids. And he had nine kids with three just leaving and that left six.

Client corrects time line: I was 16, that was when I was 12 years old.

Practitioner: And at 12 years old, I had to take over the household of seven people. And do everything.

Testing: Client agrees heartily.

Practitioner Rounds cont'd: And, I wasn't appreciated; nobody noticed; I had to; I was 12 years old and I didn't have any choice; I was cooking cleaning doing everything; I was very capable, very competent; I took a huge responsibility at 12 years old; I was really capable and my father knew it and so he handed me this big job that even a grown woman could do nor a grown man, he didn't know how to do it.

So he handed it to me; I am really special and competent; Geez, I could be 12, go to school, and be a mom to everyone else; but no one paid me; my father was so paralyzed, he must have been paralyzed; what is a man to do that has to work full time; what's a man to do that has six kids left at home; what's a woman to do that has six kids left at home and working fulltime?

So I must have really been terrific at 12 years old; but he was so swamped he couldn't even notice; the only thing he could do was identify with the boys; he didn't have a damn clue how to identify with me; so he identified with the boys and he did the best he could; Even though I wanted him to do better. I wanted to be noticed because I worked really hard.

Client: That's not true [last statement of, I wanted to be noticed].

Practitioner: Okay, tell me, didn't you want him to praise you?

Client: NO.

Practitioner: Or say you are doing a terrific job?

Client: NO.

Practitioner: Or to thank you?

Client: NO.

New Hidden Core Issue and Aspects

Client: What I really wanted was some MONEY, I wanted some MONEY. That would have spoken that he appreciated me, that he cared, that he knew that I was important or even an allowance of \$25 a week—back then that was a lot of money. I only made \$50 a week at the clothes shop and that was only part time.

That's what I wanted so I wouldn't have to beg my friends [teary] for money or my dad. He should have paid me. Practitioner is enthused and excited here to see this focus come.

Setup/Rounds Practitioner Rounds cont'd: Even though my father didn't know what to do, he didn't have a damned idea how to meet my needs. I needed money, it was really simple, I just needed money.

Client said in loud voice: I told him, I told him.

Practitioner Round cont'd: But he still gave it to the boys.

Client: Because he was a boy.

Practitioner Round cont'd: And he didn't give it to me.

Client: And I did all the work.

Practitioner Round cont'd (repeating): I did all the work. And you did all the work and he didn't give the money to me. He didn't give the money [tapping all around]. He gave it to the boys, but he didn't give me money, the boys, he gave it to the boys.

Client yelling: He did nothing!!!

New Hidden Issue and Aspects

Client: He dropped out of school, he dropped out of school, four months before graduation he dropped out of school and laid in the bed all day depressed. And I told him he was...depressed because he didn't do anything. He didn't have to do anything [teary].

Round Practitioner tapping cont'd: My brother didn't have to do anything. Tim didn't have to do anything and I had to do everything. And Tim got the money. Life's not fair [future tapping—we have enough to do in this session]. Tim got the money and when I was 16, I went to work so I could get the things I needed.

Client: Yeah, so I could get the things I needed, so I didn't have to beg, borrow, and steal.

Practitioner tapping cont'd: I was really smart, I knew enough to go get a job, I recognized early on that begging, borrowing, and stealing wasn't the way to start life. But my dad didn't see it that way. He didn't have the capacity, just like Tim.

Client: What about it?

Practitioner Rounds cont'd: Tim didn't have the capacity and he quit school and your dad didn't have the capacity.

Reframe Lands

Client: Yeah, no, you are right, he didn't have the capacity either.

Practitioner: These damned males in my life, these damned males in my life, and God may be one of them, because Dad, Jim, and Tim are all males and now I am wondering if God is one too? Dad, Jim, and Tim all acted as if they had God's wisdom.

Client: They all acted as if they were God.

Practitioner Round cont'd: Okay, they all acted as if they were God, and now I am confused because these men are confusing me about authority.

Client: I am confused about authority. I am confused about authority because I had it and didn't want it. It was forced on me.

Practitioner: Oh, wait, no, you had responsibility that gave you authority. It's the responsibility that no 12- year-old should have.

Client: You're right, I should have known or I know that now.

Practitioner: Oh, that is why we are tapping to find these things out.

Setup/Reframe/ Cognitive Shift/Round: Even though I had all this responsibility that was way too much for a 12-year-old and I had to keep it because the authorities in my life said so. It was Dad then and it's Jim now, and now I think authority figures are God.

Client noted some parallels and shifts but lost them and then wanted to find out how all this was helping her now, then didn't want to interrupt and told me to go on.

Practitioner (stopping to explain what was happening): All these jobs over the years, in my opinion, is a response to what happened earlier in your life. You're still responding, in my opinion, to what happened earlier in your life. So, why are we doing that? We are going back and finding out why you are reacting like that because you told me yourself you had this pattern going on with the jobs.

So we are going back to the core, clean that out, and fill it up so you will have the opportunity to stop responding independent of Jim. We are trying to empower you independent of Jim. Does that make sense to you? You are probably still responding to Jim. Your dad was an authority figure, you loved him, you didn't have a choice, he didn't give you things, and it seems to me that that became a theme.

He said you belonged at home because [are you tapping?] he needed you at home. He was working out of fear and not knowing what to do with all the kids. And the only thing he knew to do was grab you as the next in line, a 12-year-old and give you all that responsibility. Well, you were very strong and capable and at 16 you went out and got a job.

That threatened his whole safe structure and that is why you had to quit the job and that's why he said you have to do this. Instead of handing it down to the next girl.

Client: That's what I said too, why can't she do it? I did it at her age, she was four years younger than me at 16 and she was 12. I said, why can't she do it? That's when it started.

Practitioner (conversation while tapping): Lily, I keep telling you that you were really smart, that at 12 you were really smart. You met these responsibilities without choice. Your father told you, you had to do it. Your father, your brother—an authority and therefore he got unearned male privileges, and he even got to quit school and still got the money. And you still didn't get recognized, even though you needed it.

Practitioner Setup: Even though my father didn't meet my needs, and I really needed money. I was really smart back then.

Client: And I learned how to steal.

New Core Issue

Practitioner Setup cont'd: And because I didn't have anything, I learned how to steal, I got really tired of working hard and not having anything so I stole something.

Client: Yeah, I did.

Test: Is that a true statement?

Client: Yeah, it is. Me and my girlfriend, we went out shoplifting. Yeah it was fun. Oh, when I was 16.

Round cont'd: So, at sixteen I saw the writing on the walls. My father wrote on my walls.

Client: I am starting to feel better. I am starting to feel clearer.

Practitioner: Lily, we are doing really good, there is so much in there. We are getting there.

Round cont'd: So my father wrote on my walls. He wrote that I was a girl and I had to do all the work

New Cognitive/Aspect

Client (with great enthusiasm and revelation changes this to): therefore I was not equal.

Practitioner: Ah, beautiful realization.

Client: I wasn't equal to him. Jim says the same things. You should hear him talk. Oh, the things he says about women when he is pissed off.

Practitioner: Follow me on this. Even though my father had a lot of problems, I still deeply and completely love and accept who I am. Even though my father had a lot of problems...

Test: Is that right? Client: Well, yeah, I guess, I don't know what he thought about.

Practitioner: Well, he had a lot of problems the way he thought around women?

Client: Not my Dad, but Jim feels that way. You know we didn't finish the story the other day. You know my mom beat him [father] up.

Practitioner Setup/Round: Even though my mom and dad had a lot of problems, they weren't my problems. That's their relationship. I was a little girl. I don't have to sort and sift out their relationship. That was their life. I don't have to live their lives. That was their job. And it was their own inside job that they did with each other. I don't have to sort and sift to say who did what. Because that was their life. That was their own inside job with each other. Not my job, mmm mmm [after each statement, Client adds a sounds that means and affirms she agrees and I repeat it with her].

Not my job—mmm mmm, not my job—mmm mmm, their job—mmm mmm, I don't even have to know about it, mmm mmm. It was their life. I was a little girl and whatever they did was theirs.

Timeframe Shift/Aspect Shift

Client: But I am not a little girl, I am big.

Practitioner: But now I am big, and I can choose my own life.

Client: But now I am big and I can choose my own life, but obviously [loudly] I can't because I wouldn't be stuck here with Jim!

Practitioner conversation: That is what we are working on Lily. If we go back and get hold of these issues and release them, then you have a strong base to build on. Go with me on this for a minute, as I have seen this unfold in a positive way before. Just go with me.

Practitioner Round cont'd: My mom and dad had a lot of problems and emotional issues. I don't have to carry their issues with me. I can let their issues go. [Now changing tapping with her, I discuss where the thymus is and explain how to find it and tap a circle around it three inches out.]

Client: Oh, oh, I feel that all through my body.

Practitioner: [I explain how powerful and wonderful this tapping area is.]

Client: Oh, oh, I can really feel it in my whole body and in my organs and everything.

Practitioner: It's wonderful, isn't it wonderful, there are other spots too. Now tap around and say: I don't have to carry their life inside of me. I don't have to finish their life for them. I don't have to go on responding to my dad as though I am 12 or 16 years old. I am an adult. And I don't have to respond to Jim, he's not my dad, although I get confused because he is an authority figure.

Client: Why is he an authority figure? Because he is a man?

Practitioner (discussion): You told me that. I am just telling you what you told me that earlier. I think you have changed [possible aspect resolution in that she doesn't remember it now].

Tapping cont'd: I can be my own authority figure. Even though we've got a lot done today, I know we can't get it all done. We've got a great start going and...

Test: Tell me if this is true? I got a lot of good insights into what is happening?

Client: I already had them insights. You made it clearer, that is what it is, you know which ones are true. You made it clearer as far as what we did and I know which ones are true and which ones aren't or if any of them are true.

Practitioner (discussion beginning with mirroring): Which ones are true and which ones aren't true. Okay, I think that is what we have been doing today. You have been telling me this story that started out with the job and we kept tapping, you kept telling me. I kept saying let's go back, back, back, trying to figure out where and what does this remind you of? What does it mean? What was going on in your life? And we find out that you got a job at 12 years old that didn't pay. [Client corrects me for a moment until she figures out quickly what I said.]

You got a big, big job at 12 because your father was doing the best he knew how, but it wasn't good enough for you and he didn't meet your needs by giving you money and that led to stealing. [Agreement.] You were one of nine kids and by the time you got to 16 you wanted something. It is natural as a girl of 16 to want something. We want little things for ourselves. [Agreement.] We are 16, we are girls. So you worked hard from 12 to 16. You are smart, you got out, YOU got that job. [Agreement.] But when you got that job, that is when the conflict started. You upset your father's perception of what he wanted in his life.

So he made you adhere to the writing on his walls and he started writing on your walls. So your brother wrote on your walls, he wrote, look, I don't have to do anything and I get money. Your father wrote on your walls saying you're not equal and you can't work two jobs. He was not going to let you work two jobs, the one at home and the one at the clothes store. So a lot got written on your walls that you are responding to. These are your walls and they are what you access. That is your resource to go and look in and you go and consult those writings on your walls to see what is going on.

Client (almost a wailing sound over and over): The walls, Oh My Gosh, the walls, the walls, Oh My Gosh, the walls, the walls are walling me in. The walls, the walls are walling me in. I never thought of them as walls. I know what walls are. I know what the walls are.

Practitioner: We are going to go in there and find the writing on these walls and release it so you can find your own natural space. [Lily was having incredible insights into her life at this point.]

Client: Okay because I am ready to do that now in my life. Because I've had it, I've had it up to here and I don't know what else to do. And it isn't like I haven't had it before. But at least now I feel like I have... coming out. I have power, I have authority, I don't have any money but I have power and authority and I feel like I can include it and I am not going to let things block me...I'm still fighting the...[boxes?] I am not going to let it because I don't want to live my old rest of my old life here under these conditions. I don't want to die, I don't want to die and get old like I lived my young life. I end up being exactly like I was when I was a young kid. Please, tell me that is not true.

Practitioner: Well, you have some of the same issue as I do and many other people do. Many people don't have an idyllic childhood and they sure don't want to finish their lives in the same place they grew up in or feeling the way they did then. Most of us have something to unravel. If it is not a difficult childhood, it could be a trauma, an accident, loss of a brother or sister—all sorts of events, situations, and people affect us.

Certainly, one of the reasons practitioners are drawn to energy work is to understand their own lives and bring peace and understanding to it. [Agreement.] To learn how to release it and grow on [I know how hard she is studying and against such odds]. So, getting mad at Jim right now or stomping...I think the best thing is to go back and clear out these balled-up energies, these disruptions in our systems.

We have memories that cause a zzzt, like a disruption in our electrical system, and then we have emotions in response to that. The memories cause the zzzt and the zzzt then causes the emotions. It is the best way I know how to fix the energy distortions that underlie our life. It is a way to free up energy so we can go on to realize our greatest potential.

Client: Okay, I am ready to hang up now. Yeah, I feel a whole lot better. I feel a whole lot clearer. I feel lighter, that is the only way I can describe.

Session End: Client says she may e-mail her thoughts to me like before. No new appointment made at this time.

Update: Lily sent me the most wonderful thank you and update saying her life had shifted and she had gained a sense of internal worth and being she had not experienced before. The intensity about her life has begun to recede and she feels she is in a more balanced place from which she can take action.

Summary of Session Notes

Establishing Rapport and Making Client Comfortable in Clinical/Formal Setting

This was our second phone session and Lily had a good level of comfort and even impatience to get started. She was aware of and agreed to call the conference number to record the session so I could use it as a case study.

I reviewed what we did the previous session and reminded her of what we decided at the end of last session to begin with now. I waited until she was ready to begin. She affirmed our direction and we were off, at her quick insistence.

Explaining What to Expect

Lilly had previously received tapping pictures by e-mail and links for videos. I said I had some new tapping points I thought she would enjoy. I indicated I would explain them to her when we came to the tapping points in the session.

She was confident and in agreement that that was fine with her.

I feel each EFT session is like a hunting expedition. My clients and I have great fun looking for what is around the corner. Part of our fun is the surprises during each session that include new tapping points or the re-use of a favorite one. I believe my client's catch my enthusiasm and also see each session as an adventure.

Confidentiality, Informed Consent, and Client Feeling Safe

I re-explained the "confessional" status I work under and reminded her that I do not discuss the information with anyone else. We go over this at the beginning of each session.

I wait until I see a sign that the client is in a comfort zone, confident, and ready to move on. As in our first session together, Lily took note of the confidentiality explanation and, by sharing a private story, reflected that she felt safe during that session.

The "confessional" status became especially significant again for Lily when she stopped to call it out before explaining an important situation that she felt uncomfortable about. She made a reference that she was from a religion that used confessionals and asked me if I was from that religion.

It became a side banter between us and probably a way she reminds herself she is safe.

Demonstrating Presence with the Client: Active Listening, Questioning, and Mirroring

Practitioner mirroring and questions following each of Lily's statements helped both of us stay centered on a single event or time line. Questioning became an important pivotal technique with this

session.

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. That challenge became important. As I questioned and cleared people, time lines, 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.

Additionally, mirroring the end of statements was an ongoing activity that Lily clearly needed. She checked in frequently, mirroring me. A number of times she needed more support as she spoke and stopped to ask if I had heard her.

This is also her established method of communication. She seeks to stay continually and directly linked to her conversant.

New Techniques and What to Expect

Lily became especially enthusiastic when she saw the results she experienced after following me through new techniques. I love to tap around the thymus and generally save that for stuck points. The first time I told her about the thymus and how it was special and brought clarity to issues, she just loved it. She felt it in her body and was so excited. It was a delightful space for both of us.

Core Issues Underlying the Presenting issue

Not acknowledged. No childhood. No mother, too much responsibility too young. Not allowed money, not equal to men, authority figures, scared, independence, never got paid for what she did, stealing.

Discovering and Handling Core Issues

We discovered these while testing, telling the story, rambling, and active listening. They revealed themselves, like peeling an onion layer by layer, within a time frame of people, places, and events.

Closure Procedure

We tapped around the thymus using a Setup format and adding positive installations acknowledging that though we did a lot, we did not get it all done, adding in some of what we did and our intentions toward unraveling more on the next session. We then reviewed the session together.

I went down the list of where we started through to where we are now, including a good next space suggestion. Lily then added her thoughts to what I did not mention or what was important to her.

As we sat together looking back from where we had started just an hour ago, it was our reward to see the progress we made, as though we were taking a victory lap together. I went through the list several times. Lily seemed to be taking it in the first time and participating and internalizing the second time through.

In this session, my closure became a set of rounds, discussions, and revelations that were interesting and brought us to a good space where she was ready to end.

Anchor and Wander Technique & Toggle Algorithm:

Two Special Tapping Techniques for Lilly with Definitions & Examples

For this client, I found I needed a tapping approach that would allow me more readily to 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 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 w Clarification Request; Client Answer; Clarification Request.

Continue to repeat in varying combinations until clarity surfaces or a direction or picture emerges. While this sounds cumbersome at first, it is not. It became a delightful revelation as I found a gold mine at the end of each Anchor and Wander/Toggle Algorithm.

Bonus: After using the Anchor and Wonder with the Toggle Algorithm once or twice, an energetic rhythm developed between the client and the 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 serves as a vehicle that allowed me to more accurately bring the nature of the session and the client's voice to the case study. Certainly we have the Heisenberg effect here too.

Example: I chose and set an Anchor point from one of Lily's early statements in our first session indicating she saw her first job in California as an event. It could have been an age, trauma, event, a 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; or whose trauma is so great they need to be able to say whatever can come out. It may also support some forms of autism in young children.

Added Value: As an energy medicine practitioner, these kinds of sessions give me the opportunity to hold space for my client's growth while they tap and move along their own healing continuum.

Remember: 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.

Like Share 0

Tweet 0

g+1 0

Share

Add comment

EFTUniverse.com has a thriving EFT support community and actively encourages commenting on the site. We are dedicated to the EFT community and strive to maintain a respectful,

engaging and informative conversation about EFT. Towards that end, we have general guidelines for commenting, thus all comments are moderated before going live. Moderation can take up to 48 hours. If your comments consistently or intentionally make this site a less civil and enjoyable place to be, your comments will be excluded.

Website

1500 symbols left

☐ Notify me of follow-up comments

Send

JComments

- **Affiliates:** [Login / Sign up](#) / [Trusted Partners](#)
- **EFT Practitioners:** [Login / Tapping forum](#)
- **Contact:** [Support / Mailing Addresses](#)
- [Submit Stories / Policies & Procedures](#)
- [Discussion Groups / Copyright Notice](#)

- [EFT for Weight Loss](#)
- [Pain Management](#)
- [Children's Issues](#)
- [Sports Performance](#)
- [Relationships](#)

- [Panic & Anxiety](#)
- [Depression](#)
- [Addictions](#)
- [Eating Disorders](#)
- [Abundance](#)

Note: This content assumes you have a working knowledge of EFT. Newcomers can still learn from it but are advised to get our [Free EFT Get Started Package](#) or our [EFT Books and EFT Trainings](#) for a more complete understanding. For more, read our [EFT Info](#) and [Disclaimer Document](#).

Disclaimer: The entire contents of this site and related sites do not provide medical or psychological advice, diagnosis, therapy, or treatment. EFT (Emotional Freedom Techniques or "tapping") is not intended to diagnose or treat any particular individual or condition. Do not use any information whatsoever on this site without consulting your licensed medical and mental health professional first. By remaining on this site you agree to the [Disclaimer](#), [Terms of Service](#) and [Privacy Policy](#), and [Copyright Statement](#).

[↑ Top](#)