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EFT Helps Accident Trauma

Dear EFT Community,

R Leah Moon, EFT INT-1 shares her work with a client who was suffering from accident trauma and how an aspect surfaced at the end of the session that reveals some serious family issues that did not present themselves in the beginning. A classic EFT case study with freeing results that open a new door to discovering deep family issues.

-Stephanie M

By [R Leah Moon, EFT INT-1](#)

Client History:

[Rose](#) is a delightful friendly woman who is nearly 65 and widowed within the last two years. She is a previous client using other energy modalities with me.

She has recently retired. She is physically active with her little grandson being central to her life. He spends much time visiting and staying at her home. Rose shares her home with her equally warm and friendly sister. They are a very close family. The sister, Marie, and her grown daughter are all close and dedicated to the grandson. They are a beautiful example of extended family from a culture that counts that as all important. Timmy, the grandson, fills their life.

They all take great joy in buying for him, although not excessively. Rose's son, Mark, which is Timmy's father, has just moved into his own home after buying a house several blocks away. Marie slept at her daughter's house while Rose's son, Mark and his child lived there for some months waiting on his house to become available. Marie was delighted to sleep at her daughters to help out her sister's son and spend her days at Rose's.

This is unquestionably a close, supportive and loving set of sisters and extended family.

Rose has legal issues pending as her husband's death appears to have been a series of classic medical blunders leading to an untimely death. She has a strong faith and an open mind to the world. Her observations reflect thoughtfulness and interest in the world around her.

I believe she was a florist for most of her life. She enjoys the plants at her new home that is less than a year old. She indicates she likes her new home and living in the city. She previously lived in the country when her husband was alive. She states she is happy in her home and this part of town.

Presenting Issue: Accident

Rose was hit by a van while she was pulled all the way off the side of the road (as a safety precaution) while she looked for her sunglasses. She is a careful and cautious driver. In Florida, the sun is blindingly bright on the horizon and there is a part of the day that is difficult to drive in even with sunglasses to help. She is now afraid when she stops in her car at a light or anywhere else that someone will come from behind and hit her. She is always looking in the rearview mirror to see if anyone is coming up behind her and is nervous each times she stops.

Session

First part of the session is spent showing Rose how to tap with EFT, helping her feel comfortable and finding the method of tapping she is most comfortable with. I asked permission to touch her when I wanted to illustrate the tapping points on her body. I explained the spleen point and gave some information about how the points were connected in acupuncture since she exhibited an interest to understand this and enjoyed learning about it. I explained about my favorite points and how she could follow me when I varied from the basics. "Don't expect to remember it all – don't even try, just follow me." I introduced the gamut point without eye sequence and humming for right now. I used the original EFT founder's "Ham Sandwich" wording.

Constricted Breathing Let's practice it, follow me. Take a deep breath . . . I then have the client decide whether they like 1 as the most open breath or 10. Rose chose 10 as the most open. SUDS 7

Practitioner Note

I tapped along with her the entire session.

Round #1/Setup

I re-introduce the KC point again as we begin. Even though I have this constricted breathing, I deeply and completely love and accept myself. Check in to make sure love and accept myself feels good to her – which she is very clear it is just fine.

Tapping “This constricted breathing” Check to see if she likes to use one or both hands in the round, help her find the side of the nail, help with following along and coordinating as she initially had a learning curve to put it all together.

Client Rapport

I nodded at each of her tapping points as she looked for approval initially. Test: New deep breaths, how does that feel? SUDS 9 Round #2 We did another round for practice and to gain comfort with the process.

Setup:

Even though I still have some of this constricted breathing, I deeply and completely love and accept myself. Tapping “Remaining Constricted Breathing”

Test:

Deep breath, how does it feel? Oh, I think it feels a little better, I would say it is a 10. SUDS 10

Client Rapport/Discussion/Preparation for new technique

Now that the client is relaxed and she has seen how this works and to allow a small processing time, I chose to introduce the full gamut with a “follow me”. We relaxed and had fun practicing this. Rose enjoyed learning about the right and left brain and commented how she had read that humming was supposed to be very good for you.

Practitioner

“So that is the ham of the sandwich . . . and when we do this you won't wonder what on earth I am doing. It's fun, especially when we have a whole room of people doing this. This is just a wonderful technique!”

We were both enthused and looking forward to starting the accident issue she wanted to work with.

Practitioner Note.

I thought I would use the Movie Technique but there was an intuitive feeling I gained from watching Rose's reactions to life that I should use the Tell the Story

Practitioner

When did the accident occur? Client “Maybe three years.”

Technique Explanation

I explained that I wanted her to start her story from just before the accident happened. I told her that if she felt anything come up, I wanted her to stop and we would do a round. I also explained that a lot of people tough it out thinking that's what they are supposed to do, but that's not our goal. The minute she felt any changes she was to let me know so we could stop and tap to reduce the SUDS.

Presenting Issue

Accident

Tell the Story

I was on my way to work, I had just left the house. There was a bit of traffic and the sun was so bad, really, really, bad that I couldn't see anything-and I was on the outside lane. I decided to pull over to see if I could find my sunglasses. I found a spot and I pulled way over. There were a few other cars pulling over too. I don't remember if I found my glasses. I thought if I stay here just a couple of minutes the sun is going to move and I can get back and take off.

I waited two minutes and all of a sudden I saw this car coming. So . . . I saw this van coming - it was far- it came from a little dirt road and I thought, Oh My Gosh, I thought someone is coming over here to help me. I don't know why I thought that but I did . . . I had my blinker and seat belt on and thought I would get back on the road but decided to wait for the van to pass.

Test

What are your emotions now?

SUDS 4

Discussion

I explained this is where we want to stop and tap. The minute you feel something you want to stop. What about that? Was it the van?

Aspect

Van coming toward her

Mirroring was used throughout session.

Client

The van was coming and I said Oh My Gosh, it's not going to stop!

Round/Setup

Even though I saw this navy blue van I realized he wasn't going to stop. And, "Uh Oh" – I still deeply and completely love and accept myself.

Even though I saw this "Uh Oh" blue van, I deeply and completely love and . . .

Test

It was an "Uh Oh" blue van?

Client

Yes Tapping "This "Uh Oh" Blue Van Test Is that what you want to call it? = Yes Round This "Uh Oh" Blue Van . . . Changed to Blue Van, Blue Van, ...

Test Deep Breath, As you think about that blue van on a 1-10 SUDS 2 Practitioner We're going to do a trick here – this is fun.

I explained the 6 second eye roll.

6 Second Eye Roll

This remaining 2 Test Take a deep breath, how does that feel about the van? Rose It's not bothering me anymore.

Discussion

Client is surprised, relaxed and positive, even having some fun. I want a processing minute for her. I describe to her how we will now go through the accident and take the charge off each of the incidents or emotions or people in the accident. Each of these charges all add up to the accident and we take them one by one. I explained table tops, and legs being incidents that happened in the accident as well as the forest and tree example. Several clients have indicated they do not like the image of chopping down trees.

So, I also gave her an alternative of a cage and taking the bars off until one can step out of the cage (from Rue Hass). I knew she would identify with one of the examples.

Tell the Story Cont'd

Start again, you were driving along and what? Client stops me and says, "Am I supposed to be doing karate chop point?" She was pleased and I was too that we were well launched and on our way to a successful EFT session. She tells the story from beginning until she says the blue van hit her.

Test

How do you feel right now?

Client/strong>

I'm okay I'm not angry anymore.

SUDS 1

Tell the Story Cont'd

She starts story again. "Oh No, I knew he was going to hit me." She is concerned she did not have her foot on the brake and she may have moved forward or not.

Client

There was ditch and cement that I didn't hit but I was pretty close. I was jerking back and forth.

Test

How are you now about the jerking back and forth.

Client

I'm doing good SUDS 1

Client

So finally I said he's not going to stop. He went up about 100 yards. He continued on ahead of me, he had a little girl, about 10 years old with him.

Finally he came back and said, "Are you okay, are you okay?" Well I don't know if I am okay or not?

Test

Where are you now? Are you about a 4? Client Yeah SUDS 4

Practitioner

And what part is that? Is it seeing him up ahead – not knowing if he is stopping?

Client

Right, that he had stopped up ahead of me . . . but he came running back to see if I was okay. I decided to get out and see about my car, how bad it was. When I turned around, the truck was right behind me in my seat. The whole back was pushed right there behind my seat.

New Aspects Surface: scared, van moving ahead of her after it hit her, not knowing if it was stopping, sat alone

Round/Setup

Even though I saw the van what . . . ? Client finished = “Kept moving” Even though the van kept moving and I didn’t know if he was going to stop or not and it scared me, he just hit me and it scared me – I deeply and completely still love and accept myself.

Even though the van looked like it was going to keep going, and I didn’t know if it was going to stop – I still love and accept myself.

Tapping Round

The van kept going, I was scared, he just hit me, I didn’t know if he was going to stop, that van kept going. It kept going, it drove ahead of me –and there I sat. Not knowing if I was hurt...that van..., that van, it kept going, I didn’t know if I was hurt. I was scared, I didn’t know what happened, and he drove ahead and there I sat alone.

Test

True?

Client Nods head yes

Tapping ending in Full Gamut

That van, that van, ahead of me, I sat back there alone, that van, that van, that van, I sat alone. Tapping that van, I didn’t know if he was going to stop.

That van, that van, that van. Test Deep breath, You were pulled over, the sun was in your eyes and you saw this van and all of a sudden that van hit you. How are you? SUDS 1

Practitioner

Then he drove ahead?

Client

Well he stayed there and asked me how I was, he said –“Mam, I didn’t see you at all” (my car is silver) “ didn’t see you at all”. He had to have seen me. He was talking on his phone. I know he was talking on his phone coming. Because when I saw him coming, his head was stuck out the window looking at the traffic.

Practitioner

How are you at him looking out the window?

New Aspect

Driver looking out window other way as he hit her SUDS - about a 3

Client

Oh my God he can’t see me. But . . . then I got out of the car . . . I saw my car and I said, Oh My Gosh and right away I began to feel my body start to shake. And, I had to get back in and sit down. So I got back in the car and sat down and somebody saw and called the ambulance and they came and took my blood pressure and it was 229 over 210 or something. And they ask me if I was okay and I said yah I think I’m okay. They said no you’re not okay you’re gonna have to go to the hospital. And I said, No I don’t want to go to the hospital. I got out of the car but I felt kind of weak and he says it’s because of your blood pressure is going sky high. We can’t leave you, you have to go because your BP is so high.

More Accident Aspects Continue to Surface

Seeing her car when she got out, body shaking, ambulance, blood pressure taken, being told she had to go to hospital . . .

Test

Where are you right now? SUDS 3

Round/Setup

Even though he said he didn’t see me, I what?

Client finishes- “I ... Practitioner Did that upset you that he didn’t see you

Client

No

Practitioner Note on Testing

Client has changed aspects and is no longer upset about the van and seeing it coming. Each time she starts the story the first part of it becomes shorter and much less detail – indicating to me the charge is down or gone and she has changed aspects.

Client

Well I was kind of scared.

Aspect

Scared

New Setup

Even though I was scared I still deeply and completely love and accept myself.

Even though I was scared, I deeply and completely accept myself.

Practitioner

I tell her she may change the setup however she wants that it feels good. If you have words that feel better, change it. She understands completely and feels free throughout remainder of session to re-word according to her feelings.

New Setup

Even though I was scared I thought I was going to be okay.

Even though I was scared, I thought it was going to be okay . . . maybe.

Tapping Scared, scared, scared . . .

Test

How do you feel when you think about scared?

Client

I'm not scared. I feel good SUD 1 or less

Practitioner

Let's start with the story again. Tell me again, you were driving and the sun was in your eyes... Client quickly goes through story and this time she says she thought he was going to ask if she needed help when he drove toward her.

Practitioner

How to you feel about thinking he was going to stop and help you?

Client

Well it kind of makes me feel like a fool. New Aspect Fool Setup Even though it kind of made me feel like a fool, I'm really a good person. (I remind client she can change these words and she does as follows)

Even though it kind of made me feel like a fool I am a good person and I don't care.

Even though it kind of made me feel like a fool and I didn't know what he was going to do, I am a good person. Tapping "Felt like a fool".....Fool, fool, fool, I didn't know what he was going to do. I felt like a fool.

Test Feedback

Client laughs with tapping

Practitioner led Tapping/Cognitive Shift/Reframes

I don't know why, doesn't matter, it was his problem (lots of laughter and agreement that it was his problem as he was the one that hit her.) he's the one that hit me, it wasn't my problem, it was his deal. Maybe he was the fool. I didn't need to feel like a fool. I just needed to know what he was going to do. It was his problem. I think he was a fool.

Test

Is that true

Client

Yah

Test

Deep breaths, tune in

Client

I feel good!

New Aspect

Client launches into the next part of the story with the ambulance taking her to hospital.

Client & New Aspect

They send me a citation and he didn't have a driver's license or insurance. And I got the citation.

Practitioner Setup with Reframe and Tapping

Even though it looks like he really was the fool- (laughter) he didn't have a driver's license or insurance, maybe he was the fool and I love myself.

Even though he was probably the fool, this man didn't have a driver's license (client adds or insurance) and I was worried about being the fool.

This man hit me and I'm still a wonderful person. I'm sure not a fool. He hit me and he didn't have any registration, driver's license or anything.

This fool man, this uninsured man (laughter) and I thought I was the fool. He didn't have anything. He probably didn't know how to drive. He hit me. I didn't hit him. I was stopped. He was driving. Not me, this fool man.

Test/Pause

Deep breath

Client

Laughter, this is fun, I'm a 1 a 0, laughter SUDS 0

Practitioner

This ambulance driver - as they are going pump, pump, pump, and you are 229 over 210 go ahead and get into it – do you have a charge on this one, does it scare you.

Client

Well it scared me because the ambulance driver said - I had to go - I could have a stroke and I needed oxygen.

TEST where are you on that? SUDS 3

Client/New Aspect Surfaces

"Not fear, my head felt funny. I felt funny going over to hospital, my neck and back hurt. They couldn't get it down and they did x-rays."

Setup with Reframe

Even though I didn't want to go to the hospital, I really didn't want to go to the hospital, who wants to go to the hospital . . .but I was smart enough to let them take me.

Even though I didn't want to go to the hospital I was smart enough to let them take me. I'm not a doctor and they knew what I needed.

Even though I didn't want to go to that dang hospital I was smart enough to let them take me

Practitioner led Tapping & Testing

That hospital, didn't want to go, didn't want to go to that hospital. That might mean there's something really wrong. I am going to the hospital in an ambulance that's scary. I had to go to the hospital and even though I knew to go that meant something was wrong with me. And 5 minutes ago I was just fine. I was driving in the car. I was being so careful I pulled over. And because I pulled over I got hit. So here I was being careful, ever so careful, I stopped the car. I hunted for my sunglasses and this man hit me. Now I am on my way to the hospital (laughter) and there could be something wrong with me. All these people are helping me and that is scary. Five minutes ago nothing was wrong. All of a sudden this van is in the back of my car and he drove on for a minute. He didn't even know to know to come back or stop right away. So here I am in the ambulance going to the hospital. Golly I could be hurt. My BP is up, I have an oxygen mask on and I'm in this ambulance and I'm going to the hospital. Oh my, going to the hospital, going to the hospital, going to the hospital, going to the hospital, going to the hospital. Test Deep breath and client says she feels good. I ask her if she had any charge on this picturing going to the hospital, BP, oxygen, x-rays.

Client looks real calm, eyes are relaxes and she has a gentle smile.

Practitioner Discussion/Pause

I discussed my recent accident as it parallels her experience.

Client tells me more about being at the hospital and airbags not going off.....nice conversation

Practitioner

So you went to hospital – what happened?

Client

They watched me and my BP went down to 154/90 SUDS 0 after querying her about all aspects.

Practitioner

I got us both water explaining how important it is and processing and discussed how she will process for a day or two afterwards and to drink water.

Client tells me about an article she read about some kinds of points and how it helps. Do you have any charge on being at the hospital? Who came?

Client says she called family and also knew her husband could not be woken because he had taken medication. Called son and told him she was in accident. She could not get husband on phone. Her brother-in-law and sister-in-law came right away to accident. Brother-in-law came to accident and would not get near her.

Aspect that becomes a Core Issue

Brother-in-law would not come near her.

Test

Where are you about your brother-in-law? SUDS 10 Client spent a good many minutes telling me.

Practitioner Setup/Tapping

Even though Tommy, my brother-in-law stood far away from me, and I am angry. (Repeat) way far away and I didn't understand why and that makes me angry... I'm still a wonderful person. Even that Tommy, my brother-in-law stood oh so far away –he wouldn't come near me. I was upset because I didn't know why and I deeply and completely love and accept myself. That Tommy, my brother-in-law stood so far away when I was in this accident. I didn't understand why. That Tommy, stood so far away and I didn't know why.

Practitioner/ Cognitive Shift

Do you think he was scared? Client He looked angry, maybe that was a man's reaction. I should have asked him and I never did.

New Aspect

Tommy angry Setup

Even though I never asked Tommy why he looked angry, I still deeply love and accept myself.

Even though I never got around to asking Tommy why he looked so angry - maybe I bothered him, maybe he is just a man and that is the only way he could show fear was through anger. Test Is that right? = yes Tapping My brother in law, Tommy , I love him. Test Do you love him?

Client Sometimes. He's family and he looked irritated. I was afraid he was angry at me because I bothered him Test Mirroring previous statement Client It bothered me Tapping Round It bothered me how he looked, I was in this accident and I couldn't figure out why he was looking this way. This Tommy thing, this Tommy thing, this strange Tommy thing. Maybe it was strange. Maybe it wasn't strange. Maybe it was just being a man.

Practitioner Reframe

Maybe he was trained so he couldn't show fear or concern. I don't know what the men in your family are like.

Tapping Round

So this Tommy, for whatever reason, this man, I really wanted him to be concerned for me and he just stood way far away from me and I didn't know why. I was afraid I had irritated him

Tapping/Install Positives/Cognitive shifts/Reframes

Maybe I can be kinder to myself and not blame me. I wasn't the one looking angry. He was looking angry. I just wanted somebody to help me and comfort me because I had just been in an accident. And I don't know why Tommy did what he did but he did- because Tommy is Tommy - and for whatever reason, male history, family, Tommy is Tommy he didn't have the capacity. He could have cared a whole lot and been afraid to show me. Test Do you think that is possible?

Client It could be Tapping Round

I'm open to that possibility. This crazy Tommy. These men . . . who knows why. I wanted help. I really didn't care about his history. I wanted to be supported. I had been in an accident. This crazy Tommy. I am open to the possibility of letting this Tommy go because it is taking energy and I don't know why he did that and maybe I want to spend my energy in life on something else. And I can just let that go. I am open to that possibility. Test Is that true?

Client= yes

Tapping Round

I am open to that possibility. This Tommy thing. It is over. And I don't know. I don't have to know. I'm a really good person. I'm a loving person, I'm a kind person, and I'm a really good person. And this Tommy thing can just slide on away.

Test Deep Breath –

Client has begun to do this at the end of each round on her own and look to feel. SUDS 0

Testing

I tested around different aspect of accident. And, she told the store easily one last time laughing and she said she thought the story was funny! She repeatedly said she thought it was funny. Her face glowed and her eyes were quiet. We reviewed all the aspect and she chuckled as she added her comments in. Even I was surprised.

Closure/New Issue Surfacing

Just when everything was zeroed out, Rose launched into an extended story about her husband dying and her brother-in-law's reaction. Rather than stop her, which would have been difficult, I picked up a blank session note sheet and began listing issues and aspects as she talked. When she slowed down and she had told her story, I held up my "new" session notes and said I have this all down so we can work on this the next session. I told her that I thought her brother in law deserves his own session which was met with much laughter and agreement. Right now, I said, I want to make sure you are clear on the accident. She nodded both understanding and in agreement. I brought her back to the accident explaining to her I wanted to make sure before the session ended that the accident did not hold any charges.

We reviewed all of the aspects and how she felt now without finding new ones. She found the accident humorous to tell and said so several times. She told it easily, quickly and with laughter and stated how good she felt afterwards. She was satisfied with waiting on the brother-in-law issue until next time. My "new" session notes became a promise in the future and a special space we would share next time. She was looking forward to the next session.

Follow up

I invited Rose in when she knocked on my door several days after the session to return the EFT DVD she had borrowed. She was full of life and skittered into the closest chair to announce to me, *"I can't even think of the accident anymore. It is like it just is no longer part of me! It's of no interest to me any longer."*

Happy Practitioner!_



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