

# ***EFT for Anxiety, Trauma and Dissociation***

## ***Compassionate EFT - Safe, Soothing, Gentle Freedom***

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I was absolutely delighted to be invited by Pamela to contribute to her venture and equally delighted to hear how highly those who recommended me to her valued my work.

I am really excited about the idea of bringing together all the innovative techniques that the EFT Masters have developed in their practice and specialities over the years. My own work has developed in a similar way.

A lot of my experience comes from my own trauma history and healing path and finding out first hand what works and what doesn't. One thing I was very aware of was that I was neither one of the one session wonders, EFT never felt easy for me and self help seemed at times impossible and I could not do the Personal Peace Procedure. I could not write a list of 'bothersome events' because I had no memories. My childhood was a blank hole as was much of my adult life. It is only recently that I have begun to really understand the phenomenon of dissociation.

My interest in natural healing was originally in the field of nutrition and I learnt kinesiology to muscle test for allergies and nutritional deficiencies. I was driven to this because I was so ill with depression, anxiety, rheumatoid arthritis, fibromyalgia and I had suffered several early miscarriages before finally having enough acupuncture to allow me to become pregnant, but not well! I thought I had achieved my goal. A nervous breakdown when my son was just over a year begged to differ!

I found relief of my physical symptoms by changing my diet, in terms of pain and inflammation, but it seemed my mental and emotional symptoms were getting worse, and then we went through a period of intense grief and trauma, some of which I have detailed in an accompanying article, where I learnt everything I know about the effects of extreme stress. There were times when I literally felt like I was losing my mind and it was hard to find therapists who could handle this level of pain with compassion, this seemed to be something I was on a never ending quest to find and few people met my exacting standards. The accompanying audio is an account of my experience and what I started to discover about the nature of childhood trauma.

Right from the start of my career I have always seemed to attract clients who suffered from childhood trauma, it all makes sense now, my clients were actually leading me on my own healing path! I have had the uncanny experience many times of clearing an issue sometimes even minutes before a client came with a similar issue!

My first experience with trauma was rather a trauma in itself. A client came for CranioSacral Therapy which I also trained in initially and told me she was in near kidney failure and could not drink water, period, in any form. I really felt in my heart that I did not have the experience necessary for this kind of situation as I sensed there was a part of her trying to kill herself and I suspected this was due to some kind of abuse. However she told me when I suggested working with someone else I was the only person who had ever touched her without her skin burning and literally begged me to work with her! But even so the cranial holds were intensely painful and invasive.

I told her I had learnt new technique, EFT, and it was the only thing I could think of that might help although I was going to be largely experimenting and she said she was willing to try. I also told her in order for it to work she had to drink water and maybe we could try EFT for her inability to drink water. I fetched a glass, plonked it in front of her and she literally collapsed, unable to breathe. I think that day I learnt what an 'abreaction' was!

I managed to get her up and walking and using the very basic skills, all I possessed at the time of Tell The Story, movie technique was not possible, I didn't have the confidence in myself or the process at the time. Over three hours later we eventually got through the memory of her father coming home drunk and urinating in her mouth every week for years and subsequent abuse meted out to her by her mother! This was my introduction to the world of extreme trauma and also my realisation that something about me made people feel safe to share this experience! It took me much longer to understand why, but so much of therapy is not about technique but about rapport and hearts meeting hearts! Its like a club in a way, survivors recognise each other! However I did require the skills and I set about, a woman on a mission to learn everything possible. I devoured Garys DVD's and equally devoured Sylvia Hartmann's work, and then read and studied every single newsletter and every book and DVD available! But still something was missing for me.

What I know from my own experience is how difficult it is to ask for help and that one of the worst things about the symptoms of chronic anxiety and trauma, PTSD, hearing voices, OCD, behaving in ways that alarm or frighten other people, including yourself and feeling like you have no control over this, is that you feel so alone. Finding out you have done something or said something and have no memory of it, or having voices in your head telling you to abuse someone, kill yourself, do something or someone will die! These are horrific experiences. People just do not talk about this. However these are the kind of things that millions of people have to cope with day to day with no help available at all. These are the kind of things that happened to people who have experienced trauma and so therefore can be happening to any person who comes to you for help with EFT! These are also the clients who will disappear of the radar, claim they feel nothing, become very angry during sessions and even though they come for EFT will often refuse to approach anything resembling a 'feeling'!

My time on the emofree.com forums as a moderator for the anxiety forum as highlighted how common it is for people who have chronic anxiety to actually get worse when they start 'attacking' their anxiety with EFT. Many have run the gamut of therapists and spent £100's even £1,000's with no measurable relief. We are taught to go for the core issues, the specific events. We can even do so with what seems like amazing results and the client never returns or seems to turn on us with anger. Some clients can seem so 'resistant' or continually seem 'to sabotage' their success, or perhaps they are just 'not ready to heal'.

From this, my own experience and my research into the effects of trauma, I now understand why this is and this introduction is one of the ways I have successfully reframed anxiety symptoms for clients allowing us to start working with the reasons why this particular form of protection has become necessary.

There is a beautiful demonstration of the exercise included here on the accompanying audio, it couldn't have been more perfect if I had ordered it!

After this article I have included all the articles I have had published, and which are in the pipeline, on [www.emofree.com](http://www.emofree.com). My reason for doing this is because they showcase the creative and innovative techniques I gleaned from my research and learnings over the years from Garys DVD's, the Masters and those who have mastered EFT.

## **Working with Extreme Anxiety and Trauma**

I have discovered that working with people who suffer from **extreme** anxiety conditions (OCD, voice hearing, DID, panic attacks, phobias, eating disorders and somatic pain) needs a slightly different approach to that which we first learn in EFT (namely find the *core cause* of the condition and the specific events involved). This approach is obviously perfect for many types of simple or adult trauma and works beautifully for a large majority of people and the issues they bring to EFT. However it is rarely helpful for trauma experiences where there has developed the ability to dissociate in order to survive. As dissociation is a universal way to survive trauma it should be assumed by all EFT practitioners who wish to work with trauma that this may be a possibility and a different approach than we would normally use must be employed.

### **Why?**

Because approaching the extreme symptom's core issue head on just never seems to work - it will only make clients even more frightened or angry, or they will disappear literally (or dissociate even more, if they are dissociative)! The reason for this is their system is literally shattered into many parts, each operating from their own perspective and belief system and in general not in communication, many parts are in conflict. All the client experiences is terrifying symptoms and many seem to end up going from therapy to therapy frustrating and confusing their therapists. The normal approaches used for sexual trauma or PTSD do not seem effective and can be confusing for trauma 'experts'.

I am going to share with you some of the techniques and strategies that, at the beginning of sessions with clients suffering difficult anxiety symptoms have proved helpful in ensuring a good working relationship and ongoing results.

### **Validate the protective function of the nervous system's extreme symptoms:**

Anxiety sufferers often feel a lot of negative emotions about the severity of their symptoms in the first place. They will come to see you with a lot of inner conflict over this and may be feeling desperate and afraid. What they most need in the beginning is for you to help

them to work along with their symptoms (instead of fighting them) by being able to see the symptoms having a valid and positive function, and by allowing the appreciation and validation for this to develop in them, as well. It is important for the therapist to thoroughly understand the protective nature of these symptoms and to hold them personally in the highest regard.

This will be important for you may be the only one believing that for a long time. It is very difficult for the client experiencing the symptoms to believe there is any positive intention especially when the symptoms are so life limiting!

**Reminder phrase: "Our symptoms always have a positive intention for us, trying to keep us safe."**

### **An exercise: The Watcher on the Hill**

**Invite the client to imagine: the nervous system is like an army, or a bodyguard team - ideally at rest, until the 'Watcher on the Hill' sounds the warning!**

Ask the client to visualise or guess if they can:

The watcher on the hill, what is his condition? Is there more than one? Is he tired?

What are the soldiers doing?

At rest? Armed and ready for action?

Already fighting?

There will be many, many variations of this. The idea at this point is to tune in to the state of the nervous system. This can then be done at any chosen time thereafter to give the client an idea of where they are.

### **Positive Intention of Anxiety**

Invite the client to guess:

What is the state of the client's nervous system (bodyguard team/army)?

Note: This can initially be a challenge as many people are opposed to war, make clear we are describing the action of our nervous system and its fight/flight/freeze function, rather than referring to behaviors in the individual client.

Is the army on duty 24 hours a day?

Is it divided (like in dissociation), fighting against each other.

Once this exercise has been completed it **may** be possible for the client to to feeling appreciation for the way their system has adapted to protect itself and are now open to considering when this decision was made. For others it will give you, the therapists an idea of the state of their internal system. For other very traumatised people they often have what is called an abuser interject, a part of them who has taken on the abuse as being their fault and therefore use the abusers voice to punish themselves so they may find it very hard to appreciate anything about their situation at first. Dissociation is ultimately a way to preserve the relationship, and it must be stated here that we know that trauma comes in various forms, it can be physical, mental, emotional or sexual Birth trauma followed by the mothers post natal depression or her own trauma manifestation is now known to contribute to extreme anxiety states.

**Reminder phrase: "What is the state of the army?"**

### **Safety protocols**

Most extreme anxiety (or dissociative, phobia, or OCD) symptom sufferers can be re-traumatised every day by their symptoms, especially if this includes "hearing voices", or "being voices" or in other words finding we have spoken or behaved in ways which do not feel like us and we do not remember. We have to address this as well as considering the events that causes this, and give the client tools they can use to calm themselves.

This is always much easier for them to do when they understand that their nervous system is trying to protect them from a memory of a past experience, which may still not be conciously known to them. It may be some time before the memories start to integrate and often the system has to be stable before this can happen.

Gwyneth Moss has an excellent anxiety protocol which is a very helpful tool at this point. An anxiety tap a long. I would adapt this to include appreciation for the anxiety gremlin however. He may feel like a monster but he is working hard to protect us. Often the gremlin will change in appearance and a compassion or fondness for this little guy will ensue.

Again this can be found at <http://www.eftmastersworldwide.com/articles.html>

**Reminder phrase: "Is everyone safe, inside and outside?"**

### **Specific Tapping Statements for people who experience "hearing voices" (or "being voices")**

Be very aware also that the phrase 'I deeply and completely accept myself' can be almost impossible at first, find out what feels ok, even it it is as simple as 'I want to feel OK somehow'! Use creative and encouraging language. Be very patient.

*Even though I feel terrified of these voices in my head (or the part of me that wants to destroy everything), there's still deep down in me a part that is able to deeply love and completely accept myself and all my parts, and I am choosing to feel safe knowing that they are only a partial reflection of how I'm feeling about myself right now.*

*Even though I have no control over these voices and they are running my life, there's still deep down in me a part that is able to deeply love and completely accept myself and all my parts, and I'm choosing to feel safe because I know they are just trying to protect me.*

*Even though I experience "hearing voices" (or "being voices"), I still deeply love and completely accept myself and I choose to find the deeper meaning to these voices (or/and parts of me).*

*Even though it's very hard for me to find the event(s) in my past that caused me to experience "hearing voices" (or/and "being voices"), there's still a part of me deep down that is able to deeply love and completely accept myself and we are choosing to find the event(s) when we feel **safe** enough to do it.*

*Even though the experience of "hearing voices" (or/and "being voices") has been keeping me safe, I still deeply love and completely accept myself.*

*Even though I feel like a bad mother (/father/sibling/child) because I hear (or am) these voices (parts), there's still a part deep down in me that is able to deeply love and completely accept myself (and all my parts) and I am choosing to know that I am a wonderful and caring mother(/father/sibling/child) and this experience will only help me become a better one still.*

By taking the first steps outlined, it is much easier for you to introduce the re-frame to the client that the voices (or the parts) are not saying things (or/and being things/persons) literally, which additionally takes the fear out of (re-)experiencing them.

## **Homework:**

for the clients (whenever they hear the voices/experience parts):

Even though I don't feel safe at the moment, I still deeply love and completely accept myself and I am choosing to know that I am safe

Later (whenever they hear the voices/experience parts):

The client can be taught to tap on the exact words that the voices (parts) happen to be saying/experiencing when the therapist feels the client fully understands that the voices/parts are "only" a symptom that the client is not feeling safe at the moment.

## **Be aware that conscious agreement does not mean subconscious agreement**

The client may feel comfortable with the chosen therapist but upon accessing certain parts via invitation to do we may find that the inner child does not trust the adult self (or anyone

else that the adult self chooses to trust without consulting the inner child first). Its vital to establish a trust between the adult self and inner child self at this point. Inner child visualisation can be very helpful at this time. The idea being to establish communication with this damaged and frightened 'part' of us.

Protocols I have found invaluable for this work are Betty Moore Hafters *Inner Child* protocol which is truly beautiful and her application of parts work found in her *Tapping Secrets* series. Details of these and also Inner Theatre which I found invaluable for trauma work can be found at [www.creativeEFT.com](http://www.creativeEFT.com)

Matrix reimplanting techniques can be helpful, although I would caution against being too directive about changing the memory, let this happen naturally. Tania Prince has also written about this in an excellent article on Soul Retrieval. Both articles can be found at <http://www.eftmastersworldwide.com/articles.html> However the caveat being we do not as therapists encourage the idea of integration. Suggestion of integration or expectation of integration of parts, who feel 'real' are akin to asking someone to commit suicide. Integration is always to be the wish of the part or by mutual agreement.

On the whole, clients will have no idea that they have parts of themselves which still feel and have the beliefs of a child and it is vital that they establish communication internally, and eventually learn that they can communicate with these parts and help them to understand the war is over.

Further research can be done into the physiology of what is actually happening in the brain but I found this story to be a simple analogy of what dissociative states are like, with grateful thanks to Gwyneth Moss for giving this to me.

<http://www.damninteresting.com/the-soldier-who-wouldnt-quit>

Parts of us can be like this Japanese soldier, they don't realise the war is over, they still feels as if they are in that situation, and these parts are not in communication with us or each other, so even if we know the danger is over we cannot communicate to these child parts of us. For some our parts appear to be dangerous, evil, monsters and we are also afraid of them and at least frustrated and angry with them. It is very like a real life family situation. The child plays up and the frustrated parent can't cope. However an angry and frustrated response is likely to elicit any kind of communication and the child is likely to withdraw more into themselves. Clients need to address how they feel about the 'parts' to allow helpful communication and cooperation.

**Reminder phrase: "What is the state of the communication between adult self and inner child?"**

## **Finally**

All this preparation having now being done we can work with specific events and traumas that precluded the onset of symptoms. This often includes birth trauma, and pre- and perinatal trauma as well as specific traumatic events. The client may have also been severely and systematically abused (this will also include the trauma of any previous psychiatric intervention which will have compounded the original trauma).

If you are comfortable working with sexual trauma and PTSD, and have a good understanding of the function of the nervous system, and have tapped on all your own issues about doing this kind of work, including beliefs about mental illness, and all you have been told and believe about the nature of mental illness, then you can safely help people with these issues. These memories will largely come up into the subconscious voluntarily, this is called integration and it can be in itself a painful and terrifying experience. After all there is a reason the brain had to forget to survive!

The clients need to learn how to use EFT in the normal ways of Movie Technique, Tearless Trauma or simply Tell The Story in order to process these available memories, the initial temptation can be however to bury them again but this often results in severe physical pain. Grief work is also a very important part of the process as finally the adult realises in real terms how bad things were or how much of a normal human experience they missed out on. The decisions made in teenage or adult life, and the ways our experience has affected the people we love, and who love us, are also sources of great pain and grief. I initially found 'Waking the Tiger' by Peter Levine life changing and clients really appreciate the understanding of how their nervous system has responded normally to trauma. It made me feel 'normal' for the first time, such a gift!

Other sources of reference I highly recommend are

The Mind of the Unborn Child by David Chamberlain

The Drama of Being a Child by Alice Miller

The Counsellors Guide to Inner Child Therapy by Penny Parks

The Dissociative Disorder Handbook by Deborah Bray Haddock

The Stranger in the Mirror - Dissociation the Hidden Epidemic by Marlene Steinberg

Trauma and the Body by Robert Scaer

Hypnosis for Inner Conflict Resolution - An Introduction to Parts Therapy - Roy Hunter

Internal Family Systems - Richard C Swartz

**Conclusion and reminder phrase:** Experiencing extreme symptoms such as OCD, "hearing voices", or "being voices" (dissociation such as DID or DDNOS) are all **valid modes** of surviving profound traumatisations. They are not mental illnesses but normal adaptive responses to trauma usually found in highly creative and sensitive people. Not all people who experience trauma experience dissociation. The goal of therapy is not to integrate, but to achieve co-consciousness and inner harmony. Integration is a life style choice and is usually by agreement of the parts, not the volition of the adult.

All this being said, many people who experience multiple personalities or 'hearing voices' are very comfortable with this, and already have a deep appreciation of the function of their 'part's' and are simply seeking help in the way we all do with out problems and blocks. Do not assume that the above protocol, or the advice that follows is always necessary. The most important thing to remember with these clients is to listen to them and use their words and thoughts without judgement and allow them to come to their own place of balance. They do not need this preparation and can use EFT to address their issues if they feel it will be helpful to them. In simple form a multiple personality is a person with different parts which experience their own beliefs and memories.

The Watcher on the Hill exercise and the concepts herein have also been applied successfully to eating disorders, fibromyalgia, and chronic fatigue syndrome and serious pain states or chronic illness which seem to evade the normal EFT process.

It is my intention to write more fully on this subject, with vital information for clients, therapists and the approaches and qualities needed for this work and also effective safety protocols to help clients stabilise themselves between sessions and when EFT may initially feel impossible. I am currently working with a leading psychiatrist who has also found effective ways to work with dissociation where most of her colleagues flounder, so together we know we can put together a powerful programme which will bring help to society's most misunderstood population!

If you wish to be kept informed of developments and future training programmes feel free to contact me.

## **My articles**

I am starting the series of articles with articles I have submitted to Gary Craig's website [www.emofree.com](http://www.emofree.com) and elsewhere about my own story.

Many therapists have wondered why I am so willing to share these details and some have questioned my NEED to do this. I am very clear on my intention however. This has never been from a need to have people hear my story but from a clear understanding that I have always needed to know that on some level my therapists understand the challenges I face in asking for help. Some of this will be explained in the articles. I have since discovered that this is a common need for people who have endured childhood trauma. Our inner children are looking for an empathetic, caring spirit and we do not need experts, we desire peer support. I always see my work with clients as a co-creative experience and we are co-experts. This is something my clients really value and my constant feedback is that my story is what gave them the courage to contact me as they knew I would understand.

I don't always understand their particular experience, but I do understand lonely, frightened, confused, devastated, ashamed and misunderstood! I am delighted to say I remember those feelings but I no longer experience them.

My life is a testimonial to the power of EFT and I will forever be indebted to Gary Craig. I have included his encouraging and appreciative comments in these articles as they came at a time in my life when I really needed them and they gave me the 'Well Done' I had been looking for all my life.

## **My Own Healing Journey**

This article was not submitted to [emofree.com](http://www.emofree.com) but was requested by my friend and colleague Jo Ainsworth for her very informative newsletter. <http://www.selfheal4me.com>

*Gill Wightman's journey through fibromyalgia, depression and grief led to her training to be an EFT practitioner so that she can support others on their healing journey. In this article*

*Gill kindly shares how having support from EFT practitioners made an enormous difference in her own healing journey. Gill is a great example that no matter how skilled we are with a healing tool like EFT, sometimes the connection and support that comes from working with someone else is invaluable as we heal.*

A short while ago I was asked to write my experience with dementia in my family and I feel this is a good place to start when I try to write about how EFT has helped me to heal from Fibromyalgia syndrome, a serious anxiety disorder and severe depression and mood disorder.

My father had, we discovered, a vascular form of dementia caused by a genetic condition called CADASIL. This illness caused symptoms of mental illness with violent and unpredictable behaviour so life for us as children was confusing to say the least, the swings between that and his loving behaviour caused such strong conflicts within us which has needed much therapy to untangle.

Within all of this madness was my mother, quiet, unmoved, uninvolved. She never spoke about what was happening, seemed too wrapped up in my dad that if there was an incident involving violence towards us she would go to comfort him, leaving me to pick up the pieces for my four little sisters.

To cut a very long story short, the years progressed, he became more ill, she became more distant. He became totally paralysed and unable to walk or talk and to the end move. She became his full time carer and then literally the descent into hell began.

During this time I suffered extreme depression. My sisters were all depressed and one became seriously mentally ill. The next few years included so many painful events and circumstances that it would take pages to detail them. I went through hell in the lead up to when my father died and my mother's terrifying and inexplicable behaviour throughout the whole time and following his death was very traumatic for all of us. In November 2004, 6 months after death of my dad, I had to have my sister sectioned and found out Mum had mid to late stage FTD (a particular type of dementia). By March, when my sister committed suicide it was decided that my mother needed 24 hour care. 3 days after the funeral of my sister I had to take my mother to a nursing home and leave her. I thought I might die of a broken heart.

She died only 1 year ago and watching her disappear from us completely until she could not communicate at all and had no idea we were even there was so painful. Towards the end her brain stopped instructing her to eat or drink and she died after 6 months of only managing tiny amounts. The details of this time are too many to write about.

I lost both my parents when they were 60 years old. This for me was one of the worst parts about it. There is not such a sense of tragedy thinking about my grandfather dying at age 86, which he is now, as there is in watching relatively young people disintegrate. In fact many of the nurses were mums ages and all their friends are still around which is sad - gatherings, events, everywhere I go, their space is there and made more poignant with the presence of their peers.

I have been and am in ongoing therapy for this and the only thing that has allowed me to survive this experience intact has been this fact. I have trained as an EFT therapist and it

is now my life's work to help people heal from childhood trauma, the experience of suicide and the grief of living death. My healing continues through this work.

For me EFT has literally felt like a lifesaver at times. One of things that appealed to me the most about it when I first discovered it was that I could use it myself and that I always had the means to soothe myself or calm myself down and on the whole that has been the case. There have been times however where I have been so frightened, so intensely distressed and in so much pain it has felt almost like being an animal. The first instance of this was about a year after I discovered EFT I developed the most intense trigeminal neuralgia. This was after dad died and my mum had just been diagnosed and my sister was insane and threatening to kill me, and accusing me of having abused her as a child. My mum believed her but even worse so had my sister, which felt unforgiveable. I contacted many practitioners via email in the middle of the night as I was literally tearing my hair out with pain and I can honestly say if someone had come in with a gun I would have said "Shoot me!" In the morning one EFT practitioner contacted me. He patiently listened to my long rambling story and that evening guided me through the maze of 'stuff' going on to what was really the issue in my jaw. Within 2 days the pain had gone.

Asking for help has always been a challenge for me, as a survivor my belief was "I am alone, I have to do this alone". At first needing therapy felt to me like failing. But time and again I would find myself stuck in bad places and no amount of tapping would help. It was a challenge at first to find people I could trust, I was very demanding of my therapists, and in truth pretty hard work, as I was struggling with issues of such deep guilt, shame, anger and grief and sometimes I would get angry with the people taking me near my issues. It took a long time for me to learn that it's safe to do so. Left to my own devices I do think I would rather suffer than go there, and I see that evidenced in the life and health of the rest of my family who have made that choice. Money was a struggle at times but whenever I have been stuck in those places an hour with someone has been what's needed for them to get behind my defenses and critical inner self and get me going again. Crucial in this has been finding EFT therapists I can trust and am drawn to, not all therapists have the same interests and abilities, and for me the emofree forums and website have been a great place to connect with the kind of people who can help me.

I feel that sometimes just the presence of someone else with me helps me feel less alone. This lonely feeling can be all pervading at times and when I feel so alone I feel vulnerable and powerless. I suspect my healing could have been much easier if I had been only dealing with the past but it's been tricky working through the normal childhood trauma that we regularly deal with in EFT as well as coping with the ongoing drama of a very intense period of time in the present day.

I do the bulk of my work as self help, tapping is a daily thing for me and as time goes on I am getting more able to work with the darker places myself.

For now, I still do have issues I have to work through, but I am free from fibromyalgia, depression and I am not afraid of my grief although it still catches me out from time to time, but I am confident I have the tools to handle it. My own experience has given me the insight into how hard it can be for people to ask for help and how ashamed they can be of this. I call my own services 'Compassionate EFT, for that reason!

## **Body Image and Self Esteem Issues**

*Hi Everyone,*

*This fascinating article by Gillian Wightman from Scotland isn't just about enhancing one's figure. Rather, it highlights the many emotional issues that can have dramatic effects on us physically. The concepts involved here have wide applications.*

*Hugs, Gary*

Hi Gary,

Some time ago you made a request for experiences of using EFT for bust-line growth and a couple were published. I recently watched a TV show in the UK called 'How to Look Good Naked'. The show was trying to help a woman come to terms with her body shape, as she hated her small breasts after breast feeding. I felt their techniques were rather drastic, including having her model naked in a shop window and parade in her underwear on a catwalk in a busy shopping mall. Fortunately I had EFT and so I decided I really should share my own experience, as I know the misery this can cause!

After I finished breastfeeding my already modest 32B shrunk to a 32A and I felt very depressed about my figure, in fact it became an obsession with me over the years. I had lost all breast tissue on the top half and I was so upset about it, I eventually resorted to expensive herbal supplements which we really could not afford. They promised miracles but did not work; just messed my hormones up a lot.

A very low point came when I secretly bought an extremely expensive machine which promised to improve the situation and my husband discovered it and was very upset. Apart from spending so much money, which I didn't have, he was upset for me that I couldn't accept the way I looked and be happy with myself. It was then that I broke down and admitted to him the depth of my feelings about how I looked, and no amount of assurance from him that he loved me as I am could console me.

I had read about someone who successfully used hypnotism to enhance her daughter's cup size so we decided to try it with EFT. We focused on my 'beliefs' because my husband understood that it was important to me, although assuring me that he had no need for a positive outcome from this.

I was very surprised to find out how many strongly held beliefs I had. My body shape and self image was a very complex issue and multilayered and it's hard to know which is the one that did the trick.

The first piece of work I did with EFT was on the rejection I felt when my second and very much wanted son stopped breast-feeding at 5 months. I had been unable to become successfully pregnant for 4 years between my children and had issues during that time about not being a 'real' woman because of this. When my son stopped wanting to be breast fed at 5 months I took this as a great rejection. He was a difficult baby and I had bad postnatal depression and I did not fully bond with him at this time.

I tapped for my memories of not being allowed Barbie or Cindy dolls as a child as they had 'breasts' and were therefore unacceptable. I also tapped for the fact that my mother

always told us stories about how, when she had children, she lost her bust completely and that it would happen to us too, so I grew up with a belief that this would happen.

I can remember reading a book when my children were little about a woman in her 40's who had had two children admiring her body in the mirror and thinking 'That's impossible, no woman with two children can have a body that good'. So I tapped on my beliefs about what a woman should expect from her body after having children. I did a lot of work looking at myself in the mirror and tapping on what I felt about myself and my body.

I noticed after this that my breast shape had changed, I was starting to develop new breast tissue on the top half and had a really nice shape and had recovered my pre-baby 32B and I was really happy with that and couldn't believe it.

The real and unexpected surprise was more recently though after tapping for more issues about my general feelings about being a woman and my role as a woman.

My parents wanted a boy, and for a while my dad believed I was a boy (he had been given wrong information by the hospital). I grew up hearing the 'funny' story about how dad had done cartwheels in the street when he heard he had a son, and then his disappointment when he found I was not 'Alexander' after all. They had to choose a name for me as they had only chosen a boy's name.

In fact they did the same with everyone of my 4 sisters and told everyone the reason they had 5 girls was because they wanted a boy. I tapped for all the emotions that thinking about this brought up for me - very, very painful emotions. I truly believed my life would have been easier as a boy/man. My belief was that being an adult woman was undesirable, and I didn't want to be a 'grown up'!

Since I got married I have had 5 miscarriages (2 successful pregnancies), postnatal depression, anxiety disorder, fibromyalgia, and had to become caregiver for my mother, father, sister, uncle and grandfather. It's been hard work and I realized I was carrying a belief that I didn't want to be a grown up woman, and a mother to all these people! I had a belief that being a mum was very hard and still had issues with my second son.

I tapped for the trauma of their births and the effect that had on me. And I tapped on my fears and guilt about what it did to them and what years of having postnatal depression had done to them. Like the other women that did this work on increasing their bust line with EFT, I started to feel very tender and even had a scare that I might be pregnant so I had to tap on the feelings that brought up, as I felt my life would be ruined by another baby.

That got into very deep feelings about feeling my life was ruined when I had my second baby. Rather than be the 'cure' for my unhappiness, my depression intensified to the point that on the day of the Dunblane massacre in Scotland in 1996 I had a nervous breakdown and genuinely wished both of us were dead. This day was the day when I knew I could go no further and woke up the next day determined to find a way to live my life without pain and depression and began the amazing journey of therapy that eventually led me to discover EFT and recover totally from fibromyalgia, depression and anxiety disorder and finally really live my life and do things I never dreamt I could possibly do.

The breast tenderness turned out not to be a pregnancy. It was the cumulative effect of all this deep work and it was simply that my breasts were growing again - so much so that people started to notice. I mentioned the idea of writing this article to a friend, telling her for the first time about this work and she told me that all my friends had assumed I was either wearing very padded bras or had had some secret surgery, although they had ruled that out as I hadn't been away anywhere long enough to have surgery.

At first I wasn't sure if this was because I was putting on weight in general. I had gained a few pounds. But then I had a more direct result of tapping for my body shape.

I noticed my tummy was getting more and more rounded and one day I got sight of myself and thought 'You look like Mum'. I was more than aware of the need to work on this belief as my mother died a year previously from early onset dementia at the age of 60 and I had stood at her grave and thought I only had 20 years left. So I had to do a lot of tapping on my fears that I would develop her illness and die by the age of 60. My dad also died of early onset dementia at 60, so it was a very real fear, and one I do not live with now.

One of the things that happened to my mother in the couple of years before she died is that she developed a very swollen belly and we never found out the medical cause. Even with dementia she was distressed about this and kept asking for liposuction so I started to get some idea how body conscious she had been and was aware I had maybe picked up on some of her insecurities.

So I tapped on my belief I would develop this belly and that because I was now over 40 I was going to get fat! I realized I had a belief that once you were 40 everything would explode and my metabolism would slow down. Literally within two days my tummy was flat and smooth again. You could never tell I had had two children, I don't have stretch marks which is a great blessing.

When I look in the mirror now I see the woman that was described in the book I read. My figure has totally changed and is better now at 42 than before I had children which I simply did not believe was possible.

And I discovered that recently I have actually lost the extra weight I had gained on the lower half and retained it on the top so I have gone from a 32, 27, 38 to now 37, 27, 38. I don't have to wear any padding in my bras as I feel ridiculous in them now. I have toyed with the idea of trying EFT for even more growth but feel very happy just as I am now. In fact yesterday when trying on a dress in a shop one of the other customers told me I had a 'fabulous' figure which really made my day!

This has been over about 4 years of EFT for the various issues at different times but the result with my stomach was astonishing and were almost instant and all this tapping for not wanting to be a woman has left me with a figure that is decidedly more 'womanly' and although by no means perfect, I love it and often catch myself in the mirror and smile! I am also deeply contented with my role in life and love being a wife and mother in every sense which is an even more important result of all of this work. The persistence in working through all these issues has definitely paid off in so many wonderful ways.

## **My Grief Experience - Turning Anger into Love**

Hi Everyone,

*Please read this touching story by Gillian Wightman of the UK as she brings up the many faces of grief over her mother's dying circumstances. At one point she says, "The result was that the depression lifted, and I have been able to use EFT to move gracefully through this grieving process. Although there have been very painful moments and quite traumatic memories, I trust EFT and the process so much that it has not been difficult for me to move through them."*

Hugs, Gary

Gary

A year ago today I lost my beautiful mother after a long struggle with a very rare form of early onset dementia called Picks disease.

Picks disease affects the frontal and temporal lobes and typical symptoms are that the sufferer cannot connect to their emotions in a visible way so it would appear they are cold and uncaring. My mother had become a full time caregiver for my father who also had an equally rare form of vascular dementia called Cadasil which caused him to become mute and paralysed. His dementia really kicked in when he was about 50 and the brain damaged caused by many mini strokes had caused mental illness prior to this.

So to cut a long story short, my mum spent most of her life looking after a very sick man, 5 kids who didn't cope very well with what was going and towards the end, when I dreamt of getting my mum back when she was free of her role as 24/7 care giver, we were devastated to discover she too was terminally ill. This was exactly one year after my dad died.

We had a very difficult time when my sister committed suicide around about the time that we had to enter my mum into full time nursing home care when she was only 57.

My mother had always been a very reserved and non demonstrative person, and it is unclear to us how long she was ill but we have put the pieces together and think it is probably most of my adult life as symptoms can start many years before but go unnoticed as just slightly odd behaviour.

As the disease progresses towards the end they lose the ability to recognise people and communicate. Or so we had been told. As you can probably imagine this was an intensely difficult period for us all emotionally and I am so grateful that I already had EFT at my fingertips plus a solid support system of people to turn to when I was swamped.

One of the biggest challenges I faced as I tapped my way through her declining months was the fact that she seemed very uneasy in my presence. She had lost the ability to speak but when she saw me she would run away. However she didn't do it with anyone else. I remember standing in the hallway watching her scuttling away at high speed and thinking 'I HATE YOU, I HATE YOU!'

The doctor suggested I was a powerful communicator both verbally and nonverbally and she was picking up on my strong emotions and not able to handle it. He suggested I stop

visiting. That was an unacceptable solution to me and I knew that if my emotions were the problem I had the acceptable solution. So I got to tapping!

***Even though I am so angry you are leaving me...***

***Even though I hate that your taking the easy way out, you have escaped all this pain, gone into your own world and I am left to deal with it all...***

***Even though I cannot believe this is happening to me again... I thought I would get you back and you won't stay, I can't make you stay.***

***Even though your still choosing dad not us...***

***Even though I never knew you and it's NOT FAIR ... how can this be happening to me again, I have been through enough already.***

***Even though none of this is fair... I hate it, I DON'T WANT to accept this.***

***Even though I don't know how to let you go, you want to go and I can't don't know if I can do it...***

***Even though I don't know how I will cope without you...***

***Even though I don't know how I will live without you...***

***Even though I miss you so much, I have missed you for years, I just want you back, please don't leave me...***

There was a lot more along these lines and I tapped and sobbed until I came to a place of peace eventually. A place where I realised that I needed to be there and she could be and do whatever she needed to do, she was the important one right now.

I went to visit her and sat in the car outside the nursing home tapping on my fears of rejection and my fears I would scare her. I entered the room and she was in bed. She smiled at me. I sat down beside her and took her hand and gently tapped round her points,

***I love you, you're going to be ok, you're safe.***

She relaxed, smiled and then she opened her mouth and clearly said, '**I love you**'.

She had been unable to speak for over 3 months in any way so I actually thought perhaps I had imagined it. I came out in shock and I could tell the nurses didn't believe me. I even convinced myself that even if she had said it she was probably just copying me. However the next day I visited again with my sister. As we entered the room, she gazed at us and she said it again over and over, 'I love you, I love you, I love you'.

We both sat with her, assured her of our love for her and acceptance that this was how things had to be and we gave her permission to go.

She died in our arms just a few days later and the room was full of love. During those few days we sat with her she communicated to us so powerfully not with words, her love for us. In fact, the feeling was so strong that I had the thought '**I could just sit here forever**'.

The funeral came and went and a few weeks later I found myself in a depression so dark I could not move, and didn't even react when a very large spider ran across my face as I sat on my bed. I emailed Gwyneth Moss and said EFT works a spider ran across my face and I felt nothing! Two seconds later, HELP a spider ran across my face and I felt nothing!! She recommended some one she felt more appropriate to work with given her circumstances - which I very much appreciated. I was able to pick up the phone and make the call.

We worked on my feelings about the fact that the first time my mother had ever used the words 'I love you' was just before she died.

I tapped on my anger with myself for having been so angry with her for so long that I had blocked the love from her and spent years convincing myself she had not loved me. And angry she had had a disease which meant she could not communicate that verbally to us. I had to tap on:

***Even though I wish I could be with her to hold on to that feeling I got when she died, part of me wishes I had died too...***

The result was that the depression lifted, and I have been able to use EFT to move gracefully through this grieving process. Although there have been very painful moments and quite traumatic memories, I trust EFT and the process so much that it has not been difficult for me to move through them.

As I stand at the grave and look at my father and mother's headstone (both died aged 60), I shudder to think what could have happened if I had held on to this anger and belief that I wanted to die to be with her. If I had not had this beautiful experience I don't know how I would have felt and it really is simply one of the most precious memories I have.

Thank you from the bottom of my heart. I simply do not know where I would be without EFT in my life.

## **Cesarean Fear**

*Hi Everyone,*

*Gillian Wightman from Scotland gives us a detailed look at how she used EFT to handle the multiple emotional aspects that arose regarding her sister's possible Cesarean section*

*Hugs Gary*

Gary, my sister has given me full permission to share this story and I am really excited about this on a personal level.

Recently I received a phone call from my sister in a highly distressed state. She lives 450 miles away and at 40 weeks pregnant this caused instant alarm for me, so tapping whilst

talking to her I discovered she had been told there was a possibility of having to have the baby by cesarean section next week and the baby's head was not engaged indicating there was still some time to go and it was a big possibility.

Her doctor had explained that if the baby's head did not drop by the end of the next week he would be insisting on elective surgery. They can't induce her, which would be normal practice, due to a previous cesarean and induction would cause too much pressure on her scarred uterus. This consultant never allows mothers to go over 42 weeks.

I asked her how this would be a problem for her? She told me it made her feel very angry and that all control was being taken away from her.

I explained to her that our emotions can cause tension in our body and that if there was any negative emotions remaining after her last baby was born this could be affecting her now or fears for the birth. She assured me there were none and she was fine and she really didn't want to go there, she was upset enough and I would just make it worse. (A comment I knew was unfounded but which indicated the level of her fear about 'going there'.)

I asked her to imagine sucking a lemon, what did that do? She was aware of a sensation in her mouth and tongue. So then I suggested she may feel the emotions physically, to be aware if she felt anything on 'I am going to have this baby next week'.

Immediately she felt restriction in her chest and throat, her bump felt tight and bruised. At this point she was aware of feeling very afraid of having the baby and also angry because she wanted to do it 'properly' this time and she was afraid of 'failing'. A cesarean section would mean failure to her. As negative feelings from the birth, and a failure to adhere to a cherished birth plan, has been at the root of postnatal depression for many of my clients I knew. Thus it was important that we clear her feelings either way as there is no real way to predict how things are going to work out in a delivery. I asked where it felt worse, chest or stomach.

***Even though I have a tight and sore chest...***

***Even though I have tightness in my voice box...***

She felt okay now but her attention was now to her stomach. Even though my stomach feels like a bruise...

I asked her to only think about the memory of her son's delivery, who was born by emergency C-section at 6 months gestation and at 1 lb 12 oz and spent 2 months in SCU (sick children's unit). I had the benefit of knowing this had happened, but wanted her to tell me how bad it would be if she thought about it. She said it would be a 7. I invited her to think of it as a movie and ask her what she would call it. She called the movie 'Birth Hell' and felt her heart was sore and tight and an intensity of 7.

***Even though the thought of this movie memory makes my heart sore and tight...***

The thought of the movie was now a 5 and her chest was hurting. I asked her to now think again what she would call the movie, being more specific.

***Even though I have this Series of my Unfortunate Events movie, I accept myself without judgment.***

I asked her now to be aware of any intense scenes. She said it was when she first spotted the blood when she went to the toilet. She rated this at a level of intensity of 7 out of 10.

***Even though I have this panic in the loo (toilet) memory...***

I asked her now how intense the movie would be and she said it was all fine now, no problem at all and that she had no memory of what happened next as she was anesthetized. So I asked her to make up a movie of how it would have been. She told me she could do that but there was no intensity, she said she found it interesting and had no sense of panic. I wanted to thoroughly test and asked her to tell me the story and check for any parts that felt difficult.

First of all I asked how she felt about telling the story and she told me she could not believe it but she really could talk about it, and had never been able to talk about this before without crying. This was the first time, by the way, she had admitted that to me. Some people really have to feel it to believe that tearless trauma really is possible.

She told me she had returned from shopping and been aware of a sensation of wetness and found there was blood running down her legs. Her friend was with her and phoned an ambulance and contacted her partner who immediately came round and helped keep her calm.

She was taken into the labour ward and they put monitors on, took blood, injected steroids for the baby's lungs in case anything was happening. They arrived at 2pm and by 7:30 his heart rate starting fluctuating. So they explained what they would do. After 11 his heart rate went down from 134 to 50. She was highly intense at this point, a 10 on a scale of 0 to 10.

***Even though that happened, it's over, he survived...***

She gave a deep sigh and said that it was OK, its a 0 now, its not going to happen like that this time round; its a completely different set of circumstances. She continued... "They told my partner to get scrubbed up for surgery and wheeled me down, I had been in panic and shock, went cold." Doctors explained everything step by step, another peak of intensity now a 7 out of 10.

***Even though the injection felt like a piece of ice going into my arm...***

"When I woke up I heard he was fine and breathing and everything was okay then, I relaxed and didn't care what had happened as long as we was ok. I remember no concern of where he was but was just happy he was alive."

Now this is where I come in, I know what it felt like standing and willing this tiny scrap no bigger than my hand, to breathe. I asked her to cast her mind to anything that could still feel intense about what happened next. She got a severe tightness in her throat.

***Even though the heart monitors were bleeping, that panic, the pads were on but there was no registration and we had to watch to see if he would breathe again...***

***Even though it was the hearing of it, I can still remember that sound...***

She said all throat tension was gone and she could fully breathe again (and realised she had not been properly breathing for a long time). She now felt like this was something that happened to someone else or something she could look at from a far, far distance, and was astounded how easy it had been. I suppressed the urge to say I told you so.

I asked her to remember the conversation with the doctor and what if he didn't come naturally and they tell you that you have to have a C-Section? She replied 'That's absolutely fine, having a healthy baby is the important thing here, I'd rather have that, it would be easier than an emergency section as I could be awake. I really feel fine either way. I reminded her that her first baby had his cord tightly wrapped round his neck and she had been told that if she had him naturally it may have been a tragedy. So we tapped.

Even though my baby and my body knew what to do, I choose to release all fear and expectation and trust my body and my baby.

Next day I phoned to check in, she told me she was relaxed and happy with no tension in her chest, throat and all the bruised feeling in her bump was gone but she was fearful of having a spinal block for the C-Section - clearly she was able to plan for this event now. She was afraid she would try to move and be paralyzed. I asked her statistically what were the chances and she said emphatically IT CAN HAPPEN. So we did some tapping and I used my intuition and knowledge of our family's history.

***Even though I am scared of this spinal block injection, I am scared I will move and be paralysed...***

***I am scared I will move ... I might be paralyzed like dad ... I might end up unable to move like dad ... it happens, I know it happens ... and if it's going to happen to anyone, it's going to happen to me...***

***Even I am scared of that needle ... that big hook ... that huge needle ... this fear in my legs ... I'll never feel them again ... I know its going to happen to me ... everything happens to me ... nothing is ever easy for me ... if something will go wrong it will go wrong.***

***I choose to relax and let this fear go ... I choose to know if I relax then I won't move ... I choose to remember they explained everything to me every step of the way and kept me calm the last time and they will do the same again.***

By this time she felt completely relaxed and not at all worried and we spoke about using the tapping for herself when she needed it and went over her emergency points so she could keep herself calm at all times.

In the end she was booked for a cesarean as the baby decided he was not coming out the other way! She felt calm and excited. She realised that without the EFT she would have been devastated by this outcome. I am now the proud aunt of another beautiful little boy and his ecstatic mum said her cesarean, for which she was awake throughout, was the most magical, beautiful, loving and supported experience of her life.

I am glad I could help her be prepared for whatever would happen and to let go of expectation of what is THE RIGHT way to have a baby.

I asked her why she had changed her mind and let me tap on the memory and she said it was making the connection between the thought and the feeling in the body, that's when it hit her just how her memories were affecting her physically and she knew that couldn't be doing any good. I am so glad we crossed the bridge after 5 years!

## **Fear of Flying**

*Hi Everyone,*

*The Fear of Flying is often an "easy fix" with EFT. But sometimes we have to dig for the true causes and that is where solid EFT skills are important. This article by Gillian Wightman of Scotland provides good skill building along these lines.*

*Hugs, Gary*

My husband asked me to see a client of his who had a fear of flying; she would just not fly and this was causing conflict with her husband. She had been seeing my husband for a sore shoulder which seemed difficult to shift with physical therapy. She showed visible signs of distress when even thinking about flying, with pale skin and a tense jaw, and hands gripping tightly, so we tapped on fear of thinking of flying. Her anxiety came down enough to start being able to think about how she felt.

I then got her to think of what really disturbed her about flying. She came up with quite a list of aspects.

- \* Just sitting on the plane, strapped in, not able to get out.
- \* Way up high, falling, it would really hurt when she landed. (had to try not to smile at that one) I WILL die.
- \* I hate the turbulence,
- \* I hate the engine sounds, the rattling sounds It just doesn't feel safe, its dangerous, a terrorist might slit my throat!
- \* What if I can't put on my oxygen mask, what if mine didn't work I don't care what people say, I know flying is dangerous.

We did a few free-flowing tapping rounds, incorporating all of these things. By this time her anxiety levels were down, her jaw was more relaxed and she was pinker – she had lost all colour at the beginning, the intensity was now 4 out of 10 – it had been 100. She felt no real response to the initial thoughts and she said she had no idea what was still bothering her. I asked her if she had ever been able to fly and she said she had, she had flown to Canada but flying back she had first felt the terror. I asked what happened on the flight and she said nothing, the flight was fine. So we tapped:

***Even though I might have a memory connected to flying, I don't know what it is yet, but I am open to knowing, and open to clearing that memory fully...***

She blurted out, ' ***What if I fall asleep and it crashes when I am asleep?*** Anxiety levels were visibly high and she rated them back up to a 9 on a scale of 0 to 10. As I already

ascertained nothing untoward had ever happened on a plane, but realised we had hit on something significant, I asked her if it was a familiar feeling. She said it was and she started telling me about being in a car crash. I told her the intention was not to re-traumatise her so I asked her to step back from the memory and see it as a movie.

She called it '**The Nightmare.**' We tapped on this and her intensity came down after tapping on this to a to 3 and she could then tell me the story of being asleep in the back of the car that crashed. She awoke at the jolt and the car landed upside down, she had to go to hospital and get her shoulder strapped up and she has had problems with the shoulder ever since.

We did some rounds of tapping on the story. Can you guess what's coming next? I asked her when did the accident happen? She said it was in Canada the day before she flew back! She flew back in pain and too afraid to go to sleep in case something happened. This was the last piece of the puzzle and her anxiety was down to 0. She could imagine being at the airport, getting on the plane, strapping in, lifting off, setting down, no problem. I explained to her the way the brain works is that if you can imagine something you can do it, but she also now knew how to do EFT if any feelings came up in real life.

A subsequent session revealed that she would be OK with flying to Europe but not America. She had vivid memories of scenes on the news from 9/11 so we tapped on fears that a terrorist might be on the plane and on the specific images she was imagining. She imagined a threatening Asian man and felt extreme anxiety. Tapping for all fears and specific images allowed her to imagine an Asian man with calm and see that he was smiling and looking friendly. She flew with ease that summer. Her shoulder also improved.

However a year later she flew again and on the way home she experienced more anxiety. I received a phone call just before this year's holiday where she told me she was terrified of flying again.

I knew she had flown out the year before and it was my suspicion something else had caused the anxiety which she assumed was the original flying fear. Sometimes our conscious mind tries to look for reasons for our anxiety and we often land on the wrong one!

This time I got her to tap on her physical feelings and she realised she was feeling trapped. The problem was anger about an event that had happened just a few days before. When we tapped for anger on this situation she realised she had no anxiety about flying and was excited about her holiday. I got a postcard from her, which said, "Hiya, Just thought I would drop you a wee card to say we are having a great holiday. The flight was good Gill, I almost enjoyed it. Thanks!"

## **Severe Sore Throat**

*Hi Everyone,*

*Gillian Wightman from Scotland shares a case with an interesting core issue. Notice the language she uses when addressing the problem.*

*Hugs, Gary*

Gary

In the course of my EFT training and workshop experiences I often come across people who have been plugging away at their own traumas alone, never thinking about spending some time working with an EFT coach or therapist, believing they should do it alone. I have always found it invaluable to work with other therapists as I cannot often get to the places I need to go to alone. This example highlights to me how powerful and effective it can be to spend a little time with someone you feel comfortable with when you get stuck in a painful place.

I got an email from a woman who had read some of my articles on this site. She has a complex childhood history which holds similarities to mine and although she was not aware of this, she had some sense instinctively that I was the right person to work with.

She told me she had been deeply distressed by events that week and had developed a very sore throat. She is very experienced with using EFT for herself but in this case tapping had brought little relief apart from the insight that this may be related somehow to a tonsillectomy when she was seven. She felt stuck and desperate and had spent two days crying like a small child with no real idea why.

She told me some of the events that had upset her. A close friend who was an artist had invited her to an exhibition of his as a guest. She was really looking forward to it and when she arrived she was met by someone asking her what it felt like to be on canvas. She had no idea what this meant, but as her friend had used her as a model in the past was intrigued to see what he had done. She was horrified to discover he had painted a picture in a style similar to 'The Scream' by Munch and below it was her name. Everyone who knew her assumed it was her but when she tackled him about it he told her it wasn't her. She knew he was lying and was furious with him and wanted to end their friendship, although it had been a valued and supportive relationship. She realized her response was over the top but her feelings ran deep.

As she talked she remembered that during a conversation with the artist's wife, she had felt like she had been 'had' by the throat.

I asked her about the memories of the tonsillectomy since she already had made the connection. She remembered feeling she had been forced to have her tonsils out, it was the fashion at the time and even then she felt she had a sense of outrage about it. There was a nurse who was nasty to her and told her she was very spoiled and there had been little sympathy or support. At this point it felt like she was relating the facts to me, as can often happen at first, we can tell the story but are not connecting with the emotion at all.

I asked her to describe her sore throat to me. She said it was very sore, but just talking about what had happened had brought it from an 8 to a 5. She saw a cave with two boulders. The boulders were her tonsils; there was a blue one which was ok and a red one, the missing tonsil which was not ok. I remarked that this was like a 'phantom' tonsil pain and she agreed. We tapped.

***Even though my throat feels like a cave with a blue boulder and a red boulder and the red boulder is really not ok and I am not sure why...***

***Even though there is steam or energy coming from the red boulder...***

***Even though the boulder is smaller now, I am looking down on it, I feel in control now, its over, I survived whatever this boulder means...***

***Even though it looks like a small bump on a 3d map...***

I now asked her to name the hospital experience as a movie. She called it the “nasty nurse horror movie.”

***Even though I have this nasty nurse horror show...*** It proved to be difficult now to think about looking at the movie, she had now accessed the emotions. She had an intensity of about 7 on a scale of 0 to 10. After tapping it became easier to look at and to access the details and memories and emotion.

***Even though I am so angry, this just wasn't necessary...***

***Even though they said I had to be a good girl, go along with it, do as you are told...***

***Even though they turned me over and stuck the needle in and they lied to me, they said it wouldn't hurt and it did...***

***Even though a nurse caught me out of bed and said 'Get back to bed you spoiled girl'...***

***Even though mum called me a spoiled girl and the nurse said it too so it must be true, I am bad, I am spoiled, it's my fault...***

She realised at this point there had always been a connection between continually being told she was ‘spoiled’ (overindulged) and being a spoiled or ‘ruined’ person. I asked her to recheck the movie and it had changed. The nurse was laughing, kind and playful, she knew the little girl was afraid and was putting her at ease. All the intensity of emotion was gone round this incident and her throat was feeling much easier. I tested by rechecking all the statements and feelings and everything was resolved

I asked her now to think about what had happened during the week and we tapped on some specific feelings. We called the whole incident “Judy and Jim’s stupid behaviour” and did an initial round of tapping on this.

***Even though I want to knock his block of, he is so stupid he didn't see how much it would hurt me, and he lied to me...***

***Even though I don't want to talk to her, I feeling ambushed. I don't like her, I am not clear where my life is going and she keeps asking me Why don't you do this, or this or this...***

***Even though I was feeling like a 7 year old with no control, crying endlessly, afraid, vulnerable, attacked, that was then and this is now, I am not seven years old anymore, I have better resources now...***

All the intensity had come right down and we spent some time constructing a choice that had meaning for her and it represents the journey she is on at the moment.

Even though I felt desperately hurt and unsafe last week I choose to know that I can become inspired from a safe and courageous space.

She reported that her throat felt much better and that she could now resume her relationship with her friend and could imagine being with him. She later reported that her sore throat was completely better and this was her comment.

*“Just to say a big thank you for being willing to fit me in at short notice, I really really appreciated that, and of course the actual session itself was very helpful and very revealing ... as well as giving me more access to how my child self perceives things I also felt very safe working with you. Having a safe pair of hands to 'hold the space' one works with traumatic memories is powerful medicine.”*

## **ASTHMA, COPD AND GRIEF**

*Hi Everyone,*

*Here is glowing evidence that emotional issues are often behind serious physical problems...even for the elderly. Watch how Gillian Wightman from the UK expertly applies EFT for her 84 year old grandfather with first class results on his breathing difficulties. My hope is that you will give stories like these to your physicians. EFT often works where nothing else will.*

*Hugs, Gary*

I have had many wonderful results with EFT both personally and professionally since I discovered it over five years ago but I felt today moved to share this story as it means so much to me. I have had permission to share the part of the story relating to my grandfather.

Last week I had been tapping on my fear of sharing EFT with my 84 year old grandfather as I wasn't sure what he would think of it. On the same day I had spent a considerable amount of time with him and noticed he had not drunk anything at all during this time.

He has Chronic Obstructive Pulmonary Disorder and severe kidney problems. I have often encouraged him to drink plenty water but he told me he can't drink water. I asked him, emboldened after my tapping, to consider that there might be an emotional reason why not. He seemed willing to listen and we discussed reasons, bad water during the war etc.

I asked him to look at the glass of water and focus on what he felt. Almost immediately he was aware of a deep feeling of fear in the pit of his stomach and his chest tightening and he had a memory of drowning during the war. In a storm he had been pitched out of a small boat and trapped underneath and was too weak to do anything to help himself but just at the last minute, as he felt his lungs would burst he found some strength to push the boat up.

He rated his 0-10 feeling of fear at this point at being 10. After using EFT his fear came down to zero very quickly and he looked at his glass of water and told me he felt he could drink it. He drank the water with no problem (first full glass of water he has drunk in over half a century without gagging and choking) and was aware immediately that he wanted more water, a feeling he had never had before.

He also retold the whole story with no rising of emotion. This result impressed him as he had said he initially thought it sounded like a load of rubbish (my fears were not unfounded!!) as I was explaining it to him but he was willing to listen to anything that worked even though he thought it wouldn't/couldn't.

I told him I had read an article on how EFT was good for CPOD and asthma and could we maybe try a little on his breathing. He really can hardly breathe, it is painful listening to him. He felt if 10 was the best he could breathe then he was at a 1, if that.

We did some rounds of tapping for breathing difficulties and we raised it to a three and he could really feel the difference. So I decided to go for it!! I gently put my hand on his chest and asked him if there was an emotional reason for his breathing difficulties what would it be. Immediately he started to tell me about finding out his mum was dead when he was 16. He felt he wanted to die too and that feeling was still there after all this time. He rated the feeling at a 10+.

We tapped on:

***"even though I wanted to die too"***

***"even though I was too young to lose my mum, I was still a little boy and had to become a man too soon"***

***"even though I wanted to die in the war and didn't care how many people I killed because of losing my mum"***

***"even though I am still alive despite all this and don't know if I want to be"***

I didn't write it down at the time so the rest is hazy but I just used the things he was saying. He was brilliant, I just tapped and he kept talking. He said his breathing was improved by 90% and the pressure in his head and heaviness in his chest that he had carried all this time was gone and that he could think of his mum with some sadness but none of the other feelings he had got in touch with.

He asked if he could learn EFT to work himself on other memories but he felt he had just worked on the most important emotional issue of his whole life. Two days later I met a friend who had been with grandad and commented on the amazing improvement in my grandfather's breathing, which is noticeable to everyone.

When I visited him three days later he proudly reported he was drinking up to 5 glasses of water a day and is working up to 8 and he hasn't used his inhaler since and was feeling great. He said to me, you know that thing we tapped on, I can't even think about it any more and more importantly he has noticed that he does not think about dying any more.

I have to be honest and say that I had to do a fair amount of tapping on my guilt at not having tried this sooner for him but realise that timing is everything sometimes.

## **Suspected Childhood Abuse**

*Hi Everyone,*

*This article by Gillian Wightman from Scotland beautifully displays how to deal with many aspects and creatively move a client along a quality healing path. Study the creativity. There are many ideas here that have widespread use.*

*Hugs, Gary*

**(VERY IMPORTANT NOTE)** *This was the first time I truly understood the complexity of childhood trauma and our protective mechanisms. This client had absolutely no memory of sharing any of the details of the abuse with me at any point. This caused my client a great deal of distress as she had not realised she had made such a specific assertion about what happened to her and although she trusted me she did not trust herself. This was my introduction to the fascinating discovery of the role dissociation plays in coping with childhood trauma!)*

This client had had one session of EFT with me which had happened as she started talking about her food difficulties. She wanted Kinesiology (muscle testing) for food sensitivities and made it clear she wanted no emotional work as she was seeing a therapist for suspected child abuse issues.

However, things happen - and our subsequent tapping session culminated with a lovely vision of her forgiving and accepting her inner child, who until now she had hated and despised. She also said she had more insights and releases from 1½ hours of EFT than in 14 months of regular psychotherapy. Although it was clear that the therapy had helped, she often felt traumatised for weeks after a conventional session and found them very, very hard.

However, she was receiving free psychotherapy on her health plan at this point, and felt a responsibility to continue. I told her that was fine, but if she felt she wanted more EFT sometime that I would be happy to help. She later phoned to say the psychotherapy sessions were now proving too traumatic, she was being asked to revisit a memory of what she believed was rape by her father. She was sure of the rape, not of the perpetrator, but her logic told her it could be no one else.

In conventional psychotherapy, the memory wasn't clearing at all and she was really suffering with negativity, self-loathing and flashbacks. I asked her if she had noted benefits from her last EFT session, and she reported a total absence of nightmares and if she woke up she was in a normal sleeping position, not curled in a tight fetal position which would have been normal previously. Since we had worked on an attack which had happened in the night, that was a reasonable result.

I started asking how she was feeling, ready to do some preparation about being nervous about the session. I did not want to lead her into the memory she was struggling with straight away - and to be honest I was really unsure where to start. She said that she had

a headache, like a migraine, sore shoulders, sore neck, indicating a band round her upper body. I asked her to take a deep breath and it was hard for her.

I asked her to visualise what was happening in her chest, she saw a red colour but had no idea what it meant, or what she was feeling. She wanted the colour to be yellow not red.

***Even though I have this red colour when I want to be yellow, I don't know what it is, I don't know what it means...***

***This is a familiar feeling, it's a feeling I need to control to keep down, sometimes it's overwhelming and I force it down.***

I asked her if she could imagine life without the feeling. She said, "No, I have had it all my life, I cannot imagine life without this feeling, I wouldn't know who I am."

***Even though I can't let this feeling go, I won't know who I am...***

***Even though I can't let go of this feeling, it keeps me safe, without it I might be outrageous and angry, that would be terrible, I can't be angry... I asked her what might happen. Even though I am frightened I might be so angry I could kill someone...***

So far I had not checked her level of intensity on a scale of 0 to 10, as things were changing quickly and it didn't feel appropriate to check, but I checked here. I asked her to guess how high was this anger before we tapped - she said 10 out of 10, but now it was 4 out of 10.

On questioning she said she was angry with her mum, not her dad, and she didn't understand it and wanted to be angry with her dad. We tapped for that,

***Even though I am angry with my mum and that's confusing, why am I angry with her, I should be angry with him, he did the bad thing...***

She said she couldn't be angry as then it would be proof he did it and she really didn't want to know he had done it.

***Even though I can't be angry with him because if I am it would be true, he did do it, and it wouldn't be my fault. I would rather think it's my fault. I don't want to know he did it.***

When she said out loud, "It's my fault," it was 5 out of 10 for being true. I asked her what she would choose instead. She said she would choose to have control over whether she was angry or not, and to know it was not ... and could not be her fault. We tapped for that choice.

She was upset now and sobbed saying she knew he did something bad and she hated him for that but she loved him and needed him. Even though I love dad and I hate this bad thing he did and hate that he did it to me... She started to feel like she was choking and had pain and pressure pushing down on her. Even though I have this choking feeling, this pressure feeling...

The feeling lessened considerably and she became calmer but she said, "I can't take control, I can't express anger ... I may mess up ... and he will be right. If I mess up I will prove him right and I can't let that happen. He said I would screw everything up, I needed him, I wouldn't know what to do without him."

We tapped on that.

***Even though I can't have choices, can't take control, I may make a wrong decision and mess up and then he would be right and I can't let him be right ... I can't take that risk...***

She now started laughing and said what a ridiculous thing to say. I asked her how she felt about expressing anger now and her intensity went up, she felt frightened. We tapped for this and again she came back to being frightened of being angry, as that would mean her dad really did do something and that would prove he didn't love her at all and she needed him to love her.

We tapped for that and she realised she was sad. We tapped on this sadness and I asked for whom she was sad, and she said "for him and me." We tapped,

***Even though dad was too messed up, he did a bad, bad thing to me, I wish he hadn't done it, I wish it wasn't true, I wish he could have loved me, I am sad for him, I am sad for me...***

***Even though dad did this bad thing to me and I don't know why ... why me ... I choose to know IT WASN'T MY FAULT.***

When she said out loud, "It's my fault," it was 0 out of 10 for being true. We tapped, Even though I need dad to love me ... to know I am lovable ... and to love and to know I am acceptable...

When she said out loud, "I can only know I am lovable if dad loves me," it was 0 out of 10 for being true. We tapped,

***Even though dad was wrong, there was something wrong with him, that's why he couldn't love me, it was his problem not mine ... I don't have to have him love me ... my being able to love is not dependant on dad loving me...***

Her level of intensity on the phrase, "Dad didn't love me," was 0 out of 10. I asked her to recheck her chest and it was glowing ... breathing was easier, and her headache, and all back and shoulder pain was gone. She felt calm now and hoped to continue to process the trauma memory but reported that it was already feeling less intense. She also said it would be her last appointment with her regular psychotherapy, as she preferred the gentleness of EFT.

She could not believe she was coming away feeling better than when she came in. I felt sad for her that this had been her experience of therapy so far. She also told me she clearly saw she had been holding onto anger that her mum had not been there, had never protected her or made her feel safe that it would be OK to tell someone what was happening.

I showed her the missing mother syndrome website on my laptop and the list of feelings common to people who felt their mothers were emotionally unavailable. She recognised all the feelings and wept with relief that others have experienced the same feelings. She expressed readiness to begin dealing with the feelings and confident she could do so with EFT.

When she returned to her therapist he told her he felt unable to work on the issue and that he felt there must be something blocking her, which meant she was unwilling to process the memory. I think we proved that to be true. He suggested she write a letter to her father.

She found this interesting. She had done this before and her letters were, "Did you do this?" But this changed now to "Why did you do this?" She could also think, "Dad didn't love," me with no level of intensity.

She was aware that the original memory was not so disturbing - without having actually worked on it yet with EFT. I look forward to working with her again as she is now ready to process the memory. Or whatever else she really needs to do!

## **Migraine and Panic Attacks**

*Hi Everyone,*

*Read how Gillian Wightman from Scotland expertly unravels what, at first glance, appeared to be a pain oriented case. Much to be admired here.*

*Hugs, Gary*

*(Note: Garys comments were also that this would have been enhanced by the use of specific events. I have to respectfully disagree, both myself and my client understood that at this stage that would have totally broken rapport. The memories did come up and we did clear them in subsequent EFT sessions, but at the clients pace, not my own agenda and this has been over the course of many sessions as the memories started to integrate into her subconscious mind and each time this had to be dealt with very safely and with alot of protective distancing) Also the specific issue she came for, the migraines have never returned so the correct emotion was cleared during this session.*

I worked with a friend who had a history of severe physical abuse since early childhood up until her early 20's, when she escaped a violent relationship. She has been receiving therapy and using EFT for self-help in dealing with the many traumas in her life and is also undertaking EFT practitioner training.

She presented to me with a headache and severe shoulder, neck, and back pain and a sense there was something 'needing to be dealt with' but no idea what. She had been getting severe headaches every month for 2 to 3 days and thought they were possibly hormone related. The timing of our appointment conveniently coincided with an actual headache. She had tried painkillers and tapping. However she did not know what emotion was associated with the headaches and could not get to it. Nothing had worked!

Her headache felt like her brain was hurting and something was pushing down on her face. It was a 6 in level of intensity on a scale of 0 to 10, but felt like it was getting worse and was heading to a migraine. She felt resigned that this probably wasn't going to work either because nothing had worked to date.

***Even though I can't get over this problem, I have tried everything and nothing works ... I am willing to accept the possibility that maybe I am just not getting to the issue alone and I accept myself.***

She felt more positive that it might work with help from me. She reported the room looked brighter and wondered if the sun had come out; but it was a grey, wet day with no sign of sun so we concluded something had shifted.

On questioning what she was aware of, she sensed a black swirling cloud over her head, feelings of foreboding and dread, like things are good but it won't last, something's going to happen. Her level of intensity was 8 out of 10.

I asked her to say, "***I deserve to be happy.***" That felt totally untrue to her.

***Even though I have a black swirling cloud of foreboding and dread, I am happy but something's going to happen, I know it, I don't deserve to be happy, so it's got to go wrong soon, I accept myself anyway.***

She felt the cloud was grey and it changed from dread to unsettled and her level of intensity was 3 out of 10. Tapping on the unsettled feeling brought that down to 0 out of 10.

The feeling changed to tension and the pain went up her spine. It felt like stress but she was not sure why and her level of intensity was 8 out of 10.

***Even though I feel this tension and pain up my spine, it feels like stress but I am not sure what it's about, I am open to knowing and I accept myself.***

The pain in her back went away but her attention was now fully back to her head. She described the headache now ... and we tapped,

***Even though I have a raw, red swollen brain....***

Her level of intensity came down from 8 out of 10, to 4. It was now not raw and red but still swollen. She said 'my brain feels panicky and scared but I have no idea why.' It sounded to me like she was referring to her brain as having a personality of its own and I checked with her. She said yes, its feelings weren't hers, it was no part of her or her life now, it was her brain's problem not hers.

***Even though my brain feels scared and panicky, I don't know why ... it knows, I don't, it has nothing to do with me ... I accept myself and my brain.***

Her brain now felt cornered ... it wanted to hide ... it had been found out. Something was in there that didn't want to come out. Her level of intensity was 10 out of 10.

***Even though my brain is so scared, it wants to hide, it doesn't want to show what's in there I accept myself and my brain.***

She was now aware that her brain was trying to protect her from something it didn't want her to see. I suggested that perhaps we could acknowledge to her brain that it has been protecting her from something very painful and it has done a great job but that's before she knew EFT. And maybe we could promise her brain that we would be very gentle and careful and not let her be hurt, because she has been hurt enough. She thought this would be a good idea so we tapped on:

***Even though my brain has been protecting me from something so bad I don't want to see it ... I acknowledge the good job my brain has done looking after me but I choose to let my brain know I trust the EFT process ... and I know that I can do this gently and don't have to be hurt again because I have been hurt enough in my life already and I accept myself and my brain.***

The headache was now only on her right side but tapping around her eye made a spike of pain in her head over her eyes. We did some tapping around her eyes keeping open to what came up.

***Even though there are pictures in my brain, I don't want to see them, I know they are there, but I don't want to look, it can't make me look, I am too scared to look but I accept myself anyway.***

The pictures she was aware of now felt like polaroids flashing up ... they were flashing up but she couldn't see them, although she 'knew' what they were about.

***Even though I have polaroids in my head I don't want them, I want to burn them, I don't want to look...***

***Even though I am dirty, I have dirty pictures in my head, I don't want to look, people get put in prison for looking at pictures like that...***

Her eye pain cleared, and a feeling of shame at a level of intensity of 8 out of 10 came up.

***Even though I feel a sense of deep shame...*** Her level of intensity regarding the shame went to 0 out of 10.

The feeling changed to sadness for herself and others but at this point she still could not verbalize who. We tapped on this and there was no change at all. I asked if it was OK to let the feeling go ... and she said no, her sister was still suffering. She didn't feel it was right to get treatment for only seeing something and not having had it done to her when her sister was still suffering the consequences.

We tapped on all this and I included a reframe about the possibility that if she dealt with it she could let her sister see it was possible to get help with her problems. As her sister was skeptical of EFT, the only way she could help her was by letting her see how well it worked for her.

She reported that her headache had begun to undulate with tendrils twisting round. As she had a good dialogue going on with her 'brain' I invited her to ask what was wrong.

She said it was angry with her, if she let go of the pictures it was accepting what happened and saying it was OK.

***Even though what happened was wrong, unacceptable and unforgivable I accept that letting go of the pictures and the pain is not the same as accepting that what happened is OK...***

Feelings of fury, loathing, rage and hatred toward her dad came up. I suggested some words:

***Even though I hate, and loathe my dad for what he did, these feelings are hurting me and not him ... he is not in my life physically now but he is still taking up so much energy and causing me so much pain and I could give that energy to better things. Being angry is like drinking poison and hoping someone else will die.***

***Even though part of me doesn't feel he deserves for me not to feel this hatred I am willing to accept the possibility of letting this anger go for my sake.***

She felt much calmer and was able to talk about how he tried to destroy the family. The nucleus of suffering was him abusing her sister while she had to look on (first time she could say this out loud). But with the gambling, the beating, the alcoholism, he tried to destroy them all ... while all the time telling them how great a dad he was and how much they needed him.

Whilst up until now I had pretty closely followed her words and only allowed intuition to work a little, I suggested tapping on some stuff as I knew a fair bit about her and if I was way off she should let me know.

***Hey dad, you tried to destroy us, but guess what, it didn't work. You beat us, abused us, hurt us, but we are still here, we are still alive, we are good people, we all have someone to love us and can love so we have everything we need. You were destroying yourself and tried to take us down with you, but we are still here. We survived, we were stronger than you thought, and we made it on our own.***

She said this was great and spot-on but now was aware of a feeling of compassion for her father, realizing that he must have suffered a lot himself to have all these problems. Indeed she was aware of the fact he had had a horrible life but along with this sense of compassion, she felt that didn't mean he was not responsible for his actions and he was being punished now by not having them in his life.

I asked her to visualize a room with her family. She placed her husband beside her, her kids in front, her sister behind her, her brother was farther away, her mum (dead) was also behind her and her dad was outside by the wheelie bins. She laughed at this and said that felt right. He had no place in her life now and she could let that all go.

She now had a band of pressure over her forehead. This represented the current issue of how what happened to her affected her and her kids. She felt all alone. She'd had no example of parenting ... was having to make it up every time ... had no idea what to do and no one to ask for help.

And for the past few days she had overwhelming feelings of not wanting to be there and having no idea how to respond to her daughters. She cited some examples which to me sounded like a perfectly normal situations encountered in every family with teens.

***Even though I had no parents to guide me ... show me how to be a good parent ... my dad abused us and mum let him ... so how am I supposed to know how to do this, I am so alone. Everyone else knows what to do except me ... everyone else had perfect parents who help them, who they can turn to for advice ... but I am all alone, messing it up...***

She realized that she was not alone. She had a supportive husband - her children's stepfather who helped her to see she was doing a great job and had 100% faith in her. And she had her kids who sometimes told her they thought she was great (but they are teenage girls so it doesn't happen often - but in truth she knew it) and realized how many of her friends, including me, often had times when they felt the same way.

She now had a strong sense of wanting to forgive herself for her past mistakes.

***Even though I made mistakes raising my girls I forgive myself and choose to know that I did the best I could, and the best I can is all I can give. I am healing now and by healing I can help them heal.***

***Even though I have made mistakes my girls are happy and healthy and maybe I can accept that MY best really is good enough.***

By now her headache was completely gone and all arm, back, shoulder and neck pain was gone.

I rechecked through all the above. There was still some intensity on the phrase, "Good things can't happen ... it won't last." She said that still felt a level of intensity of 3 out of 10, but the feeling had changed and she thought it was something to do with grief.

When thinking of her dad, she did not feel furious, she felt detached, cool, but felt he could not touch her now. He had lost out on something good and he would have to live with the consequence of that, but it was not her fault or her problem. She is planning to continue tapping with these issues but could now understand why painkillers and self-tapping would not help if her brain had all these issues.

Interestingly it has been about 6 months since she first mentioned that the one thing she could never deal with was her memories of what her dad did to her sister. This is how long she had been having the headaches.

I have checked in with her, and her headache had totally disappeared and did not come back. This was a definite improvement and she had been experiencing good memories about her dad.

However, she was aware of a fear that something may happen to her husband and she would be totally alone then. This had brought up feelings of deep loneliness and sadness. She worked through that herself to a degree with EFT but she has booked another session to carry on working through the grieving and loss that she is now experiencing with the absence of hate.

Gillian

Follow-up session

I thought you might be interested in the follow up session . The original session resulted in total cessation of migraine and she has had another cycle with no hint of a migraine. She had reported dealing with feelings of loss and a terrible fear her husband might die and she would be alone, although this was familiar, it had intensified after the original tapping session.

We started tapping for this fear and I asked her if this feeling was a familiar one. She had a memory of being in a car with some people who were friends of her sister just after her mum had died and she was feeling intensely alone and afraid. At this point she started to sob uncontrollably and cried out that the feeling she was experiencing was too overwhelming she thought she might die.

I started tapping on her immediately

***"Even though I think I am going to die if I , this hurts too much, I am here now, I am safe and I am OK"***

The feeling came down to a manageable level, it was within the 0-10 scale rather than way of the scale. At this point I got her to get up and walk around and asked her to come out of the memory, not to try to experience it but to think of it as a movie. It had actually been a different memory that had come up. She called it "**The Nightmare**". SUDS were 10. We tapped for this using the Movie technique and her SUDS lowered overall but there was a peak of intensity. She called this the 'telephone call.' We tapped on this and she was then calm enough to start telling the story of what happened on that night.

I used the Story Technique and we tapped on everything that came up as she told me the story of what happened on the night her mum died, and subsequently. There were some very intense feelings of anger, loneliness and despair and some guilt over actions that she took at the time.

At this point we included a Choices tapping.

***"Even though I have felt so lonely many times and have chosen to be alone, I choose to know I am connected to so many people and am never truly alone, I choose to be connected"***

Within ¾ of an hour this entire memory of this very difficult time in her life went down from a feeling that she would die if she had to remember it to an absolute zero. Her feelings about herself and the rest of her family were also in a much healthier place and she had a sense of belonging and knowing she was connected to so many people and could never be lonely.

I asked her to think about the possibility of her husband dying now and she said it no longer felt like something that would definitely happen and she felt no fear thinking about it. I also asked her to revisit the memory of being in the car and this time round she could see all the concerned faces around her and realised if she had told them that she was not

copied they would have done everything they could to care for her. She felt their love and concern not loneliness and fear.

A week later she visited me and mentioned her husband had a very bad chest infection. Normally this would have made her feel so scared she would have stayed at home unable to cope, but she found she was very calm and able to function normally. We talked about ways to help him and she did some tapping with him and he had a good nights sleep and started to improve immediately.

This is her comments in her own words

"I had been terrified for longer than I can remember that my husband was going to die, and if he did I wouldn't want to live any more. After a very intensive EFT session that dealt with grief over losing my mother 11 years ago, I am struggling to recall ever feeling that way. It feels like a heavy burden has been removed from my chest and I am a lot less anxious."

## **EFT for Candida and Birth Trauma**

Hi Everyone,

When discussing traumatic birth experiences, we usually think of the effect on the child. By contrast, Gillian Wightman from Scotland helps a mother through her many difficulties emanating from this experience.

Hugs, Gary

Gary

Alison made an appointment with me, as she was interested in trying EFT for physical and mental exhaustion and symptoms which sounded like candida or food intolerance. She was very open to the idea that even if she did have candida there might be an emotional reason behind it. However she had no real idea what it could be as she was sure nothing really had happened to her.

On thinking about it she realised that her symptoms started and her confidence waned after her son's very difficult birth (after which the medical people took him away for awhile). Having had two pretty traumatic deliveries myself I am familiar with the negative effects on a woman's confidence, self-esteem and health. She said that nearly every woman goes through labour so it's something she just had to accept and get on with it.

However she was very distraught at this point so it was clear she had not accepted it even if she believed she should have. I let her speak at first and we picked up on some things quite quickly.

***Even though they took him away from me...***

***Even though it was so unfair, I wish it had never happened....***

She felt calmer but was now worried about the effect on her son. She realised he was also reluctant to leave her and seemed angry. I suggested she be conscious of her son's feelings during this process as he could also benefit from the work she did about the circumstances of his birth.

We tapped for her worries about her son and a swirly feeling in her chest calmed down.

***Even though it felt so out of control, I just wanted to hold onto him, I didn't want to let him go, evil people took him away, wanted to stick needles into him, I wanted to just cuddle him and feed him, I didn't believe they knew better but still I let them take him away...***

The reminder phrase was ***'I had no control'*** but as she tapped it changed to ***'I have no control'***.

I asked her to gauge how true ***"I have no control"*** felt and she gave it a 5 on a scale of 0 to 10, and then said, "In the middle, mediocre, just like me!" She also realised that she avoided situations where she can't be heard or understood for what she believed in.

I asked her what this reminded her of and she said it was definitely the case at her son's birth. She had felt so unsafe, unheard and misunderstood. She had a Doula (independent midwife) and had planned a home birth but her baby was breech and the UK healthcare system was very opposed to the idea. Everything they wanted was against what she wanted.

At this point her intensity peaked so I asked her what she was feeling and she wanted to shout out, ***"Let me be me! Let me do this my way! Trust me!"*** So we tapped on that.

She carried on with the story, in a calm quiet voice. She gave into the pressure, there was so much and she wanted a water birth. As that was the only part of her birth plan left to her, because of the pressure she was determined to have it. Her intensity was rising so I got her to tap telling the story.

The contractions stopped and the cord had looped which was the worst thing to happen in a birthing pool. The baby couldn't breathe and the Doula saved the day by getting her out of the water and into a different position which got the contractions going again. Her baby had an Apgar score of 1 (it should be 10), and appeared lifeless. Four hours later his breathing failed and she had to hand him over to the doctor for admission to the Sick Kids Unit. She said she was a failure; she had believed that if she held him close to her and kept him warm he would have been ok and yet she let them take him away. We tapped:

***Even though I was disappointed, I knew what I wanted, nobody around me would give me full support to do what I needed to do. Not a single midwife would support me...***

***Even though I gave into their pressure and went to the hospital...***

***Even though I insisted on a water birth against their advice because I wanted to have one thing that I wanted...***

***Even though I let him go when I knew if I kept him close to me he would be ok...***

I rechecked her statement ***"I am a failure"*** and she said this was not true, she knew she had done her best. However she now had a deep feeling of sadness, which was an 8 on a scale of 0 to 10.

I asked whether she thought she could get over the sadness of this event and she said she didn't believe she should. Further questioning revealed that she felt afraid to lose "the me that I know, comfortable, familiar, self-doubting me."

I asked whether this feeling was there before the birth and she realised the sadness was comfortable, and stopped her from making mistakes. I asked her to remember an earlier time when she had made a mistake. She had a memory about her dad being really angry with her which felt a level of intensity of 6 out of 10.

We used the Movie Technique and brought the memory down to 1 out of 10 but it wouldn't budge from there. She realised she didn't want it to be 0 as she would have nothing to hide behind. We tapped for I need to hide behind this sadness to stop me making mistakes... I checked the statement ***"I might make mistakes,"*** and she laughed and said, "So what, I'll be ok."

I checked on the statements "I had no control" and "I had no choice" and they were both ok, possibly 0 out of 10. However ***"They took him away"*** was still a level of intensity of 1 out of 10. So I asked is this REALLY ok and her anger spiked up. She was still very angry about the Irish lady doctor who had taken her son away ... about her manner and the way she had spoken to and treated Alison. She felt this anger in her chest. She enjoyed a good ranting tapping about this doctor, really getting into the feeling. Her chest felt clear and the anger subsided to a level of intensity of 0 out of 10.

She went still and quiet and I could see she was in tears. She lifted her head, and said, almost with awe, "I can see my son quite differently now, I sense a much closer bond with my son!" She realized that the relationship with her son was very challenging, a different one in quality from the one she had with her daughter, and she did feel uncomfortable with him. She was sure this had changed. We finished the session on ***"I choose to feel free and fluid"*** and she left feeling relaxed and relieved of a burden.

She sent an email the next day to say she felt great and that her son had gone to school happily ... there was a definite shift in their relationship ... she felt he was less angry and she was much more relaxed.

She has just phoned for a follow-up appointment as she now realises she does have some issues she would like to work through. However, her relationship with her son is quite different, relaxed, open and loving. Her fatigue and candida symptoms had disappeared. This was a true one session wonder for this issue!

She also told me that an independent midwife wants to meet me to discuss using EFT to help mothers after childbirth and with feeding issues. She also said she felt this story was important to other mothers and I would add fathers as well. Working with my own husband on his feelings about the births and arrivals of our sons (fear, panic, sense of responsibility, helplessness, loss of freedom) has improved the relationships in our family greatly. Ours may have been a very different story without EFT in our lives, one I don't even want to think about!

## **EFT For Circumcision and Writers Block**

Hi Everyone,

Here's a fascinating trip through some quality EFT creativity. Gillian Wightman from Scotland managed to ask the right questions and found that her client's emotions over his circumcision was a cause of his writer's block.

Hugs, Gary

I had the opportunity this week to do some work with a colleague on his brain function. He was struggling to complete an essay which will go toward his final qualification and was really dragging it out. It had been waiting on final completion for over a year. I asked him to imagine what was going on in his brain and we tapped:

***Even though I have a dark, sad part in my left brain and it doesn't feel part of me...***

***Even though this part of my brain is cut off, it is not communicating...***

At this point I could see his breathing quickening and he looked distressed. I asked if he was OK and he said he was feeling quite scared and didn't know what was going on but a feeling was coming up. I told him to imagine putting this feeling safely in a box of some kind. He said he had put it in a matchbox. The matchbox had a picture of Noddy (a cartoon character) in his little red car on it. He felt that this was something dangerous but made to look safe.

***Even though I have a dangerous feeling in a matchbox with Noddy on it which looks like it should be safe...***

Now his attention seemed focus on Noddy's cap ... it felt important. We did a round of tapping on Noddy's cap and he realised the cap felt related to circumcision and that felt uncomfortable.

***Even though Noddy's cap reminds me of circumcision and that doesn't feel good...***

He started to look very distressed, his facing contorting, he could feel pressure on his left shoulder and right leg, like being held down and that it had really hurt.

***Even though they held me down to circumcise me and it really hurt, they didn't use anesthetic...***

The box was gone along with the discomfort. He said vehemently, ***"I would NEVER do that to my boys."*** We tapped on this. I asked him if he was angry with his father for having put him through this operation and he said that he didn't think so; he accepted it had been done, he was ok with that. I had my doubts but checked back in with the image in his brain and suggested tapping:

***Even though this part of my brain feels very scared, and very confused and very small...***

He laughed at this and said, "Hey, not that small..." I smiled and told him I was referring to being an 8 day old baby, it wasn't meant to be personal. He said, "***I don't feel I was 8 days old, it feels like I was 3 days old.***" (He was separated from his mother in a different hospital due to birth complications for 4 days).

At this point he recognised the 3 days thing may be a feeling rather than reality so we tapped on this 3 days old feeling and he said, "***Oh, I am so PISSED off with him, how could he do that to me***". When we did a round on this he started to laugh, he said it felt so good to tap on feeling pissed off. We checked back in with the image of his brain. He was aware that it felt like the rest of his brain and felt much more relaxed, so we did some tapping on:

***Even though my left brain has not been talking to my right brain I choose to allow it to communicate easily and freely.***

I then asked what he could do now that he couldn't do before this treatment and he reported that the thought of finishing his essay now felt much easier and he did not feel anxious about it when he imagined working on it.

His essay has now been completed and sent in at time of writing this.

## **EFT For SEVERE SORE THROAT**

Hi Everyone,

Gillian Wightman from Scotland shares a case with an interesting core issue. Notice the language she uses when addressing the problem.

Hugs, Gary

Gary

In the course of my EFT training and workshop experiences I often come across people who have been plugging away at their own traumas alone, never thinking about spending some time working with an EFT coach or therapist, believing they should do it alone. I have always found it invaluable to work with other therapists as I cannot often get to the places I need to go to alone. This example highlights to me how powerful and effective it can be to spend a little time with someone you feel comfortable with when you get stuck in a painful place.

I got an email from an woman who had read some of my articles on this site. She has a complex childhood history which holds similarities to mine and although she was not aware of this, she had some sense instinctively that I was the right person to work with.

She told me she had been deeply distressed by events that week and had developed a very sore throat. She is very experienced with using EFT for herself but in this case tapping had brought little relief apart from the insight that this may be related somehow to

a tonsillectomy when she was seven. She felt stuck and desperate and had spent two days crying like a small child with no real idea why.

She told me some of the events that had upset her. A close friend who was an artist had invited her to an exhibition of his as a guest. She was really looking forward to it and when she arrived she was met by someone asking her what it felt like to be on canvas. She had no idea what this meant, but as her friend had used her as a model in the past was intrigued to see what he had done. She was horrified to discover he had painted a picture in a style similar to "The Scream" by Munch and below it was her name. Everyone who knew her assumed it was her but when she tackled him about it he told her it wasn't her. She knew he was lying and was furious with him and wanted to end their friendship, although it had been a valued and supportive relationship. She realized her response was over the top but her feelings ran deep.

As she talked she remembered that during a conversation with the artist's wife, she had felt like she had been 'had' by the throat.

I asked her about the memories of the tonsillectomy since she already had made the connection. She remembered feeling she had been forced to have her tonsils out, it was the fashion at the time and even then she felt she had a sense of outrage about it. There was a nurse who was nasty to her and told her she was very spoiled and there had been little sympathy or support. At this point it felt like she was relating the facts to me, as can often happen at first, we can tell the story but are not connecting with the emotion at all.

I asked her to describe her sore throat to me. She said it was very sore, but just talking about what had happened had brought it from an 8 to a 5. She saw a cave with two boulders. The boulders were her tonsils; there was a blue one which was ok and a red one, the missing tonsil which was not ok. I remarked that this was like a 'phantom' tonsil pain and she agreed. We tapped.

***Even though my throat feels like a cave with a blue boulder and a red boulder and the red boulder is really not ok and I am not sure why...***

***Even though there is steam or energy coming from the red boulder...***

***Even though the boulder is smaller now, I am looking down on it, I feel in control now, its over, I survived whatever this boulder means...***

***Even though it looks like a small bump on a 3d map...***

I now asked her to name the hospital experience as a movie. She called it the "nasty nurse horror movie."

***Even though I have this nasty nurse horror show...***

It proved to be difficult now to think about looking at the movie, she had now accessed the emotions. She had an intensity of about 7 on a scale of 0 to 10. After tapping it became easier to look at and to access the details and memories and emotion.

***Even though I am so angry, this just wasn't necessary...***

***Even though they said I had to be a good girl, go along with it, do as you are told...***

***Even though they turned me over and stuck the needle in and they lied to me, they said it wouldn't hurt and it did...***

***Even though a nurse caught me out of bed and said 'Get back to bed you spoiled girl'...***

***Even though mum called me a spoiled girl and the nurse said it too so it must be true, I am bad, I am spoiled, it's my fault...***

She realised at this point there had always been a connection between continually being told she was 'spoiled' (overindulged) and being a spoiled or 'ruined' person. I asked her to recheck the movie and it had changed. The nurse was laughing, kind and playful, she knew the little girl was afraid and was putting her at ease. All the intensity of emotion was gone round this incident and her throat was feeling much easier. I tested by rechecking all the statements and feelings and everything was resolved

I asked her now to think about what had happened during the week and we tapped on some specific feelings. We called the whole incident "Judy and Jim's stupid behaviour" and did an initial round of tapping on this.

***Even though I want to knock his block of, he is so stupid he didn't see how much it would hurt me, and he lied to me...***

***Even though I don't want to talk to her, I feeling ambushed. I don't like her, I am not clear where my life is going and she keeps asking me Why don't you do this, or this or this...***

***Even though I was feeling like a 7 year old with no control, crying endlessly, afraid, vulnerable, attacked, that was then and this is now, I am not seven years old anymore, I have better resources now...***

All the intensity had come right down and we spent some time constructing a choice that had meaning for her and it represents the journey she is on at the moment.

***Even though I felt desperately hurt and unsafe last week I choose to know that I can become inspired from a safe and courageous space.***

She reported that her throat felt much better and that she could now resume her relationship with her friend and could imagine being with him. She later reported that her sore throat was completely better and this was her comment.

*"Just to say a big thank you for being willing to fit me in at short notice, I really really appreciated that, and of course the actual session itself was very helpful and very revealing ... as well as giving me more access to how my child self perceives things I also felt very safe working with you. Having a safe pair of hands to 'hold the space' one works with traumatic memories is powerful medicine."*

## **EFT For Severe Sinusitis**

*Gillian Wightman from Scotland gets behind a severe sinusitis case and uses EFT for many creative core issues. This is a quality study in how to dig for underlying problems and deserves your attention.*

*Hugs, Gary*

After eight weeks of acute sinusitis where she felt she felt she could no longer function, my client realized she was completely stuck and needed help. All her self-tapping had been to no avail and she had tapped on everything she could think of for this sinus problem and spent a fortune on supplements and homeopathic remedies but nothing helped. She felt she could be suffering an allergy and so had been tapping on possibilities, including formaldehyde from the radiators - again to no avail. On the day she was due to see me she phoned to say she was feeling too unwell to drive. She lives nearby so I offered to visit her as I did have the time that day.

I ascertained that the problem started when the heating first needed to be turned on after the summer, (when she had moved into the house). She could now not have the central heating on or light a coal fire; both of which she felt exacerbated the condition. She was really very frustrated that EFT was supposed to be so great for allergies yet it was not working for her.

I pointed out that sometimes allergies were energy imbalances and sometimes there was unresolved emotions involved, so this might be the case here. Our tapping started off by addressing her frustration that nothing had worked, and how trapped she felt, that she couldn't do anything or go anywhere, she felt so poorly.

***Even though I have tried everything and tapped on everything I can think off and it hasn't worked...***

***Even though I know EFT works for allergies and for everyone else and has worked on lots of other things I've had, this is so bad I'm sure it's not going to work this time ... I choose to find it surprisingly easy to resolve the issues held in my sinuses.***

***Even though I have tried everything I can think of maybe this is an issue that I need help with, maybe this is something I don't want to look at alone and I choose to know I can do this safely now...***

She now felt more relaxed and felt ready to start exploring what this might be for her. I asked if there was an issue in her sinuses what it might be. She felt her sinuses held all the 'garbage' in her life that she did not want to deal with and we explored some feelings of anger towards her ex-husband that she had never allowed herself to fully acknowledge.

She now realized we were getting into the area of 'I really don't want to go there.' She also felt great resistance to dealing with this garbage and preferred to imagine packing it into a removal truck and sending it to Iraq!

***Even though I really, really don't want to go here, I feel so uncomfortable, I just want to pack all this rubbish up and put it in a removal van and send it to Iraq. There's so much rubbish in there and I don't know where to start.***

I asked her to visualize her sinuses at this point, what they looked like, and to her great surprise she could see they felt like they were full of smoke.

***Even though my sinuses are full of smoke, pervading every nook and cranny, and I don't know what this smoke means I am open to understanding the meaning of this smoke.***

She suddenly looked very shaken and it was clear she had a vivid memory and she was very surprised how it had suddenly appeared. I asked her to open her eyes, distance herself a bit and make it into a movie which she called The Nightmare.

We tapped on this until she could look at it and she was able to tell me the story and as she spoke we tapped on the spikes of intensity.

***Even though I was so stupid and left an umbrella on the Rayburn (stove)...***

***Even though it caught fire and filled the house with thick smoke and fumes and I couldn't breathe, I thought I would die...***

***Even though I thought my children would die...***

***Even though I was all alone, dealing with everything all alone with no one to help me...***

She felt markedly less intensity on all of this but then remembered that the doctor she called to attend them had molested her. She had reported him to the police, but was told it would be fruitless to try to pursue a charge as it would be her word against his. When her husband arrived home later, he said it would be better not to make a fuss.

She then remembered another incident where a man had struck her on the face in anger, and once again her husband had done little to try and protect her or stand up for her. We did a lot of tapping on her anger towards the doctor, the police, and towards her husband for this and the fact that she had never really felt safe enough with him.

We also did tapping for the fact she felt so stupid that she had put up with his overall difficult behaviour for so long and had always been the one trying to fix the relationship. Now he was off having the life he wanted - taking frequent holidays abroad, no kids to have to take day-to-day responsibility for, whilst she was left struggling, ill, in financial difficulty due to being unable to work because of a chronic disease, and coping with problem after problem all alone.

There was quite a lot of colourful and ranting tapping going on at this point! She just spoke and tapped at the same time until she could start to laugh about it. She was also feeling delighted at the insights gained.

By now she could clearly see the connection between the coal fire and the smoke. She could see now how the smoke was triggering these intensely painful memories and also

her own sense of powerlessness. She had also spoken of fumes in the house and I asked her where these were coming from. She realized that every time she went to the back door she was aware of the fumes from the boiler cupboard. I asked her to take me to the boiler. We stood in the back porch and she opened the door and again had a very visible emotional reaction. I tapped while she looked at the boiler and started to calm down and then she became aware of her feelings.

There was a safety device on the door, a black dot, which would change in colour if there were any leaks in the boiler. She asked if I could smell them and I could, but they did not provoke an emotional reaction in me at all.

***Even though I really hate these fumes...***

***Even though I don't trust that black dot, I have to check it all the time, what if it's broken, what if it doesn't work...***

***Even though I am so terrified it will leak and it will kill my kids and I won't know...***

She now realized that she was checking this boiler constantly, it was almost an obsession and she also realized she was afraid of the noise of the boiler firing up. I assume she had turned the radiators off but still used the boiler for hot water provision. We tapped on the fear of this noise and she became aware that she felt most ill when she was sat at her computer. She had assumed it was the computer affecting her but now could understand that from there she was able to hear the boiler turning on and off and was having a reaction to that. I asked if she had suffered this fear in her old house and she told me, "No, the boiler was in the kitchen, where I could see it and smell it."

***Even though I can't see this boiler, I don't know what it's up to, I won't know if it breaks down...***

We joked at this point about her beautiful big brown dog who slept in the back porch and who, she realized acted as her canary (warning system), in that if he was fine the boiler was fine. We then did some tapping about choosing to trust her 'canary' and the black dot.

We returned to the lounge and after further talking tapped on the fact that she did not feel safe either inside the house or out (because the cold and damp affects her badly). In fact she did not feel really safe at all. I left her with homework to tap on: Even though I do not feel safe in this world. I am aware that this is a common theme amongst allergy sufferers so it was interesting that this issue came up.

Before we left I checked her intensity on the memory of the fire and the abuse and it was zero on a scale of 0 to 10 although we knew we had further work to do on the safety issue. I hadn't heard from her and whilst I felt it had been a very good session I was unsure if it had been helpful with her sinuses. I was delighted to receive her card today.

*"A belated thank you for the brilliant sinus-busting session! The day afterwards was horrendous - then - poof! - gone.. I have had 2 bugs since then, colds in the head but NO sinusitis! Meanwhile the heating has been on - quite high at times - and no problems yet!"*

**EFT for Pain and Guilt**

With EFT, we can often deal with very intense emotions much more gently than with other techniques. In our EFT DVDs, for example, I display many ways to "take the edge off" before delving into the raw centerpiece of the matter. Gillian Wightman from Scotland describes yet another method in her well written article.

Hugs, Gary

I learned Gwyneth Moss's blue box technique to use with clients with highly intense emotions. In this technique, the client who has high intensity emotion about some event or trauma imagines putting the problem in a box of their choice. They tap on the box imagery until it is safe to look in the box and deal with what is there using the Movie Technique or Tell the Story Technique.

I have also found it to be very useful when people do not know what the memory is; they just know that something happened. It is also useful when they have a belief which seems to span their lifetime and have no clear idea where it came from. Even if there is not a clear memory of what happened, there can be a strong sense of fear in looking in the box.

Sometimes clients seem a little unsure that they can do this. They think they can't imagine a box so I ask them if there WAS a box that could safely hold this feeling or memory what would it be. I get them to describe it. Once they do this I ask 'Is that safe enough now?' and often they realize the box needs to be inside something else ... or padlocked ... or sent to another part of the country, another universe, or the bottom of the sea in order for them to feel safe.

Once they've established where it is and how it looks, we tap on what they describe. What will happen is that the box will slowly come back to earth, unlock, or open its lid with the tapping routines until it is safe to look in the box and describe what is there. This may be in metaphor form at first. The following case is an illustration of using the technique for that purpose.

My client had fallen and extensively damaged her shoulder. After surgery and rehabilitation there was no remaining problem to be found physically but 3 1/2 years later she was still in a great deal of permanent pain and on a high amount of painkillers every day to control it.

She started to tell me what happened at the time and could tell me the story. I asked her to make it into a movie and she called it '**Not Taking Time**'. Asking how she felt about watching it provoked an emotional intensity of 10 on a scale of 0 to 10. This seemed to intense to start working with straight away so I switched techniques.

I asked her to put the movie to one side and got her to imagine her shoulder pain. She said due to painkillers it was only a 2 but upon being asked to describe it she found she could imagine it quite clearly.

***Even though my shoulder is red, jagged and raw...***

***Even though its lighter now but still not nice...***

***Even though I have a niggly toothache in my shoulder blade...***

***Even though my back feels stiff like I have been sitting wrong... I asked her to check the movie and her level of intensity had gone from a 10 to 7 out of 10.***

***Even though that happened...***

***Even though I have this Not Taking Time movie...***

She now rated her level of intensity as a 4.

We tapped on the remaining 4 but it did not move from here so I asked for her feelings about wanting to let it go. She realised she wanted to let it go, but she didn't deserve to because she felt so guilty about it - guilt was a theme running through her whole life. She was remembering the guilt of postnatal depression and not feeling she had been a very good mother.

I invited her to take this guilt and all the memories involved in that and put it in a box that would feel safe. She wanted to put it in a pretty box but was worried people would not realize there was something horrible inside. I explained this box was only for her; it was her box and she could do whatever she needed to but she was to make it as safe as possible so she would be protected from the pain now.

***Even though I have a gold box with a lead lining...***

***Even though the lead lining is thinner now...***

***Even though there is no lead now I just feel so sad...***

***Even though the lining is quilted gold and pink...***

I checked in with her feelings about looking in the box and when it felt it was comfortable to do so she looked in.

***Even though it is mostly ok but there is a big bit that was just a waste of time...***

Now she was aware of a baby in the box and that she was the baby. I asked her what the baby needed. She said the baby needed to know she was a good baby and a good person.

***Even though I am this baby and I am a good baby, a good person... and now she added herself.. It wasn't your fault, you didn't make it happen...***

She realised now she had tuned into her mother's depression and her feelings as a baby that it was her fault. The baby felt vulnerable now. She had a choice for this baby of knowing it was loved just for who the baby was.

***Even though I feel vulnerable ,mum and dad loved from for who I am not what I did...***

***Even though it was hard for her for whatever reason - because of her own experiences in life - for her to show it physically or emotionally my mum did love me and I know it deep, deep down and I choose to know I am loveable...***

***Even though I felt responsible for my mum's happiness and I choose to know I was a baby and that wasn't my job and it wasn't my fault...***

This baby felt contented and at peace so I invited her to let that baby integrate through her life experiences. She was aware of a strong sense of having been loved now and remarked that she was aware how this feeling of vulnerability showed in many aspects of her life. She was no longer aware of the box. We did a final tapping.

***Even though I was this baby who felt unsure of being loved I choose to know I was loved and I am loveable just for being me and I let that love feed every cell in my body...***

I rechecked the Movie and there was no intensity at all. She could think of the postnatal depression with compassion and her shoulder and back felt free and loose.

I asked her what she could do now that she couldn't do before and she realised that she now knew there was no need to absorb everyone's pain and problems at work and be so affected by how others feel. She visualizes herself being more relaxed at work without a painful shoulder.

I have just received a phone call to tell me her shoulder is feeling very good and she feels much lighter and freer in herself. She has not felt the need to take pain killers since.

## **EFT for complex Fear of Flying**

*The Fear of Flying is often an "easy fix" with EFT. But sometimes we have to dig for the true causes and that is where solid EFT skills are important. This article by Gillian Wightman of Scotland provides good skill building along these lines.*

*Hugs, Gary*

My husband, a craniosacral therapist, asked me to see a client of his who had a fear of flying; she would just not fly and this was causing conflict with her husband. She had been seeing my husband for a sore shoulder which seemed difficult to shift with physical therapy. She showed visible signs of distress when even thinking about flying, with pale skin and a tense jaw, and hands gripping tightly, so we tapped on fear of thinking of flying. Her anxiety came down enough to start being able to think about how she felt.

I then got her to think of what really disturbed her about flying. She came up with quite a list of aspects.

\* *Just sitting on the plane, strapped in, not able to get out.*

\* *Way up high, falling, it would really hurt when she landed. (had to try not to smile at that one) I WILL die.*

\* *I hate the turbulence,*

*\* I hate the engine sounds, the rattling sounds It just doesn't feel safe, its dangerous a terrorist might slit my throat!*

*\* What if I can't put on my oxygen mask, what if mine didn't work I don't care what people say, I know flying is dangerous.*

*We did a few free-flowing tapping rounds, incorporating all of these things. By this time her anxiety levels were down, her jaw was more relaxed and she was pinker – she had lost all colour at the beginning, the intensity was now 4 out of 10 – it had been 100. She felt no real response to the initial thoughts and she said she had no idea what was still bothering her. I asked her if she had ever been able to fly and she said she had, she had flown to Canada but flying back she had first felt the terror. I asked what happened on the flight and she said nothing, the flight was fine. So we tapped:*

***Even though I might have a memory connected to flying, I don't know what it is yet, but I am open to knowing, and open to clearing that memory fully...***

She blurted out, ' ***What if I fall asleep and it crashes when I am asleep?***' Anxiety levels were visibly high and she rated them back up to a 9 on a scale of 0 to 10. As I already ascertained nothing untoward had ever happened on a plane, but realised we had hit on something significant, I asked her if it was a familiar feeling. She said it was and she started telling me about being in a car crash. I told her the intention was not to re-traumatise her so I asked her to step back from the memory and see it as a movie.

She called it '**The Nightmare.**' We tapped on this and her intensity came down after tapping on this to a 3 and she could then tell me the story of being asleep in the back of the car that crashed. She awoke at the jolt and the car landed upside down, she had to go to hospital and get her shoulder strapped up and she has had problems with the shoulder ever since.

We did some rounds of tapping on the story. Can you guess what's coming next? I asked her when did the accident happen? She said it was in Canada the day before she flew back! She flew back in pain and too afraid to go to sleep in case something happened. This was the last piece of the puzzle and her anxiety was down to 0. She could imagine being at the airport, getting on the plane, strapping in, lifting off, setting down, no problem. I explained to her the way the brain works is that if you can imagine something you can do it, but she also now knew how to do EFT if any feelings came up in real life.

A subsequent session revealed that she would be OK with flying to Europe but not America. She had vivid memories of scenes on the news from 9/11 so we tapped on fears that a terrorist might be on the plane and on the specific images she was imagining. She imagined a threatening Asian man and felt extreme anxiety. Tapping for all fears and **specific** images allowed her to imagine an Asian man with calm and see that he was smiling and looking friendly. She flew with ease that summer. Her shoulder also improved.

However a year later she flew again and on the way home she experienced more anxiety. I received a phone call just before this year's holiday where she told me she was terrified of flying again.

I knew she had flown out the year before and it was my suspicion something else had caused the anxiety which she assumed was the original flying fear. Sometimes our

conscious mind tries to look for reasons for our anxiety and we often land on the wrong one!

This time I got her to tap on her physical experience of her feelings and she realised she was feeling trapped. The problem was anger about an event that had happened just a few days before. When we tapped for anger on this situation she realised she had no anxiety about flying and was excited about her holiday. I got a postcard from her, which said,

*"Hiya, Just thought I would drop you a wee card to say we are having a great holiday. The flight was good Gill, I almost enjoyed it. Thanks!"*

## **EFT with a client who hears voices**

Gillian Wightman from Scotland takes us through the inner workings of a complicated case. Please note her emphasis that inexperienced practitioners should "not go where they don't belong."

Hugs, Gary

**Important Note:** *It has since been realised that this client does indeed not have schizophrenia but it is Dissociative Identity Disorder, which is a common misdiagnosis when psychiatrists hear a client reports hearing voices. DID is not a mental illness but an adaptive response to trauma and with ongoing EFT sessions, working with her creative auditory information, as opposed to the more common creative visualisation clients often employ, this client is now largely free of voices and codes and is now working and in a stable relationship and planning a family, something she never dreamt would be possible!*

*We did start to hit more difficulties as we got closer to the core issues and the early childhood trauma, but these were all workable with in the normal ways.*

Gary,

I am sharing this experience because I think it may be of interest to mental health professionals and a reminder for everyone on how important it is to listen and reflect people's exact words back to them without comment.

Recently I received a phone call from a young woman who asked me to help her make a decision about where she should live as she knew I also use kinesiology. I explained I would help her clear the confusion so she could make her own decision; I didn't use kinesiology in that way. I asked all the normal questions about medication, and history as part of the normal intake and she told me she was taking medication for anxiety.

I started of the session with her distress that she could not seem to make a decision about whether to return to her house and her feelings of being under pressure to make this decision.

***Even though I don't know what to do, it feels like my brain has shut down, I just cannot think, I cannot make a decision...***

***Even though I am scared people will get mad at me because I don't know what to do...***

I explained to her that when working with people who have a decision to make I normally get them to look at both sides and clear any possible blocks or emotions so that in the end they will feel comfortable with whatever they decide. I often ask for pros and cons to start the work.

This is what we did, the cons were her house was cold, she couldn't afford to heat it, and the neighbors bothered her. The pros were her dad hated her living at home. As we talked and I invited her to imagine her home she was getting strong feelings of discomfort. As I started to ask the kind of questions I normally do to get some information about what was the cause of the discomfort it became obvious to me that she was consulting someone else. She was turning her head and appeared to be listening to someone and the answers coming back were in code. I worked that out later. At the time it was just appeared to be nonsense.

I became aware that we were working with either Dissociative Identity Disorder or schizophrenia. This is not an area I am specifically trained to work with but both my father and my sister suffered from this condition so I was able to ascertain that in this instance that I felt safe, as I have had to develop a good radar over the years. So I decided to do what I normally do and work with whatever was coming forward, I had no sense that I did not belong here.

She would say 'I have been told to say...' and I would instruct her to tap on exactly what was said, even though we didn't understand what the code meant.

***Even though I have this tears for me be junior problem...***

***Even though I have this breakdown problem...***

***Even though I have this bad futile attempt problem...***

***Even though I have this war, war, hell problem...***

I had no idea the meaning of any of this and neither did she at this point but it was clear she was becoming more relaxed. I had explained the intensity scale and she would say, "I feel it is coming down, they are 7 and 8 but in a good way." This carried on until she let out a deep breath and said, "We are all fine now." A conversation then ensued.

"What do you think?" "I think you should tell her, she feels safe". "Yes I agree it's safe". "Tell her what happened when you were 7".

At this point she looked at me and said, 'This is me talking to you now ... I hear voices, they have been with me for 10 years. I was hospitalised at that point but never took medication and I have learned to live with what has happened to me. The problem is I don't always understand the voices; they talk in code. I am sure this is happening to me for a reason I just don't know what it is. I deliberately didn't tell you about this because I wanted help with this problem and I decided I would wait till I met you to see if it would be ok to work with you. If it didn't feel safe I wasn't going to stay.' (And there was I deciding I

was the one who felt safe!) She was not in any way asking for help with the voices, she wanted therapy for her confusion and to help her make a decision.

I told her I felt okay about proceeding and explained what we were going to do, that we would tap for whatever came up, in however it was expressed, and focus on how it made her feel in her body. I asked her how she felt about looking at what happened when she was 7. Was it ok for her to do so and she said it wasn't. I invited her to explain to her other parts that she had listened to their suggestion but was going to make the event into a movie to make it safer for her.

She called the Movie ***'I'm battered within an inch of my life'*** and the level of intensity felt like it was 9 on a scale of 0 to 10 for her. As we tapped for the movie the intensity came down and other numbers were being called out. Again we carried on until what appeared to me to be three persons, were at peace with the thought of looking at the movie. She told the story and we tapped on the intense moments.

***Even though there was so much shouting...***

***Even though he hit me and I felt so unsafe...***

***Even though he tore my world apart, nothing felt right anymore...***

***Then another code came through***

***Even though I have this bad Sharon karma...***

She said this made sense of her discomfort in her own home as there was a lot of shouting next door and she was so aware of the angry energy. Also she explained what the above sentence meant to her.

***Even though I did that and I wish I had never done that, it makes me as bad as him...***

***Even though I am sensitive to the energy next door and I don't know what I want to do...***

***Even though I think I should know what to do...***

***Even though I need more time, I don't understand this so I can't make a decision right now...***

It turned out she was under no pressure to make a decision and the pressure was coming from her because she felt she ought to be able to do so. She told me that me listening to her without comment as if her babble (her words) was totally normal, and starting to tap on her for whatever it was that she was saying, was very healing and liberating for her as she was always so aware of people's reactions when the voices were talking. She felt very good about the fact that right now she didn't have all the information she needed to make a decision and did not feel under pressure any more to do so which felt like a good result for the session.

She made another appointment and upon return reported that she had not been experiencing the same volume of voices or code and had maintained a highly productive

period where she felt balanced. This was the longest period of time she had achieved this. Her mood had crashed after an argument with her mother and the voices and code had come back. However they were, on the whole, not present as much when we worked. The session was focused on first reconnecting her with her body, she felt numb and dead and unable to connect with any feelings or thoughts.

***Even though I feel nothing, I am talking but I can't tell you how I feel, I am numb, dead, frozen, something has frozen inside me...***

She became aware she had anger like a frozen energy and an inability to express anger. Her fear is that she had no way to express it. Every time she tried she had turned it in on itself which caused depression and her only attempt to express it had so far resulted in her psychotic period which had hospitalised her.

***Even though I can't express anger...***

***Even though I am so afraid to express anger, I go crazy when I try...***

***Even though I have swirls of energy moving through me, down into my legs...***

***Then a little code came through***

***Even though it's nobody's business but your own you nousey mare...***

***Even though I want you to tell my dad not to touch...***

***Even though maybe you can but I can't...***

***Even though I am so unsupported...***

I got her to focus on what she felt in her body as sensations started to shift and change. She felt a pressure on her head which she described it as something like wet clay.

***Even though I have wet clay on my head, its covering my mouth and nose, its like a dirty nappy (diaper)...***

***Even though I have a dirty nappy on my head, I can't breathe...***

She was able to be aware of more sensations and each sensation brought up more layers of memory until she was very aware of being in a cot, crying, alone as a very small child.

***Even though I am so little and so alone, no one can hear my crying, I am crying so much, they can't hear me...***

***Even though I have put my nappy on my head they still don't notice me...***

My intuition kept adding in the word cold, with each round I was adding cold and she said you keep saying cold and you're right, I was very, very cold, I hate being cold, my house is so cold, that's why I don't want to be there. She was also aware that this was happened just after the family had moved to this house which had been a very difficult period for her parents and found moving home very stressful.

After this round of tapping she was clearer on the reasons why she had wanted to stay at home with her parents rather than return to her own home but also was aware of the difficulties that her presence caused her parents and felt less distressed about the thought of returning to her home. She could see how she had been adding to her mother's tension by making lots of plans and trying to railroad her into making decisions about her business, and that is why they had ended up arguing as her mother could not cope.

She was also aware of how difficult things had been for her mother when she was a child and because her mother ran her business from home there maybe had been an occasion or occasions where she had been left for periods and her parents hadn't heard her because of working in another part of the house.

Her body felt totally alive and relaxed and she was not aware of any feelings of anger and she felt able to discuss the situation with her parents about what would be best for them all.

She came back to see me recently and reported that she was no longer getting so much auditory code but was seeing more visual signs. She had successfully moved into her house without any of the problems she would normally have experienced, she was doing well, was happy and settled and put this all down to the EFT.

She told me that she was doing energy work with a person who was doing research into schizophrenia and she had her higher energies straightened out and that she knew she needed to channel them into creativity, but EFT helps her with her personal problems. This time we worked on an issue with a neighbour where she felt intimidated and too scared to speak up for herself over a disagreement about her garden and the weeds next to his fence.

She felt more able to explain her plans for her garden to him and was not so worried what he thought of her. She also planned to tell him she had a condition which did affect the way she did things, and felt none of the familiar fear of letting people know about her condition.

We also tapped on a dream she had. I continuously tapped as she related the dream, and at the end she knew this dream was a symbol of her grief at knowing she would never have a child. She had made a decision to remain childless because of her condition, and the tapping had helped heal a deep and lonely place inside her.

I have been asked to give EFT training to a mental health team. It is very exciting for me to do so, so that people who are trained to deal with these kind of issues can provide real help other than talk therapies which the team knew often caused more distress when old wounds were opened up without resolution.

Personally, I had to do a lot of tapping on my sadness that it is too late for my sister, as she did end up committing suicide because of the condition 3 years ago. I had never used EFT on her as I had believed I was not supposed to tap on mentally ill people all those years ago. I now understand that I am not to go where I do not belong and I truly did not belong to go there with my sister who who would threaten to kill me when very ill.

This client is not like this in any way and it is a joy to be able to help her. She is reveling in being treated just like any other person I work with and I very much enjoy working with her. In fact she is probably the most straightforward client I have, it's all out there for us, and I don't have to do much digging!

*(I have since this time done much research and now regularly and confidently work with Dissociative Identity Disorder. I have also since reviewed my view of my sisters condition and have had to tap on the sorrow that my utter ignorance of her condition and experience caused me to view her with fear when she needed support the most! My work in this area is inspired by her experience and I am now delighted to be training psychiatrists and mental health officers in EFT, my dream has come true - see article below!)*

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The following three articles are due for publishing on [www.emofree.com](http://www.emofree.com) but have not yet appeared. They are good examples of protective distancing and metaphors for deep trauma work.

## **Experience of presenting EFT to Mental Health Team**

Dear Gary

I was invited to a mental health support team group meeting to introduce and demonstrate EFT. The team leader is keen to seek funding for EFT training for the staff to support mentally ill service users and each other. It did help when talking to the staff that I had real experience in my own family with mental illness so they knew I was on the same page to start with. She needed her staff to be behind the idea and be as enthusiastic as she was so she would have a higher chance of securing funding. So no pressure there!

I asked the group of 16 people, after the intro and initial demonstration of EFT for tightness in their breathing which relaxed them all, how they could see EFT helping them in their work and a common theme was fear of public speaking. I explained the concept of Borrowing Benefits and asked for a volunteer to work with me while the others tapped along.

The volunteer described the feeling of panic at the thought of giving a presentation in her body. We tapped on the feeling, where it was and how it felt and the fear of humiliation and she easily accessed a memory of humiliation at school when invited to do so. She easily made this into a movie called '**Humiliation at school**' and although she said the movie was ok after tapping she found she could not repeat what the teacher had said and she was very upset at this point. She said she had never told anyone and never could. We did silent tapping to calm her down and then started tapping for

***'Even though I can't tell anyone what she said..'***

Within a few minutes she felt she COULD talk about it and told us the story of asking how she had taken part in a test and had been desperate to find out how she had done so asked the teacher who dragged her in front of the class and told them all '**this outrageous child has dared to ask for her results, I will tell you she has done very badly.**' This was not a simple childhood memory, she was very, very distressed. She realised she had

been 'shut up' permanently. I asked her what she wanted to say to the teacher and one of the group shouted out **'Shut up yourself you stupid cow.'** (a very British insult!)

The whole group had been tapping along and I was aware of sighs and shifts all around the group (who hasn't had an experience similar to this?) and soon they were all enthusiastically tapping on their first finger shouting **'Shut up you stupid cow'** along with everything else she would have liked to have said and everyone was laughing and thoroughly enjoying themselves. By the end the volunteer looked so relaxed and when I asked her to think about a presentation, instead of panicking and thinking 'I can't do that', her mind went immediately to thinking about how to prepare for it. She knew a real difference, she could now look at the practical things she needed to do to achieve this goal. The others reported much less stress around their own issue. What was great about this volunteer was that someone told me later she was the one who thought the whole idea was a waste of time. She has changed her mind!

I then tapped for a physical issue with someone who a back pain since she was 12 and told me nothing could work as she had tried everything. I agreed that it might not because of course this was obviously a 'real' pain, but then again, I was willing to try if she was, just in case we could do something. After all wouldn't something be better than nothing. (I did feel that if all these guys hadn't fixed it there was a pretty high chance EFT could!)

We started with

***"Even though I have tried everything so this silly tapping is never going to work!"***

***"If a chiropractor, osteopath and all those physio's can't fix it then tapping on my face won't fix it!"***

I got her to imagine the pain and we tapped on the imagery until it came down from two big rocks to a small golf ball. I asked her if she wanted to leave it there or maybe try looking at what memory she was holding on for and she opted for going for it. I told her I would demonstrate the gentle trauma techniques they could learn in advanced EFT training, which they would need to use for mentally disturbed clients who have usually been heavily traumatised at some point, and they were all keen to see it. As it happens, it was appropriate as her distress when being asked to remember what was going on for her at 12 was way of the scale, so she imagined putting the memory in a glass jar which she covered with a cloth. We tapped on this imagery until eventually she could look in the jar and she made the memory a movie called **'Chaos'**. I knew she wouldn't want to talk in front of the group so I asked her to give me code words and she used **'CAR'** and then **'BOOK'**. The entire memory was then a 0 and so was her back!

By the end all of them agreed EFT was something that could help them privately and professionally, they were all relaxed and everyone felt better than they had done at the beginning of the day. They had all tapped enthusiastically along with this demonstration as well, it was like ducks to water! They were also shocked to realise their own memories had bubbled up and felt so real and still so painful, and could then understand how very hard it would be for mentally ill and traumatised people to share their stories through their traditional talking therapies, which they knew often made people worse. It is my absolute belief that mental illness is an adaptation to trauma!

The result was this email to the person who organized this event and arranged for me to speak to them.

*"Just wanted to say thank you so much for helping me to set up today's staff development EFT session with Gillian. It was a great experience and has given me, and many others, food for thought.*

*Your choice of therapist was excellent. Gillian shared some of her personal journey with us and in so doing connected with us both personally and professionally.*

*I am confident that this is just the start of things for us in terms of the further development of what we offer our service users, and ourselves. I feel very excited by that even if the way forward is, as it stands at the moment, something of a mystery. I am sure that all will be revealed in time. Tell Gillian to know that we will be in touch soon without fail."*

She is going to apply for funding so that EFT training can be provided to staff members for support internally, to clients and their families. I am so excited to be given this possible opportunity to bring EFT to a field that is so close to my heart. The idea I can train people in EFT who do have the required skills to deal with this important area of health care is very exciting.

The main reason for this is my sister committed suicide three years ago after suffering what appeared to be schizophrenia. Traditional talk therapy worsened her situation and I was too scared to try EFT on her as her condition was so volatile and potentially dangerous and I was often her target. I would have wished for her mental health professionals to have a tool that really worked to heal her traumas.

And in the meantime, failing being able to help her, EFT has healed my personal trauma and that of the rest of my family surrounding this tragic loss of her personality and then her person. Thank you once again for this gift. I know you probably hear this so often, but I do not know where I, my family, or my clients would be without it!

## **EFT for Dyslexia, eczema and childhood trauma**

Helen (name has been changed) originally came to see me for bad eczema on her hands. The underlying issue related to this was rejection and she was having problems at work because of her dyslexia. She felt she was having problems with her work, her relationships and her self confidence, she just didn't feel good enough. Over the course of a few sessions we resolved many painful memories of abuse from her family and at school by peers and teachers and then subsequently at work. Her confidence grew enough to apply for and get the job she wanted and she overcame her dyslexia and the eczema cleared up.

She phoned one day in great distress, she had had a car crash but she felt that had happened because of a situation that had developed at work and she was feeling very angry. I conducted a short phone session to bring down her distress. She had been stressed at work and had lapsed back into the dyslexia and felt that she had been treated harshly because of it. We ended with a realisation that she had been branded by dyslexia. Her mother used to introduce her as her 'dyslexic daughter' and her father disowned her

when she had been diagnosed. She then made an appointment to continue the work we had been doing.

As we knew the dyslexia had improved and had now come back I asked her some questions about its role in her life. She realised she needed the dyslexia, it had a purpose.

We tapped for

***“Even though I am scared to get over this because I am so used to relying on people and if I don't have them to rely on I will be on my own and if I am on my own I am scared”.***

***“Even though I feel if I don't have dyslexia somehow I will lose my dignity”***

***“Even though if I don't have dyslexia I may lose my sister”***

After the tapping she realised none of this sounded logical and she was able to say “I don't have dyslexia” with no intensity.

She now spoke about her dad. He is ill and she does not want to see him. She felt very angry with him due to the way he had treated her when she was younger. She said she wanted to choke him. Her father had been a violent alcoholic and when they were little her parents had separated, she remained with her mother and her father took her little sister, it was a very difficult situation for everyone involved and we had done much work on the various aspects of this. What remained was that she knew she didn't want to go with him but had felt so rejected by him because he had said ***“I don't want you, your to much like your mother”.***

At this point I used Lindsay Kennys Bundling Baggage technique. She called the whole episode Verbal Abuse and then we tapped on the things he used to say to her:

***“Your just like your mother, too fat, horrible, evil, nasty, stupid”***

She had a pain in her neck now and a realisation that her dad played mind games. Her intensity was now a 4 instead of 10 but she still felt he was cruel. She felt a sick, dark feeling in her chest and she said she felt shut down and contained. We tapped on this feeling and it changed to a feeling of warmth. She was shocked to realise this was a realisation that in his way his dad had been trying to show her he did love her and she loved him.

I asked her what she felt she could do now that she couldn't do before with this feeling of love and she said she could follow her dreams to be an Art Therapist because she wanted to help children like her. She also realised that perhaps she did deserve a nice guy, not the nasty ones she had been going for before. She arranged to come back to continue this theme of relationships.

## FOLLOW UP SESSION

Since the last session some things had changed, she had applied for a counselling course as a start to her goal of being an Art Therapist and felt positive about this, but she had developed a severe back pain and had been feeling very sick, she also had a recurrence

of thrush, which she thought she had conquered. She felt convinced this was to do with the fact that she had started to explore the subject of relationships and she knew it was emotional because when she tapped it would improve but it kept coming back.

She looked very ill and was visibly shaking. She was also late and had tried to get out of coming, so I knew we were dealing with something important.

She felt petrified and she felt it in her back and pelvis. We tapped for this petrified feeling and as we went round she shouted out “MEN ARE BAD”. She realised she had grown up with these messages from her mother, quite understandably because of her own personal experiences, that men are bad and you don't need them. She had been told she could 'do it herself' and use a sperm bank if she wanted a baby.

We tapped for ***“Even though I learned all male energy is bad”***

She was very diffident about expressing herself, preceding every thought with “You will think I am stupid for saying/feeling this but..” She told me she was frightened she would be like her dad, violent in a relationship. She had been a very angry teenager. Her mother used to tell her she was violent like her dad. We tapped for this.

She started to feel very sick and said she knew she was getting to the core issues, she didn't know what it was but it felt really horrible. I asked her if she would like to put this memory whatever it was into a basket or box. She described the basket,

***“Even though I have this memory in a blue IKEA washing basket, with two zips and a padlock...”***

She became very aware of her hands and remarked she could never let anyone touch them. I asked her if the hands were related to this issue and they were. She spoke about her Record of Needs, which she has to legally keep but that she wants to shred, documenting her problems with her dyslexia. One said she was a child of limited intelligence. The other said she had dyslexia and that the eczema on her hands was related to the stress of this – whoever said that had been spot on! She felt she had gone numb thinking about this. We tapped for all of the above and she realised her basket had changed.

***“Even though its light and dark blue, its scared to come up”***

Again she said, 'this is the core issue. I know when I do this I will change and then I might lose people. I have had it so long.' I asked what she felt would change and she said she would be successful in life.

She realised she was scared of having to look after her family if she was successful. She wanted to say 'sod you all' to them.

***“Even though I want to say sod you all, I don't need you”***

The basket was now lighter blue. She had the realisation that being successful felt like saying I don't need you. She was frightened that she was too needy.

We tapped on this conflict, ***“Even though I don't want to need them and I feel needy”***

She now realised she felt she could have both, be successful and chose her family, rather than need them. She was an adult now and did not need them, but did want them.

The basket was now light blue and she could open the padlock, but her neck had become very sore.

Also as she spoke about opening the padlock her back pain intensified. Something was telling her to go in but she wasn't sure.

***“Even though its not safe to go in, even though I don't want to go, what if its safe to go in, what if it isn't safe, it could be safe, what if its safe, what if I could go in...”***

She now reported the padlock was gone and the zips were open. Her back was sore but that was the issue, and she felt tired on one side and clear on the other (she was totally drained when she had arrived.)

Inside the basket was dark, lumpy slime and it made her sick and her eyes feel dazed, she didn't want to see. We tapped on those exact words and she realised the dark, slimy feeling was how she felt about men. After tapping she realised that this is how she felt about some men but there were nice men out there, she had just never been out with any.

The dark slime was now a black circle in the bottom of the basket, surrounded by light green and then white. The black was anger, the green was peace and the white was 'the light'. She felt the anger in her ears back. I asked her if the anger was in her ears was it anger about things she had heard. She said it was. The authorities at school had tried to say she was stupid, her peers called her a 'mongo' a derogatory term used in Scotland, her father called her fat and stupid and her mother called her her 'dyslexic daughter. It was also all the unwanted attention she had got from boys who would remark about her figure etc and thought she would be 'easy' because she was stupid. After tapping on all this I asked her how she saw herself and she said she felt she was intelligent, clever, fine just as she was, she looked good, and she might make some stupid mistakes but she was definitely not stupid. We decided to tap on this for good measure.

She then spoke about having felt like a guinea pig with all the tests and she hated the way she had been treated at school. The only word she could use to describe the feeling was Hing Ping, which meant something to her so we tapped for

***“Even though I feel Hing Ping”***

***“Even though they could have diagnosed me at 3 but they wanted to label me as stupid and I feel so pissed of about that”***

***“Even though I feel pissed of with men that don't appreciate me”***

She realised that she had to start with appreciating herself and through her work with EFT she could now do that.

Her basket had collapsed and there was only a black dot remaining.

This black dot represented her brother who had gone his own way and she perceived had been rejected by the family.

Her neck was now sore and she again felt the fear of rejection by her family. After tapping on this she realised she could let go of that, her family had not rejected her brother really and would never reject her. Her dot was gone. She had no pain in her back and neck and she felt energetic and well.

I checked through all of the above and it was clear and I asked her “Do you deserve to find a nice guy?” and she replied “Absolutely”.

She also told me that now she wants to train to be an EFT therapist because this is the best way she can think of to help children.

Very soon after this session Helen met her partner and is now married with a baby and blissfully happy. We did some more work on her issues when she became pregnant and before the birth and the result is a happy and content family. I love my job!

## **Extreme Childhood Trauma**

*(Note: This is one of the most precious experiences I have ever had since I started using EFT. It was an absolute honour to work with this client and moving beyond words!)*

This client contacted me because she had become stuck working through a particular memory and the therapist she had been working felt unable to work with her. The feeling she was left with was her emotions about this event were ‘too much’. Therefore she did approach this session with a degree of scepticism that EFT really could help this very intense memory and emotion but she was also very desperate for help and in her words ‘ripe’ to work with the memory. I considered myself fortunate, much of the work had already been done to get to this point.

She was very aware of her memory. As a very young child her mother, who she recognised to be seriously emotionally disturbed, possibly with undiagnosed schizophrenia, tried to kill her. She reported memories when a black darkness came over her mothers face and it looking as if something evil had come over her.

I began with asking her what would it mean to her to have freedom from this memory. She answered it would mean she could breathe. I then asked ‘If you could breathe what would that mean?’ She started to cry and she said ‘I can live’.

I instructed her to keep just tapping as she was quite intense at this point and evidently tuned into the feelings. She calmed down and I gently asked her to check her beliefs about living.

**I want to live** felt about a 5, halfway between true and false

**I deserve to live** felt a 0, not true at all.

**I am allowed to live** felt a 0 and once again she was very upset.

‘How can I be allowed to live when my mother wanted me dead’. Again I instructed her to keep tapping as I repeated

***'That happened, its over, I survived, that was then, this is now, its not happening now. My body remembers a feeling and feelings can change and I choose to allow myself transform that feeling somehow'.***

This allowed her to calm down again.

She started to tell me about a memory where her mother put her pillow over her face and she could see this event in the 3rd person with her little hand scrabbling over the edge of the pillow. This is how she had been tapping on this memory trying to disengage from it, attempting to use Matrix Reimprinting, but with no success. However as she talked she got more and more intense.

I decided to offer one of my favourite metaphorical techniques to take her a few steps further back from this very distressing memory and invited her to imagine a box or a basket to put this particular ***'Mother tried to kill me memory'***.

She imagined a wicker basket floating in a river. For both of us the idea of Moses in the basket on the Nile came to mind. From now on all the tapping phrases follow the path of this visualisation where my clients subconscious mind now took over.

***"Even though this basket is floating down the river, someone may discover it I accept myself and all my feelings"***

***"Even though the sky is black and the moon is shining on the basket....."***

***"Even though the sky is red, the sun is coming up, its a new day....."***

***'Even though the basket is not moving, it can't go forward it can't go back.....***

***The intensity rose here, I don't want to leave my mother but how can I stay***

***'Even though part of me wants to stay and part of me can't stay its too dangerous.....***

I suggested tapping at this point

***'Even though I can't go forward and can't go back, this is an impossible situation, part of me really loves and needs my mother and part of me is so afraid of her, I need a miracle right now, there is no solution to this problem, I can't leave, can't go, what if there is a third way?'***

Her words again

***'What if I can go up, I wonder if I can go up, how will I go up? Perhaps God can help me, thats what I need now, only a miracle can help me'***

She reported a sharp stab of anxiety at this in her solar plexus. I asked her to place her hand on it and be aware of its shape and colour, a clear orange segment shaped piece of glass. What was this piece of glass trying to say? She answered ***'if my my mother didn't want me God might not want me either.'*** This felt very true

***'Even though my mother didn't want me, she tried to kill me, I wasn't good enough, what if God doesn't want me either I choose to know the truth is....(I just leave this as an open ended question to allow the client to bring up a reframe rather than making the mistake of pushing my own reframe during a vulnerable moment which can be intrusive and unacceptable)***

***'The truth is my mother isn't like God, my mother wasn't God, my mother was sick, God can help me!'***

***'Even though the basket is rocking, something is trying to get out, I see a little hand coming out of the basket'***. Again tears and strong emotion which subsided as we kept tapping together, I always tap for my clients to support them when perhaps they are unable to when it is phone work and they acknowledge this holds a safe space for them.

***'Even though that little hand is coming out of the basket, that brave little hand, reaching out for help, I really appreciate that little hand, that hand helped me survive.....'***

There was a moment here of appreciation from both of us for this little girl who did survive the situation and had what it took to survive.

She said she could now see into the basket and the baby was grinning and reaching to be lifted up but she couldn't lift up the baby

***"Even though I am scared to pick up that baby, what if I can't look after it, what if I hurt that baby, what if I am like my mother and won't even know it until I have a baby, what if that evil is residing in me and this baby brings it out"***

We did a lot of tapping around this fear and belief she had this blackness just like her mother. There was a deep sigh as she realised she was not like her mother and did not have this blackness.

She then said ***'I need to visit this memory now, I need to help my mother, can I tap for my mother.'***

I asked her how she would like to do this and she wanted to tap for her mother when she was asleep before the darkness came, as often she would awake from sleep and be in this black place.

I asked her to imagine being outside the door. She was aware of her small child self being relaxed and keen but she was less so, as if the child trusted her more than she did.

***"Even though I am afraid to go into the room, what if there is nothing I can do to help"***

She imagined entering the room and seeing her mother there lying asleep. Immediately strong feelings of compassion came up. We tapped as she spoke about the fact her mother had been under intense stress, so many difficulties for her, with no support at all.

She imagined tapping on her mother, acknowledging all this pain and suffering her mother had been through and bringing her peace now. She felt deeply honoured to be able to do this and it felt very good for her.

After she had some time to absorb this peace and sense of forgiveness I then asked her to go back and imagine the baby in the basket.

The baby was still smiling but there was a snake in the basket.

***'Even though there is a snake, a black and yellow snake, ready to strike, I can't pick up the baby, the snake will attack me, I can't help this baby its too dangerous.'***

She reported the snake looking more relaxed and less ready to attack. I asked her to be aware of the purpose of this snake in the basket. She said it was part of her always ready to defend against good or evil, always on the attack, a very destructive part.

We talked a little of the function of the nervous system and how we need to be able to be ready for action when necessary so having a snake would not be a bad thing, but this snake did need time off.

***Even though this snake has been on guard 24 hours a day trying to protect me, of course I needed a snake, I was a vulnerable baby with no protection, I really appreciate this snake it has been keeping me safe, I choose for this snake part of me to know that I am an adult now, I have more resources, I can trust myself to know when I am safe or in danger and act appropriately.'***

This felt very good for her and she imagine allowing this baby part of her to nestle in her heart while the snake hovered above her heart available to protect her if necessary.

She reported her breathing was much improved.

I went back to her original limiting beliefs and retested.

**I want to live** was a full 10 now.

**I deserve to live** and **I am allowed to live** both felt about an 8 but she realised she needed to do some further work and felt more than able to now tap on specific parts of this memory as the memory was now not causing much distress at all.

I left with the agreement that we could work together again if she felt she was still stuck but I felt confident she did have the skills needed to deal with this effectively now we were past the most intense buried fears.

I received an email a few days later from her:

*I had the hardest time remembering much about the whole scenario. Like it was so far away and I couldn't really get a hold of it, it just kept floating away, so that was wonderful. I had had 2 really hard weeks before I talked with you and suddenly I was just so light and just couldn't remember all that stuff.*

*When I checked in today, I was a 10 on "I want to live" and "I deserve to live" but still only an 8 on "I am allowed to live". So I did some more EFT on it and it suddenly struck me that I am totally allowed to live - otherwise I would have died back then! If I hadn't been allowed to live, I wouldn't have come back, I would have died! But I didn't die - so clearly I am supposed to live/I am allowed to live. All that writing on my wall, as Gary says, is totally wrong. And now, I am a 10 on "I am allowed to live" as well :)*

*So, I'll keep checking in and see how I am doing with that.*

*A funny coincidence is that this week I received my immigrant visa to Canada - it has been a 6.5 year process to become a permanent resident of Canada - and this was the week that I received my right to immigrate to Canada. A new start in a new country, where I am allowed to live :)*

Later she wrote:

*"Finding a practitioner who is able to handle the huge emotions connected with severe childhood trauma is quite the challenge. Just 2 weeks before my session with Gill, I had been told by the practitioner I was working with that "I was too much, this was more than she could handle". So when I contacted Gill, I was pretty skeptical, but to my relief I found Gill to be completely calm and fully competent to guide me through the trauma without skipping a beat. She was a gentle yet powerful force in the midst of the insanity and she navigated me through the experience very gently and easily, allowing me to express the emotions without getting lost in them. With Gill by my side, I was able to go where I had not dared tread by myself. It was a deeply healing session.*

*I highly recommend Gill, especially if you have experienced severe trauma, which others seem unable to handle."*

*'And of the people who could handle me, you are the first and only to be able to both handle what happened to me AND be compassionate and warm and caring as well. Most other people go deep into detachment and then claim that detachment is the only way to truly help somebody- I was never too sure about that. And after my experience with you and feeling how healing your caring, loving approach is - I know that what you do, the way you are truly there for your client, that is the right way to do this healing work. Hats off to you, Gill! You have my deepest respect.'*

**I include this information, NOT to blow my own trumpet, but to remind therapists what is needed when working with this level of trauma. People who suffer such extreme trauma as children are looking for empathy and utter trust in the EFT process in their therapists. They are looking for a safety, empathy and total non-judgement. These qualities are more important than any technique and the qualities that I value in my chosen 'helpers' over anything.**

## **Conclusion**

I truly hope these articles will inspire you and encourage to try out some of the innovative techniques I am sure you are going to learn in 'EFT and Beyond - Cutting Edge Techniques for Personal Transformation'.

There is no limit to what we can achieve with EFT with the correct approach.

My father and sister are my inspiration for all my research, which ultimately led me to my own healing. They are my inspiration, truly beautiful people who fought so hard to survive in a world that made no sense to them and did little to understand or support them.

There for the Grace of God go I!

Best wishes

*Gillian*

“Above the grey skies the sun is always shining!”