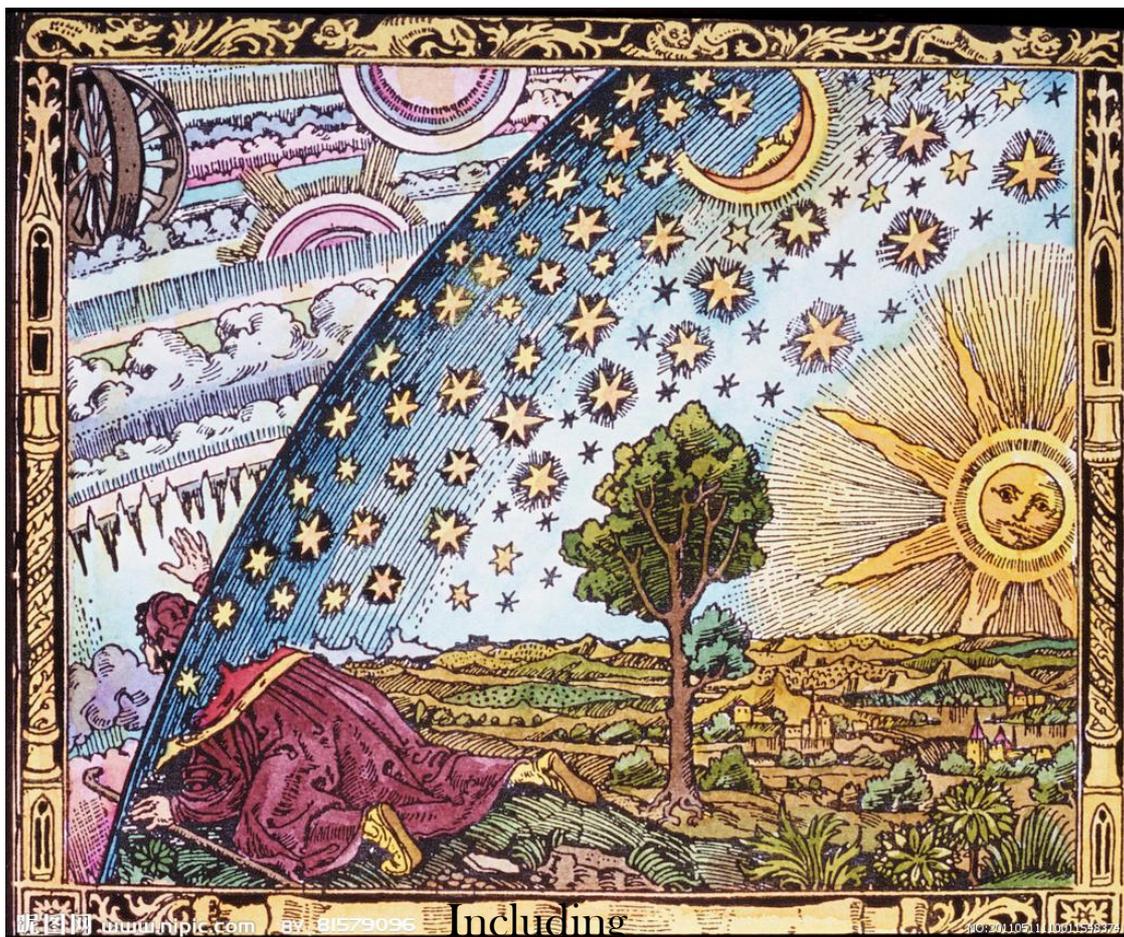


# EFT

## EMOTIONAL FREEDOM

## TECHNIQUES



**PET** PROVOCATIVE **E**NERGY  
TECHNIQUES

And

**MR** MATRIX **R**EIMPRINTING

**DR SUSAN KRIEGLER**

## What is Emotional Freedom Techniques (EFT)?

**Emotional Freedom Techniques** (or **EFT**) is an emotional healing technique, which is based on a revolutionary discovery that violates most of the beliefs of conventional psychology. It contends that the cause of all negative emotions is a disruption in the body's energy system.

Essentially, **EFT** is a form of "psychological acupuncture" - except that we don't use needles. The approach relieves symptoms by tapping on various body locations. This tapping balances energy meridians that become disrupted when we think about or experience an emotionally disturbing circumstance. Once balanced, the upset is usually resolved - the memory stays but the emotional charge is gone. Typically the result is lasting and is also accompanied by positive changes in thinking. The technique is easy to learn and ideal for self-help.

### Background

**Emotional Freedom Techniques (EFT)** evolved from Thought Field Therapy, which was created by US clinical psychologist **Roger Callahan**. Callahan discovered that stimulating acupuncture / energy points lead to psychological relief for an anxious client, and through experimentation was able to discover a series of useful points.

**Gary Craig**, who studied with Callahan, identified a comprehensive set of "all purpose" energy points that could be applied to treat any emotional problem. He called this **Emotional Freedom Techniques (EFT)**, and achieved excellent results with this approach on a wide range of emotional as well as physical problems.

**EFT** has been successfully applied to treat a wide range of emotional problems and issues, including anxiety, fears, phobias, trauma, Post Traumatic Stress Disorder, grief, anger, guilt, etc. It has also been applied to enhance performance and improve relationships. In relationships, **EFT** can help us by reducing the emotional upsets towards our partner, many of which have their origins in our past. Using **EFT**, couples can overcome many of the barriers to friendship and closeness.

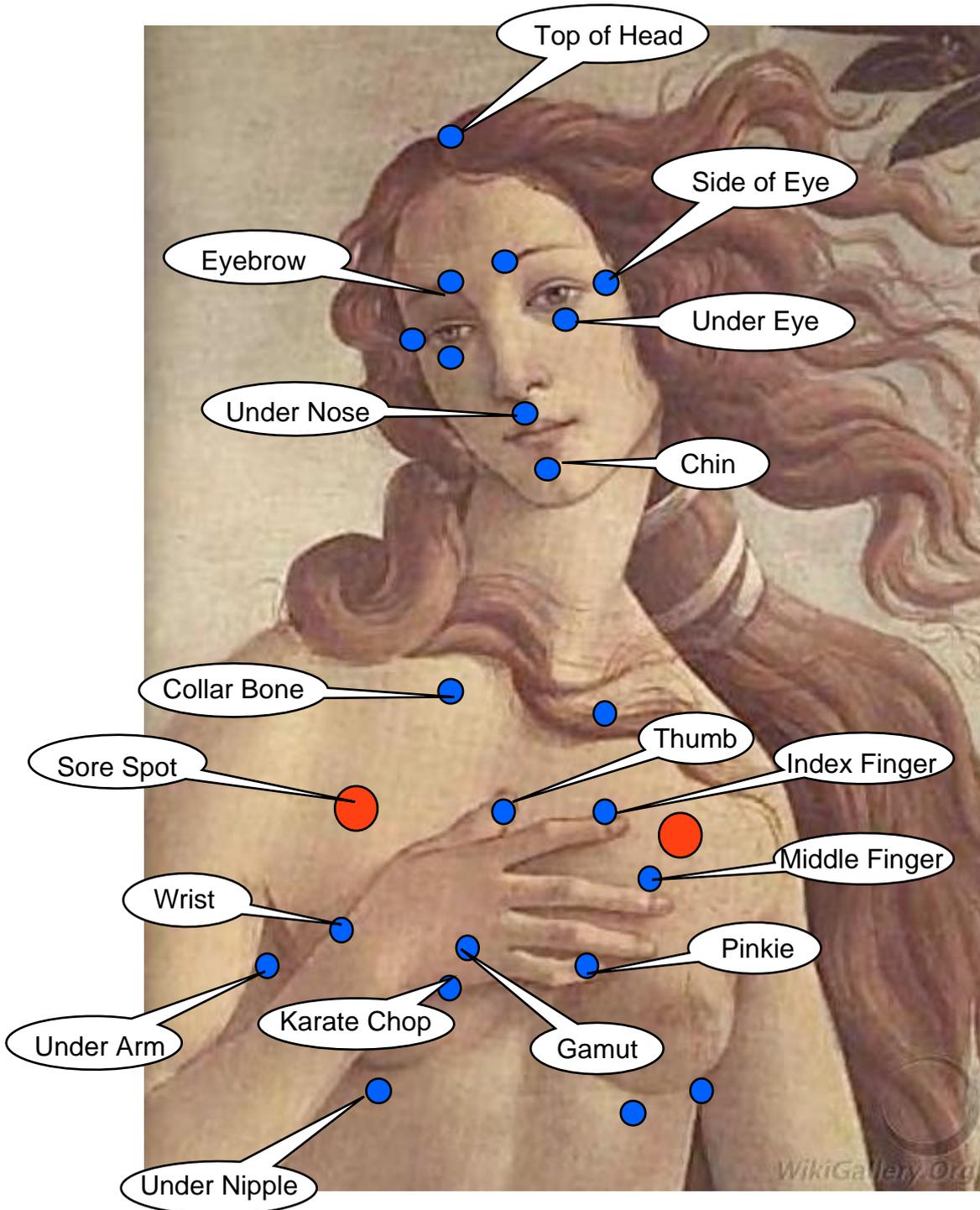
Perhaps the most exciting thing about **EFT** is that anyone can learn this approach and use it to help themselves. While some problems require persistence with the technique over a period of time, and some will require the intervention of a skilled therapist, many ordinary people can learn **EFT** and apply it successfully to the general problems and stresses of living.

Note: Whilst **EFT** has achieved excellent results with many physical conditions the technique should not be seen as a substitute for appropriate medical care and should always be used



## How to Use EFT

Begin by rubbing the “Sore Spot”, and say **“I deeply and completely accept myself, even though I have a fear of public speaking.”** Then, using one or more finger tips, we tap the points indicated on the chart. You might also say, **“Even though I couldn’t help my sister, I deeply and profoundly love myself.”** Tap on each of the points about seven times while remaining focused on your problem. Proceed through all of the aspects of the problem that are troubling. To use the technique effectively, it may be necessary to consult a trained professional or attend a workshop. Click on [tapwithkarin](http://tapwithkarin) to see a youtube video demonstration.

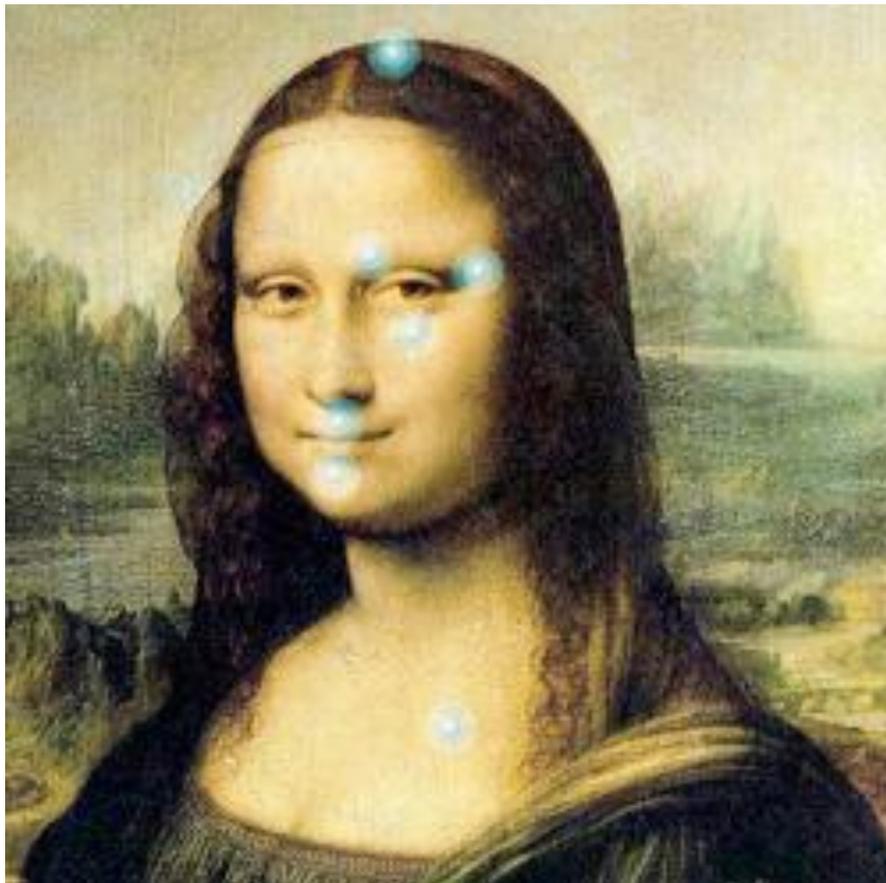


## Research

Some excellent results are being reported in research studies being conducted worldwide on **EFT**. A study at Curtin University in Western Australia by psychologists Steve Wells, Kathy Polglase, Henry Andrews, Patricia Carrington, and Harvey Baker found **EFT** to be successful in treating specific phobias and the results were superior to a more traditional treatment. Behavioural shifts achieved in the 30-minute treatment sessions were maintained at follow-up 6-9 months later. This study was published in the prestigious peer reviewed journal *Journal of Clinical Psychology*, September 2003 edition. If you want to read more about this research [click here](#).

Researchers in the USA are mapping the physiological effects of the approach and finding that major changes in functioning can occur when people tap on the meridian points. Most people start to relax almost immediately, and report that their traumatic experiences are less bothersome after **EFT** treatment.

For a summary of research that has been conducted on Energy Psychology techniques such as **EFT**, see this excellent article written by David Feinstein, PhD:  
[Feinstein Article](#)

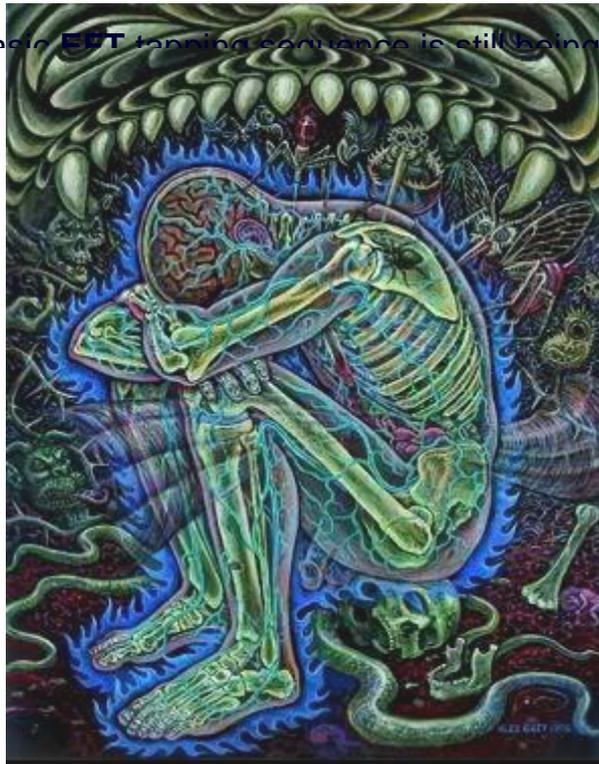


## What is Matrix Reimprinting (MR)?

### Matrix Reimprinting \*is\* EFT

When **EFT** Master **Karl Dawson** introduced Matrix Reimprinting (**MR**), he said that it is not meant to replace **EFT** Tapping - That it is an enhancement (although an extremely powerful one) to the **EFT** Movie Technique, a process that **EFT** founder, Gary Craig used often in his demonstrations. To see a demonstration by Karl Dawson, go to <http://www.youtube.com/watch?v=Jin3mOTFiX0> uploaded on [tapwithkarin](http://tapwithkarin) .

Karl notes that the basic **EFT** tapping sequence is still being applied here, but that



### The Client is the ECHO

When we use Matrix **EFT** Tapping, we tap directly on or for\* the **ECHO** (\*by proxy or surrogate tapping). **ECHO** is a term coined by Karl Dawson and it stands for: **Energetic Consciousness Hologram**.

This is an energetic representation of a younger version or part of our self that is frozen in time. Similar to an Inner Child however, we can form or create these **ECHOs** at any age, not just childhood.

An **ECHO** is part of us or more specifically, part of our energy system that is stuck in an endless loop playing an emotionally upsetting scene or scenario, over and over again.

## The ECHO is part of the Matrix

Rob Nelson explains that when we experience a trauma, even if it's fairly minor, a part of us splits off and is essentially encapsulated with the intense emotions and all of the sensory input at the time of the event. This is a natural protection mechanism so that we never fully experience the trauma - it's held separate from our physical body, and we're able to function. But in another way, that part of us that splits off never stops experiencing the trauma. It replays endlessly as a current event.

We call this split off part an ECHO (Energetic Consciousness Hologram) and it is held in a local biomorphic field around our body. This field is part of the larger quantum field, (first called *The Matrix* by Max Planck in 1944) that quantum physics has established experimentally.

In some ways an ECHO is like an inner child - except that it isn't inner, being held in a field apart from the body. And it isn't necessarily a child. You may have an adult ECHO from a recent trauma. The surprising thing is that the ECHO is real, in the sense that it has an independent, autonomous awareness. We can ask it questions and get answers the client never even knew!

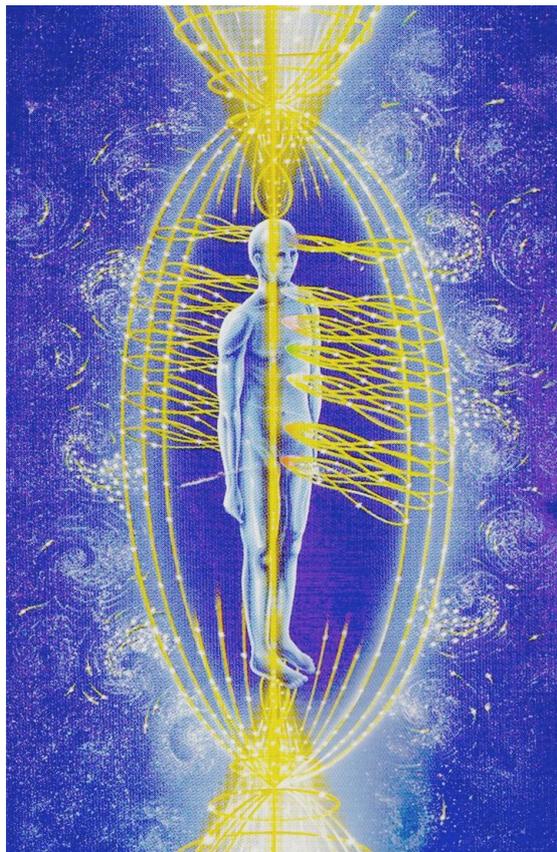


In Matrix Reimprinting, the ECHO becomes the real client. If you and I were working together on a particular memory, I would help you step into the Matrix and make contact with your ECHO. We'd ask what it is feeling and I'd lead you through tapping on the ECHO - which is right there in front of or next to you, in the energy field around your body - with a Set-Up statement and tapping through the points.

In most cases the ECHO is able to release the traumatic emotions very quickly. It has no psychological resistance and no "secondary gains" for hanging on to it. This alone makes **MR** a wonderful tool. But there is much more to it than simply getting over the trauma.

## In the Matrix Anything is Possible

Once the intensity has been reduced, we ask the ECHO *what it learned from that experience*. This is amazing, because the answer will usually be one of your negative core beliefs. We then ask the ECHO how they'd like to change the situation to make it better. This can be very surprising. The ECHO often has very different ideas than the adult client! Because we are working in the Matrix, where anything is possible, we are able to bring in all kinds of resources - that might mean helping the ECHO find inner strength, or a shield to block out harsh words. It could mean bringing in another person, or an animal, for support. We might tap on other people who were there, to help them change.



It could involve explaining the situation from an adult perspective, or taking the ECHO time traveling into the future to see that things actually worked out okay. Once the trauma is discharged, and the ECHO is established in a new, and much better picture, we go through a process to re-imprint that picture in the client's mind and heart and then send it out into the Matrix. This actually changes the way the client remembers the original event.

It also changes the "truth" of that core belief established through the original scene. In Law of Attraction terms, this changes the client's "point of attraction". If we *knew* that "life is unsafe", or "I must be perfect to be loved", or "I must be in control" we'll now have a much more balanced and positive knowing. And that makes this work incredibly profound and life altering.

Matrix Reimprinting can be done over the phone, as well as in the office. This is exciting work with profound results.

## Memories are Transformed and Reimprinted

With Matrix Reimprinting the memory is actually transformed by going into the past memory in a specific way where you get to say and do what you wished you'd said and done, bring in new resources and transform the picture you have of that memory to a happier memory, and then Reimprint it back into the field.

In Matrix Reimprinting we see these past negative memories as being held as pictures or holograms in your body-field and until you transform them, your subconscious will keep running these programs which affects your health, wellbeing and your point of attraction.

Changing the pictures creates both physical and emotional healing, and enables you to attract more positive experiences and people into your life, and Rob Nelson adds that by tapping on the meridians of the body at the same time as using **EFT** the process is vastly accelerated.



It is important to recognize that this process is very different from imagining or denying what happened. From a quantum physics point of view we have any number of possible pasts or futures, and it is simply tuning us into one that is more resourceful, whilst releasing the stress and trauma that we hold in our body, mind and body-fields.

Matrix Reimprinting has grown into a whole host of exciting protocols and can transform:

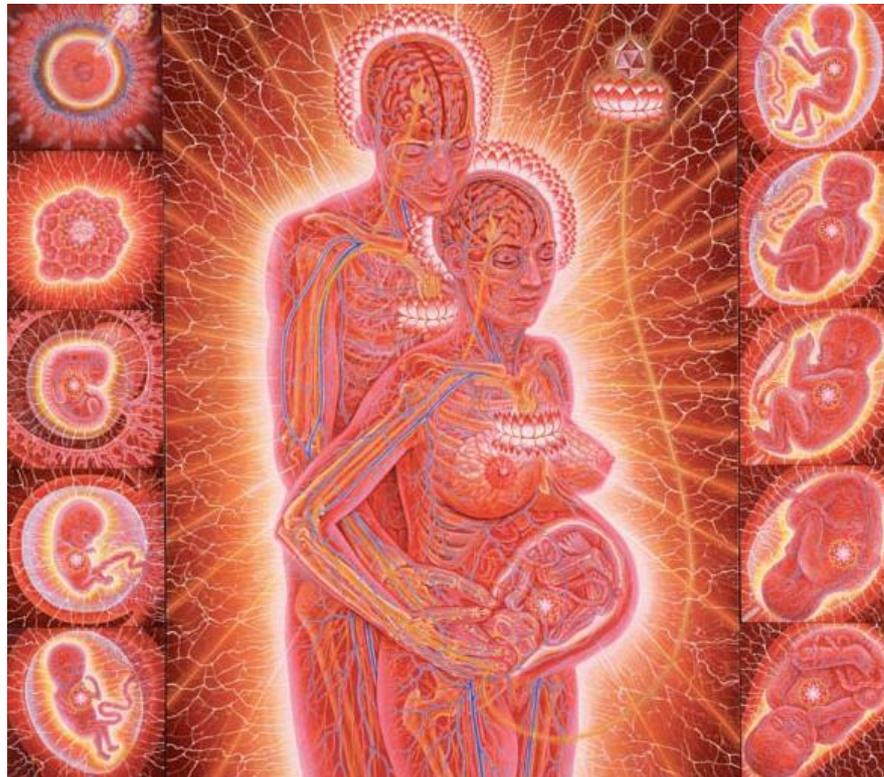
Trauma, Addictions, Phobias, Allergies, Fears, Negative beliefs, Birth traumas, Relationship issues. You can even work with past-lives and future selves

## Matrix Birth Reimprinting

As Sharon King explains, many of us do not realise how important our birth process is to the development of our beliefs and perceptions of the world. The time we spend in the womb sharing our mothers experiences and emotions, the birth process itself and the first six years of life all go to make up the person we are today.

Modern day medical intervention to the natural birthing process can leave you feeling you don't belong, having a feeling of separation from the world, abandonment or isolation issues and feelings of not being good enough or unlovable?

Adopted children or children who have spent a long time in care often have a feeling of rejection, not being good enough and are unable to form lasting relationships with others. Surprisingly many people remember their own birth process, the feelings and being separated from mother or even the loss of a twin in the womb.



You may have experienced having a traumatic time giving birth to your own children and due to circumstances out of your control were not able to bond with your child as you should.

Maybe you have lost a child, or are unable to become pregnant or are pregnant already and are fearful of the birth process.

Using **EFT** and Matrix Reimprinting we can go back and release the emotions connected to these traumas and create a whole new experience and belief system.

Using a specially designed technique we can recreate the birth process and experience the special bonding process that is natural to every mother and child, if the right circumstances are presented to them at birth.

## How the ECHO causes Symptoms in the Present

Most of the time, we are unaware of the ECHO and the negative energies associated with it. That is until, we become triggered by something similar. Example; someone who had a traumatic childhood experience involving a large dog can be calm and relaxed until they see or maybe even think about a big dog.



At some point, we begin losing the ability to hold the ECHO's away from our body and therefore we can no longer separate ourselves from this negative and emotionally heavy energy. Eventually, these energies begin to leak back into our system - and because of this, we can experience emotional and physical symptoms and ills such as; anxiety, depression, fatigue, auto-immune disorders, high blood pressure, burnout, chronic pain, sleep problems, digestive issues etc.

For women, this 'leaking' of negative energy can happen earlier in life and can be magnified later in life due to hormonal imbalances that can accompany perimenopause and menopause. This is a really good reason to get tapping sooner rather than later on any built-up emotional static and debris.

## The ECHO has a Very Important Job

This ECHO or energetic being is a part of us that holds on to any unprocessed negative emotions from a past traumatic experience (specifically the experience of a freeze response, where we could not fight or run/flight). This 'holding off', or 'protection from' unprocessed stressful emotions, allows us to function on a daily basis.

ECHO's therefore have a very important job... because without them, we would be a total mess - a virtual puddle of overwhelming, uncomfortable and negative emotions!

Somewhere between 30 and 55 years of age (and sometimes earlier), our personal energy system can become weakened. This is due the build-up of 'emotional static' in the form of daily worries, stresses and strains (a good reason to practice Relief Tapping on a regular basis), PLUS... any emotional issues and trauma (even minor traumatic events) that we have not dealt with and resolved.

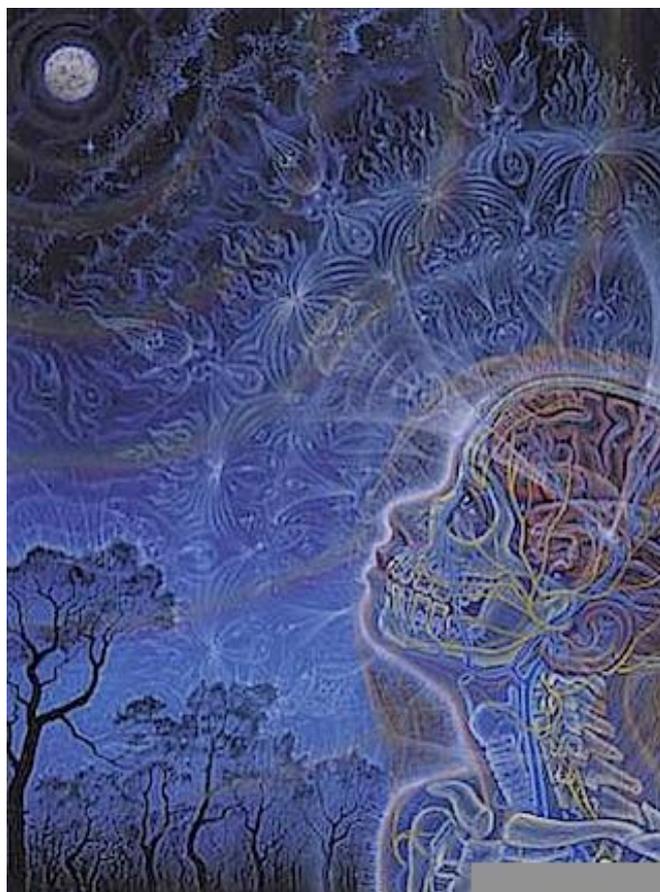
## **We've all Experienced Trauma in Our Life**

A simple definition of trauma, by trauma expert, Dr Robert Scaer is; feeling helpless or powerless, being overwhelmed and feeling that our or another's (i.e. parent, grandparent, sibling) physical, mental or emotional safety and security is being threatened in some way.

When trauma is described in these terms, it is easy to understand that we've all experienced trauma in some form or another - and that past events we wouldn't consider as an adult to be traumatic, actually did affect us in a negative way as a child or a teen.

In Matrix tapping sessions, I've heard many clients say; "Wow... I thought I'd dealt with that issue a long time ago." Or, "I had no idea that was bothering me. Now I understand why I have been so stuck!"

Things like; Divorce, financial struggles, serious illness or death of a parent, grandparent or sibling, adoption, birth trauma, an accident, problems at school, abandonment, abuse (even mild forms), sibling issues (birth order, rivalry, teasing, competition). Having an alcoholic, emotionally troubled, depressed, emotionally or physically distant/absent parent. Or even a parent/primary caretaker who is overly critical, controlling, demanding, etc.



## We Tune into the ECHO's Needs and Wants

This is very important because most of us have denied or shut down the fearful, hurt and unhappy parts of our self. These aspects or ECHO's crave acknowledgement, understanding, respect and empathy. If we try to tap them away or shut them down, it's likely that uncomfortable physical and emotional symptoms will get worse. This is particularly true with anxiety and depression.

If an ECHO is not giving us the information or co-operation we are looking for, then we need to build more bridges through acknowledgement, understanding, respect and empathy.

## An Ability to Visualize is Not Necessary

Some think that only visual people are suited for this type of energy tapping because it is based on imagery, however, this is not the case. Our memories from traumatic past events can be associated and stored in many ways; visuals (what we saw), thoughts (a story line), feelings and emotions, physical sensations, sounds (what we said or what someone said) and even smells.

All of us are capable of coming up with powerful imagery sequences based on any combination of these sensory inputs.

The ECHO will lead us to all of the important negative associations/sensory memories that we have connected with a past event or situation. Then we can apply the tapping and other reprogramming processes/protocols to transform and shift them.

## Matrix Reimprinting Works with the Law of Attraction

Traditional or foundational **EFT** as taught by Gary Craig is a powerful tool and it has helped many, many people - However, in addition to bringing the **ECHO** into the picture, **MR** tapping has another big benefit... it works amazingly well with the Law of Attraction! Here is a piece written by **EFT** Expert Gill Edwards to explain.

*"EFT can remove the emotional charge from painful memories, yet it often leaves a void in its place. The memory is still there, but no longer bothers us. By contrast, Matrix Reimprinting heals and resolves the past memory, and leaves a new memory in its place - so that conjuring up the old memory now brings up a joyful energetic imprint. We get whatever we send out into the Field, according to the Law of Attraction, so holding these positive new images not only feels good, but also means we are creating a whole new future."*

# What is Provocative Energy Techniques (PET)?

PET refers to the integration of Energy techniques with the style of Provocative Therapy.

## What is Provocative Therapy?

Provocative Therapy is a system of psychotherapy developed by **Frank Farrelly** in which the therapist plays the devil's advocate, siding with the negative half of the client's ambivalence toward his life's goals, his relationships, work and the structures within which he lives.

The therapist also plays the Satanic role by facetiously agreeing with the doom and gloom feelings and expectations of the client, and "tempting" him to continue his "sinning," his self-defeating attitudes and behavioral patterns.

The purpose of this therapy is to change the client. One of the therapist's main tools to implement this change is warm-hearted humor in its varied forms - exaggeration, irony, self-deprecation, Daliesque absurdities, etc.

With a twinkle in his eye, a smile playing about his lips, and genially employing the style of affectionate banter between friends, the therapist uses humor both to sensitize and desensitize the client to problematic cognitive, affective, and behavioral patterns. This is the key to Provocative Therapy - humor. Jocular, whimsical, caring, supportive humor.

The root meaning of provocative is *pro + vocare*, to "call out", and there are five different types of behaviors that are "called out" in the client in this approach. Every single interview with every single client does not elicit all five of these, but each interview with each client demonstrates at least some of these five. The client, then, is provoked by the therapist to:



1. Affirm his self-worth, both verbally and behaviorally.
2. Assert himself appropriately both in task performances and relationships.
3. Defend himself realistically.
4. Engage in psycho-social reality testing and learn the necessary discriminations to respond adaptively. Global perceptions lead to global, stereotyped responses; differentiated perceptions lead to adaptive responses.
5. Engage in risk-taking behaviors in personal relationships, especially communicating affection and vulnerability to significant others with immediacy as they are authentically experienced by the client. The most difficult words in relationships are often "I want you, I miss you, I care about you" - to commit oneself to others.

After watching Farrelly in action, a homeopathic physician's comment on Provocative Therapy was:

"I am a medical doctor and homeopathic physician, not a psychotherapist. But what I witnessed in the Provocative Therapy workshop I attended here was remarkably similar to homeopathy.

Homeopathy states that the symptoms of a given illness symbolize or represent our body's attempts to heal itself.

Furthermore we can significantly assist our body's efforts by giving it very small doses of a remedy which if taken in large doses by a healthy person would produce precisely the same symptomatology as the illness.

This process is analogous to the familiar one of immunization in which a minute dose of a specially treated diphtheria or measles virus is given to the patient to effect immunization to those diseases.

Provocative therapy quite clearly 'thins' or attenuates the noxious elements in clients' thinking, or feeling or behavioral patterns - as well as those debilitating influences in their social milieu - with laughable Daliesque imagery and warm humor, and feeds these back to clients.



## Therapist As Jester

To quote K A Fisher, "Among the several possible models (e.g., healer) for the psychotherapist, consider the court jester. This figure we are told, made playful comments about the king, his followers, and affairs of state; he punctured pretensions, and took an upside-down look at human events. Now the patient, it might be said, suffers from gravity. To him life is a burden, his personality a riddle; yet viewed from the outside, he may seem altogether obvious and his problems nothing much. Indeed, just because he hurts and has a dreadful sense of failure, eventually he must find laughter in the midst of his accustomed tears and glimpse his own absurdity. Without irreverence, both he and the therapist stay mired in earnestness."

## Comic and Tragic Masks

Explaining the use of the paradoxical communicative style and humour in therapy, Farrelly says that "the comic and the tragic masks together more adequately represent and symbolize the human condition."



**Provocative Energy Techniques (PET)** is a unique integration by **Steve Wells and David Lake** of principles and techniques from the Meridian-based therapies (mainly **EFT**), with the humorous and paradoxical communication style and techniques of Provocative Therapy. **PET** addresses the multi-level nature of problems through warmth, humour and spontaneity, whilst also providing the means for rapid desensitization of clients' emotional problems.

For most therapists, it will represent a radical departure from how they have been trained to think about what they do. If you believe that real change takes time; that therapy must always be serious; that all problems are cognitive creations; and that change is inevitably painful - this approach may turn your therapeutic world upside down.

Essentially, **Provocative Therapy** involves "humorously playing the devil's advocate with the client, siding with the negative half of their ambivalence towards themselves (and towards change), seeking to show how they bind themselves in the situation, and doing all this in a way which promotes the client's self-knowledge and capacity for change." (Farrelly).

Provocative Energy Techniques (**PET**) uses provocation also as a means of accessing emotional "hooks" that **EFT** can then release. By doing this, we are able to test the congruency of the change. For example, whenever the client remembers a life event they become upset. After treatment, provocation fails to elicit the old reaction.

## Overview Of Provocative Energy Techniques (PET)

### The integration of Energy techniques with the style of Provocative Therapy

The clinical application and merit of this synergistic approach is based on the great effectiveness of each modality. From Provocative Therapy we have abstracted the elements of that communicative style. We have blended this with the best of **EFT**.

To "stimulate" negative beliefs with humour and paradox (while assiduously using **EFT**), we have noticed disproportionate benefits and results, particularly the relief from a subtle pressure to think in only one way (i.e. positive) about the world, and a delightful irony in attitude - the very opposite of cynicism - which manifests as a healthy respect for personal faults and limitations. This leads toward self-reconciliation and wholeness.

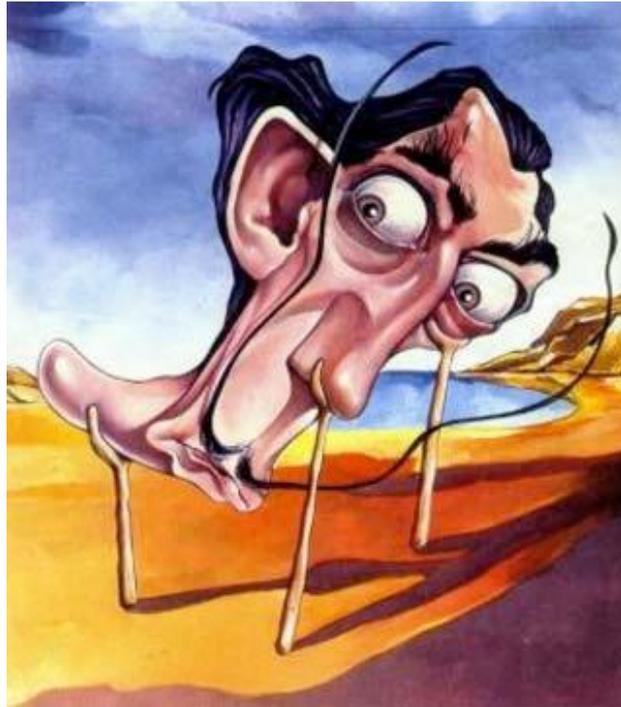
This kind of negative focusing consistently brings up hidden issues directly and gives "leverage" in **EFT**. The fruitful effect of stimulating the negative is intense and constructive here because of the meridian stimulation - the paradoxical miracle of the Energy therapies. The essence of Provocative style is:

1. The use of humour
2. Intense rapport, compassion and empathy in the session
3. Paradoxical intention and instruction, regarding the "problem"
4. A willingness to work with the "dark side", and polarities, of being human - concentrating on the "unthinkable, the unspeakable and the undoable", for the client

The Energy techniques we use are mainly from **EFT**. Our refinements include:

1. Introducing Provocative style into the setup and statements - the art of **PET**
2. Using as much tapping and as many sequences as possible in the time
3. A deep breath at the end of each sequence





***"Well, on the day I was born, God was sick."* (poet Cesar Vallejo)**

We find that as we engage clients in identifying beliefs and "blockers", that we can profitably exaggerate these "to the n'th degree", often resulting in a smile of acknowledgement on the part of the client - they know that in their darker moments they are quite capable of thinking in these extreme ways.

### **Provocative Style**

The style is a communicative style, with meta-messages that imply the positive worth of, and respect for, the client simultaneously with bizarre encouragement for the negative belief system that holds them back.

### **Provocative Energy Techniques**

**PET** requires of the therapist a sense of humour, and the willingness to "play" - particularly with client's expectational sets and negative beliefs that are exaggerated and lampooned by the therapist. The therapist works at multiple levels to promote change in an atmosphere of warmth, respect, humour and playfulness - the light-hearted elements in particular often conspicuously absent from traditional therapies, and even from some of the energy therapies, where seriousness is often equated with universal truth.

In **PET**, encouraging the client to continue their negative symptomatology and/or behaviours often leads very quickly and directly to emotionally-laden material for tapping on. Fears, shame, guilt, and negative beliefs about self may all be elicited and tapped on as a consequence of this process, leading to many productive shifts, and gains in self-acceptance.

**PET** provides a way of assisting clients rapidly to deal with the emotional "push-pull", and thus promotes clarity and personal force for change. **PET** provides powerful techniques to minimize the anxiety that accompanies such change. Counselling and therapy conducted in this manner can be enjoyable for both client and therapist even when addressing deep emotional issues - the humour and the tapping enables rapid information processing and provides distance and perspective

## Rapport

In **PET** the therapist achieves rapport not only with the client at a bodily level, but also with the client's conceptualization of the problem. When the therapist "gets into" the client's world and starts exploring this out loud in the session, clients feel deeply understood - "*someone knows how bad I am*". The therapist's willingness to "speak the unspeakable" goes a long way toward promoting this level of rapport.

## Playing Polarities

In **PET**, the emotionally compelling aspects of either side - or both sides - are brought into the open for the client to "tap on". The Provocative Energy therapist "tunes into" the emotionally powerful "pull" on each side and humorously cajoles the client to "come hither" in one or the other ways (or both!). Doing this while the client is tapping helps them to sort out what really is a valid choice - as they are able to make the decision without being blinded by the intensity of their usual emotional hooks.

## A Summary of Paradoxical Strategies

*The Law of Paradoxical Change*: To change something, increase it rather than trying to undo it. If attention is already shrunken, shrink it more; amplify problematic emotional responses rather than trying to make them decrease. (Wolinsky, 1991, *Trances People Live*)



## Reframing

Many therapies use reframing to encourage the client to consider alternative meanings to the problem. In **PET**, along with more straightforward forms of reframing - which can be used with tapping by inserting the potential reframes into the Setup statement and reminder phrases - a more paradoxical / provocative form of reframing may be used, where for example the problem is presented as an asset and an upside down look is taken on events. This has the effect of creating new perspectives and evoking emotional material that may have been denied or suppressed - and which is therefore useful for tapping on. Reframes are associational and not always positive - but are often humorous.

## Encouraging or Prescribing the Symptom

Symptom prescription is a technique wherein the client is encouraged or instructed to continue their symptomatic or associated behaviours for the time being or to increase them, as a way of ultimately solving the problem more quickly. The best symptom prescriptions create "therapeutic double binds" where the client cannot fail and is able to demonstrate control over his or her symptoms by doing them deliberately.

For example, a worrying client who is encouraged to keep worrying - because she "has many reasons to worry" (Therapist gains rapport with worrying part) - may find that she cannot worry when she tries to do this deliberately. The symptomatic behaviour is no longer spontaneous - even if she can do this deliberately this demonstrates that she can control the behavior.

## Restraining

Softer versions of restraining include the use of suggestions to "Go slow", encouraging the client to consider the negative consequences of changing, or the positive consequences of staying the same. Paradoxically, these approaches serve to assist the client in dealing with anticipatory anxiety, allow them to deal more realistically with change, and also provoke essential material to be treated by the tapping techniques in order for change to be navigated successfully.



## Positioning

Here the therapist agrees with, and even exaggerates, the client's negative position and symptoms in order to encourage the client to shift from this position by encouraging a polarity response (e.g. "I'm not that bad!"). Taking the client's position and exaggerating or even humorously lampooning it (with good rapport) can often allow them to see its absurdity.

In **PET**, statements that represent the client's negative position are immediately included in the Setup statement, and descriptive and associational statements regarding the negative position (often identity beliefs) are tapped on at each meridian point. (e.g. Client who thinks she is a hopeless case might be encouraged to tap on "Even though I am a hopeless case... and my life is a mess ... etc".) The closer these associational statements are to clients underlying negative self-beliefs, the more powerful the subsequent tapping will be in releasing the emotional attachments.

## Utilization

Essentially, utilization involves accepting whatever clients bring to therapy - using their existing motivations, beliefs and behaviour to lead to change. Utilization is an attitude and a way of looking at clients' problems and behaviours, seeing them as potential pathways to change. Utilization was pioneered by Milton Erickson, who stressed the utilization of:

- a. the client's language;
- b. the client's interests and motivations;
- c. the client's beliefs and frames of reference;
- d. the client's behaviour;
- e. the client's symptoms; and
- f. the client's resistance.

If they bring resistance, encourage this instead of opposing it. Siding with the client's ambivalence towards change can be immensely freeing for them, and greatly intensifies rapport. Tapping on the ambivalence - whilst allowing it to have credence and accepting its "trueness" - can lead to many positive emotional shifts.



## Some EFT/PET Set-Up Approaches (brief examples):

### General EFT

"I accept myself even though I don't accept myself."

### Reworking The Problem

Using the Set-Up in **EFT** for the creative reworking of the problem, followed by interweaving paradoxical suggestions - as variations on a theme - while tapping the points.

*"It wasn't me-it was my evil identical twin who did it."*

### Exaggeration and Irony

"The first 40 years is the hardest..."

***The Paradoxical Approach to the Paradoxical Problem: "Even though I can't accept myself, I accept that I cannot accept myself, and at least I can accept I can't accept myself."*** (Thanks to Dr Alexander Lees for this twisted thought.) This statement shows the truth and validation of allowing the negative and the positive to co-exist. There is a difference between being balanced and being perfect.



### Polarity phrasing

We take advantage of the way the mind works by stating the negative ideas you perceive, and adding in the positive opposite, when using EFT paradoxically:

**"I don't accept myself at all...for lots of reasons...but I do!"**

Or the other way round (positive to negative):

**"I'm a really good person...kind to animals...but not myself!"**

### *Alternate tapping on opposites*

- First point: "I'm a good person"
- Second Point: "Not all the time"
- Third Point: "I do my best"
- Fourth Point: "Which isn't really good enough"
- Fifth Point: "But I keep going" ... etc



### *Provocative Techniques can be Useful at a Number of Points:*

**(i) Before tapping:** The therapist follows the associations provoked in his/her mind to "tune into" the client's beliefs and expectational sets - especially those of most hurt. In this stage, the therapist may use client-centred responses with a provocative Twist.

For example, a client brings in her daughter who she is concerned is behaving poorly. *Therapist* (sensing Mum's long-range fears): "So you've given birth to a criminal!"

When these responses fit in with the client's worst fears and unspoken assumptions, they produce a quality of empathy which is beautiful to experience. The client feels deeply understood - yet off balance. The approach gets very quickly into the material of most use for the tapping therapies. Whenever we have an emotional response, we have rich material for the tapping.

We have found it highly productive to include the client's dysfunctional beliefs in the Set-Up - usually in an exaggerated form e.g., "Even though I'm the cause of all our problems and she'll probably leave me because of my stupidity..."

**(ii) During tapping**, having the client repeat provocative statements (i.e., those that would provoke an emotional response) instead of the traditional "reminder phrase" can be highly productive.

As we go along, noting the client's response to the emotionally charged material helps us to tell if more tapping is required. The more highly attuned we are to the client's state, the better the material we tend to associate, and the better the result for them.

**(iii) After tapping**, we can test the results by either provoking the client ("I hope you feel guilty when you think of how your poor daughter is going to have to come home to an empty house..." (NB she is 16!)), and noting the congruency in their response ("Well she is going to have to grow up one day").



