

Workshop Title – EFT, Relationships and Families

Information for the Events Newsletters

This workshop is about working with more than one client, as in relationship and family work. When relationships are in trouble or family bonds breakdown we the practitioners have to look at the bigger picture and help the participants to form non-judgemental strategies to cope.

Let me tell you about a relationship issue that was defused by tapping together and learning how to listen.

Helen was a client who had already told me about the trauma her marriage was going through. I had suggested that they both come to see me but George, her husband, thought the whole thing was quite ridiculous. I think at one point Helen threatened to leave him, so reluctantly George turned up with Helen for a session.

My home is small and intimate and provides a suitable place for clients to unburden, so I sat them side by side on the settee. They were physically touching but even my dog knew there was something wrong! There was a distinct coldness and George looked less than happy with the situation.

My technique in these circumstances, after the explanation of EFT and the tapping points, is to ask each in turn to tell their story as if reading from a book, with as little emotion as possible, reminding them to listen to the other person in a non judgmental way. This bit can be the most challenging as in this case, they have not 'listened' to each other for years.

This is a variation of 'The Story Technique' as Gary taught it, but this time we don't stop to tap when emotions are aroused.

Helen started; her story was a tale of loneliness, sadness and neglect.

I then asked George if this was true or false and how did it make him feel to hear Helens story.

George responded that he felt ashamed and sad and was unsure if it was true or false. We tapped on George's sadness and whatever he felt ashamed about.

George then told his story and Helen was quite shocked to see how his view of the situation was so different from hers. Her response

was that he was not telling the truth and she felt rubbish and she started to cry.

George's story was that of a hard working provider, being taken for granted with a 'needy' wife who was never satisfied with his efforts, in any area of their life.

Once again we tapped on Helen's response and inability to 'hear' George.

When Helen had calmed down a little we tapped on the one issue that they agreed on 'We don't think the same way anymore' and that 'George needed to be appreciated'.

Then I asked them to tell the story of how they felt at the outset of their lives together. This brought about a real change in energy, they had been very much in love and somehow life had got in the way and changed these happy feelings into destructive ones.

We then worked on remembering the good times and why they got married, finding the deep love that they once had and re-writing the years that had turned it sour.

We tapped again, this time on the positive times in life they had and I introduced words of transformation; acceptance, forgiveness and love.

This was the end of the first session so they went home feeling that things were moving in the right direction.

The following week they came back to see me and reported that they were learning to truly listen to each other.

We worked again on the positive feeling they had, the forgiveness of old hurts, acceptance of each others failings and the deep truth that they were still in love.

We then re ran each 'story' and much more positive words were used. This time we stopped at emotional points and tapped for each other until the emotion was cleared.

It will take a little more time and effort to re create the original dream but we all know that it's there; they just need to find it.

Really hearing each other for the first time in many years was a revelation; communication is the key to good relationships, which I am sure we all know. It's just remembering that makes that difference.

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Workshop running order

2pm Start. Introductions

Talk about relationships and families

- Defensiveness
- Anger
- Blame
- Insecurity
- Fear
- Guilt
- Pain and hurt
- Control

How to listen to someone without thinking about what you will say next

WHAT'S YOUR STORY.....?

What do you hear?

How do you react?

How can you create a better reaction or none at all?

Do we witness their actions?

Addictions, illness, body image, controlling, domineering

Give out scenario cards – Relationships 2s

Man/woman

Woman/ Mother

Woman/woman friend or partner

Back to Group and discuss

What came up for you?

Does this have any bearing on your experiences

3.30 Tea Break

Give out scenario cards – Family 3s and 4s

Mother/Father/Child

Grandmother, Grandchild, Mother

Grandfather/grandmother/father and mother

Adult/ Parent/ Child

Group tap to clear issues