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The Importance of Support on our Healing Journey By Gillian Wightman

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. If you would like to contact Gill, you can do so via her website:

www.eastneuktherapies.co.uk

This article was originally published by Jo Hainsworth at <http://www.selfheal4me.com/>

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, anxiety and depression.

My father had, we discovered, a vascular form of dementia caused by a genetic condition called CADASIL. This illness caused extreme 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 unforgivable. 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 Philip Davis, an EFT practitioner I know Jo thinks highly of, 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. Developing relationships with other therapists via forums and facebook have allowed me to find therapists that feel right for 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!

Gillian Wightman