

**Accredited EFT Advanced Practitioner
Training**

**Deep State RePatterning™
(DSR™)**



TANIA A PRINCE
COACH, AUTHOR & TRAINER

1

**Accredited EFT Advanced Practitioner
Training**

**Deep State RePatterning™
(DSR™)**



TANIA A PRINCE
COACH, AUTHOR & TRAINER

2

Why Learn DSR™?

1. Conference Speaker – “Someone trying to kill me!”
2. High anxiety client – None stop talking
3. Client – “Not good enough”



TANIA A PRINCE
COACH, AUTHOR & TRAINER

3



TANIA A PRINCE
COACH, AUTHOR & TRAINER

4

What is DSR™?

A simple therapeutic approach that combines NLP and EFT seamlessly together in one simple model



Energy Therapy

Works with the power and information levels of the mind body system



5

What is NLP?

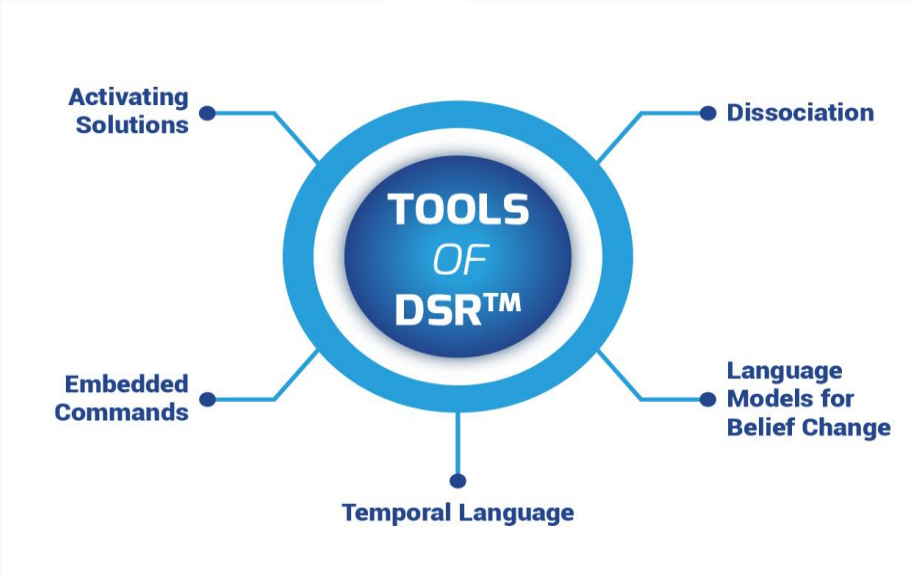
- "Whatever works"
- "It is the study of excellence"
- "...an attitude and methodology of knowing how to achieve your goals and get results"



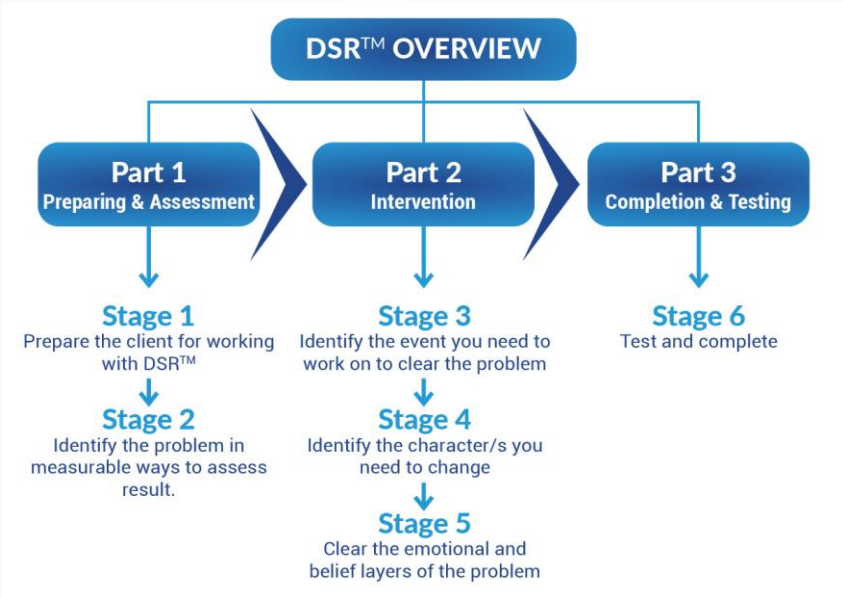
6



7



8



9

Part 1: Preparing the Client for DSR™

Stage 1: Method 1

“Do you believe in past lives?”

If they do believe in Past Lives, proceed as follows:

- a) “I would like to use an approach which I have found to be very effective that works using the concept of past lives, are you OK with that?”
- b) “Our problems can stem from many points in time such as, they can be passed down through the generations; they can be from our time spent in the womb, our birth and after it. This approach allows us to work with whatever point in time this stems from, is that OK with you?”



10

Part 1: Preparing the Client for DSR™

Stage 1: Method 1

If they do not believe in Past Life introduce as follows:

c) "That is fine, this approach uses that concept, but you can see it as a metaphorical technique, one that allows us to work on deeply embedded issues."



11

Part 1: Preparing the Client for DSR™

Stage 1: Method 2: Omits Past Life, reference.

"Are you familiar with the idea that we can inherit our problems from our ancestors? And also that they can be caused by pre-birth experiences, whilst we are in the womb, birth and after our birth?"

If they say, "yes" you then say,

"The technique I would like to use works with all causations. Is that OK?"



12

Part 1: Preparing the Client for DSR™

Stage 1: Method 2: Omits Past Life, reference.

"Are you familiar with the idea that we can inherit our problems from our ancestors? And also that they can be caused by pre-birth experiences, whilst we are in the womb, birth and after our birth?"

If they say, "no" you then ,

Explain that we can experience trauma pre-birth etc. And also that we inherit information from our ancestors, it is about survival, as a species it makes sense that we pass on information to future generations. In my experience clients will accept this explanation.



TANIA A PRINCE
COACH, AUTHOR & TRAINER

13

Part 1: Stage 2: Establish Problem and Feedback

- Identify the problem

"How do you know that you have this problem?"

"butterfly feeling in my stomach."

"So how will you know when you no longer have this problem, what is the first thing you will notice?"

- Identify measurable ways to evaluate progress throughout and at the end of the session.



TANIA A PRINCE
COACH, AUTHOR & TRAINER

14

Part 2: Intervention

Stage 3: Finding the Key Causative Event

Question 1: "I am going to ask you some questions so that we can identify the key event, the deepest root cause beneath this problem, the one that when you release it will create a profound and wonderful change that will free you of your problem. I want you to go with the first thought that pops into your mind. If you were to take a guess when the root cause of this problem occurred when was that, in this lifetime or before this lifetime?"

Let the client answer.



15

Creating Dissociation



16

Creating Dissociation



Adult Client

"If you could see that key event on the screen, what would you be looking at?"



Character on Screen


TANIA A PRINCE
COACH, AUTHOR & TRAINER

17

Creating Dissociation



Adult Client

"Is the person you can see on that screen male or female?"



Character on Screen


TANIA A PRINCE
COACH, AUTHOR & TRAINER

18

Dissociative Language



Adult Client

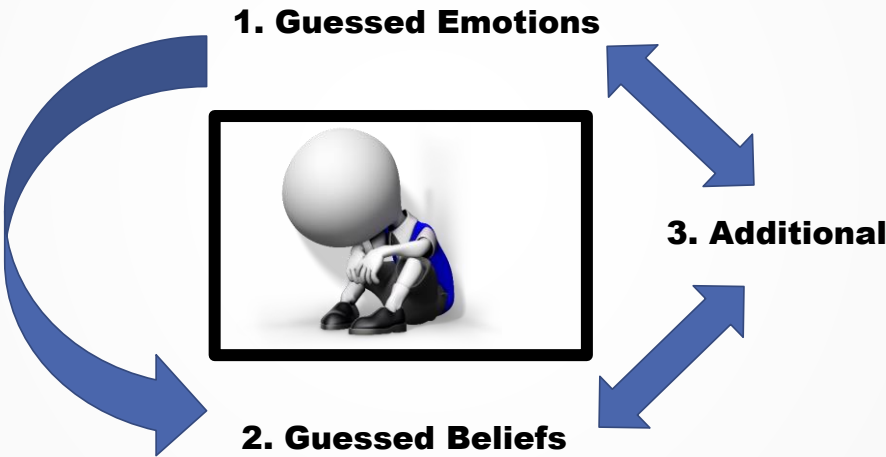
"I feel..."



Character on Screen

"He feels..."

Tapping: Layers of Change



Tap and Clear All Perspectives

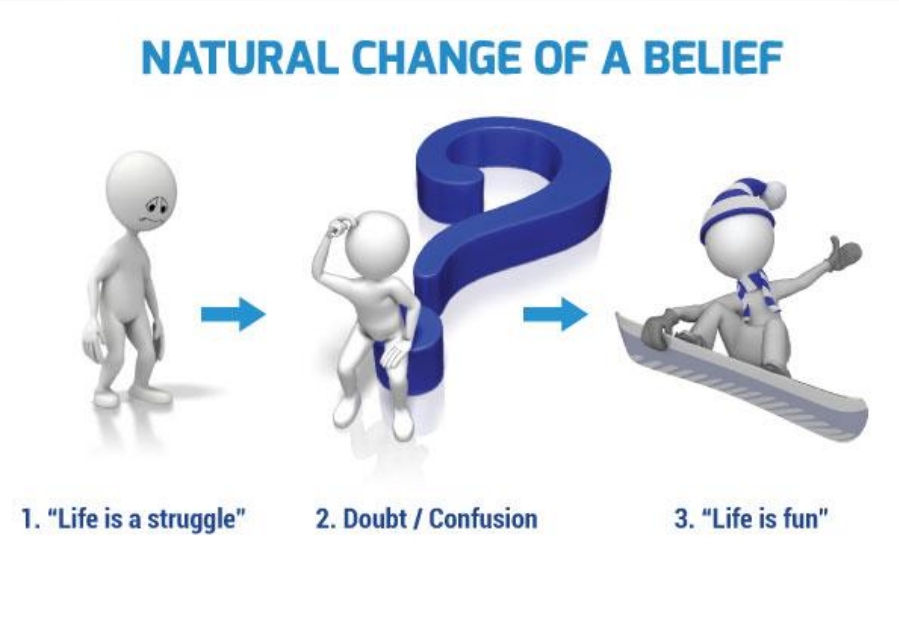
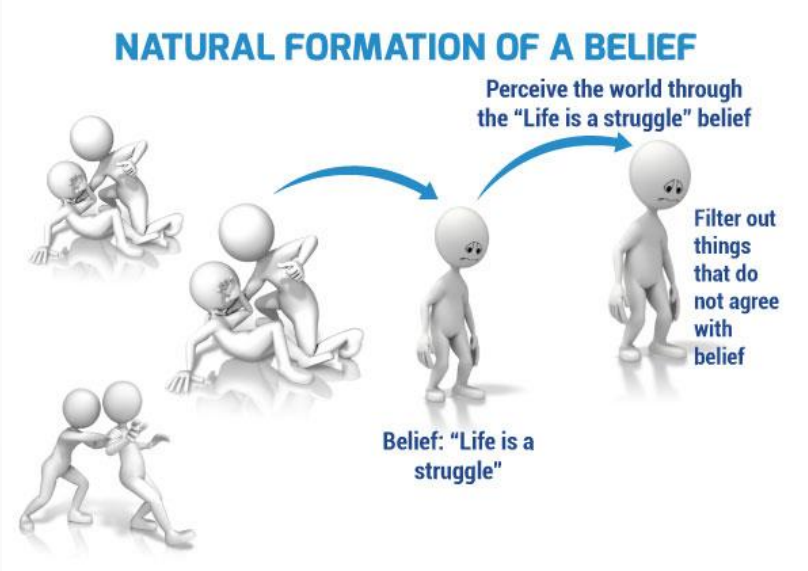


Adult Client



Character on Screen

Belief Change



STRUCTURE OF CHANGING A BELIEF IN DSR™

2. Doubt / Confusion

**The Problem: Limiting
Belief**

1. "Life is a struggle"



**The Solution:
Empowering Belief**

1. "Life is fun"
What if life can be fun?

"What if"

"What if life doesn't have to be
a struggle?"

"What if life can be different?"



TANIA A PRINCE
COACH, AUTHOR & TRAINER

25

Rapid Belief Change Model in DSR™



Even though that happened and he/she thought that meant, life is a struggle, I accept he/she believes that.



But what if he/she was wrong? What if it didn't mean that? What if there was something else going on? What if there was?

What if it is OK to let that go NOW. What if it is? What if I can?

And what if she might just be pleasantly surprised at how much more fun life can be?



TANIA A PRINCE
COACH, AUTHOR & TRAINER

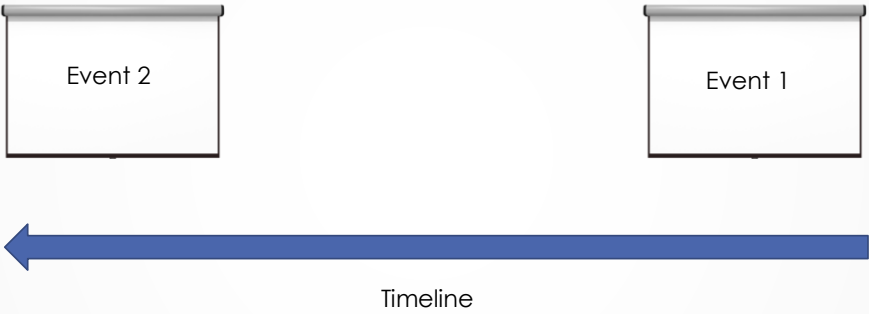
26

Dialoguing to Find Hidden Aspects



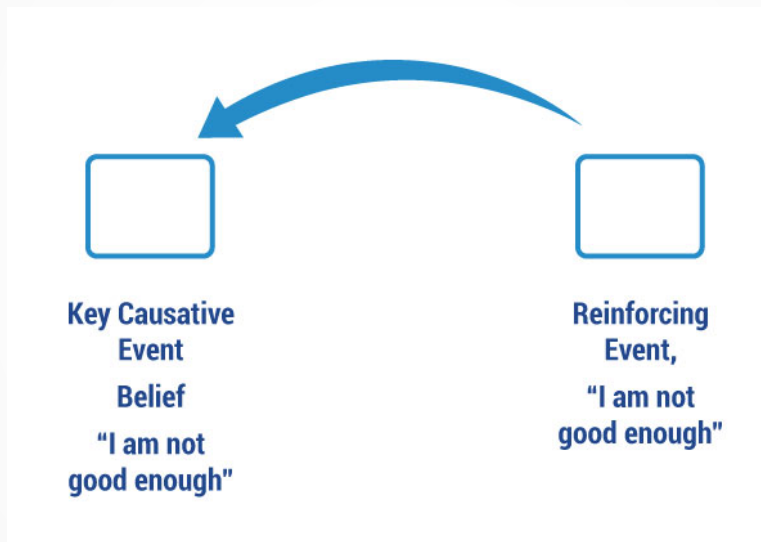
27

DSR™ Parking Multi-Screens



28

DSR™ Parking Multi-Screens



29

DSR™ Embedded Commands

And maybe I can **LET THAT GO NOW**

And what if I can **LET THAT GO NOW**

And maybe I might be pleasantly surprised that I can **RELAX NOW**

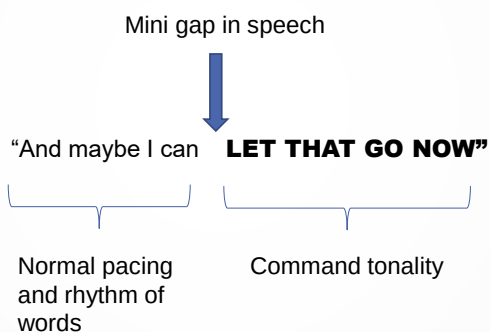
TANIA A PRINCE
COACH, AUTHOR & TRAINER

30

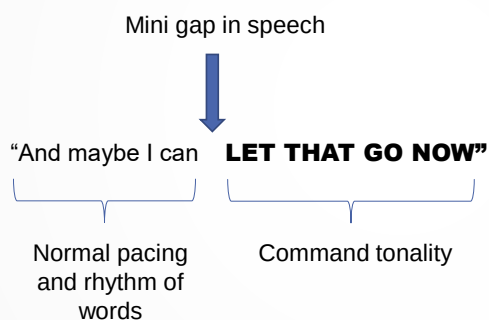
DSR™ Embedded Commands

1. Tonal Marking
2. Command Tonality

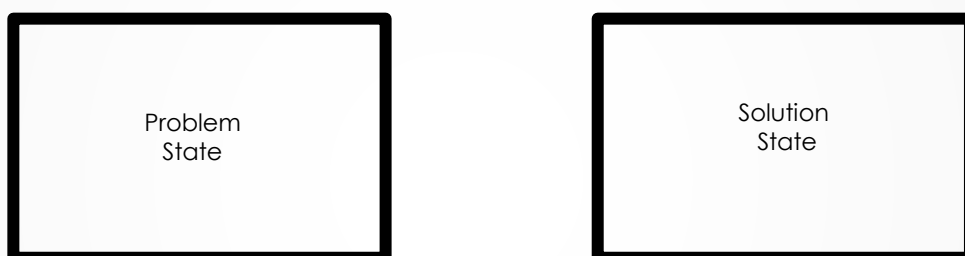
DSR™ Embedded Commands: Tonal Marking



DSR™ Embedded Commands: Command Tonicity



DSR™ Two Screens X-Ray Vision



“Even though I have (the problem state) I choose to have this (solution state)”

DSR™ Two Screens X-Ray Vision

“Even though I have (the problem state) I choose to have this (solution state)”

