EFT Practitioner Training:
Section 9

Abreactions

Dealing with Intense Emotion: Continuous Tapping



What is an Abreaction?

"…reliving an experience to purge it of its emotional excesses – a type of catharsis…"

Wikipedia



What is an Abreaction?

"…pent up emotion associated with trauma…"



Why Use EFT to Deal with Intense Emotion?

- We get excellent results
- Can clear underlying issues
- Can be used "in the moment" to stabilize emotional states
- Simple to use



Why Use EFT to Deal with Intense Emotion?

Story

- Trainee with intense emotion when she introduced herself at training.
- Adopted as a child
- Never knew where she was in life – hence fear of getting lost when driving
- Tapped out intense emotion – driving phobia cleared



Utilising the Moment

- Sometimes our emotions can come to the surface like a volcano.
- EFT gets great results when this happens – it is an opportunity to clear something that has been bothering a person
- When emotions come up like a volcano to the surface, you clear it, you do not know what lies beneath it. The issues beneath it can clear – for example the driving phobia.

How EFT Works



Need to
Target and Tune
into "the problem"

Rebalance

www.TaniaAPrince.com

TANIA A PRINCE
COACH, AUTHOR & TRAINER

7



Abreaction
You are Tuned into
"the problem"

Rebalance

www.TaniaAPrince.com

TANIA A PRINCE
COACH, AUTHOR & TRAINER

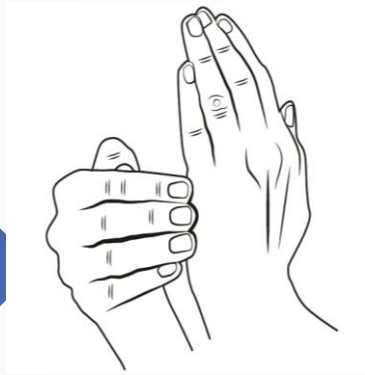
8

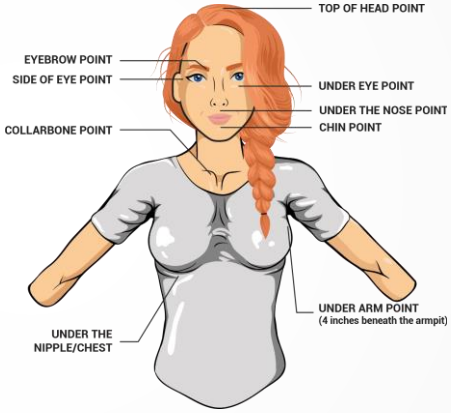
How to Work with Intense Emotion

- Always inform the person what you are going to do before you start. This keeps the person feeling in control.
- You tap “as if” you are them, using the words, “I …….” “all of these emotions that I am feeling right now”
- Occasionally switch to talking as yourself, when you switch to a support role, “You are doing great”



EFT: Dealing with Intense Emotion: Continuous Tapping





TANIA A PRINCE
COACH, AUTHOR & TRAINER

11

Steps by Step

1. Prepare the person for using this approach

"I am going to show you a very simple technique for helping you feel better, is that ok?"

How they answer is dependent on the degree of distress they are experiencing. If that intensity is very high, they may just nod.

"I want you to copy what I do. If you can't do that right now when you can do"

TANIA A PRINCE
COACH, AUTHOR & TRAINER

12

Steps in More Detail

2. Do continuous tapping and acknowledge what the person is experiencing

For example:

"Even though I have all of these emotions that I am experiencing right now, I accept I feel this way"

Using the words, "all of these emotions" is unlikely to be challenged by the person because it is a statement of fact. This maintains rapport with the person. With rapport comes a feeling of safety and trust.

Steps in More Detail

3. Intersperse with supportive words

For example:

"You are doing great"

"Better out than in"

"The less you resist the faster it goes"

By using this type of wording, you are conveying subtly the message, "I am OK with you having these emotions. It is perfectly normal". This helps the releasing process because they will feel more confident about staying with their emotion rather than trying to push it back down.

Steps in More Detail

4. Give them permission to have the emotions

"I accept I feel this way"

"It is OK to have these emotions, they are MY emotions, I don't have to push them down"

"I might have had to push them down in the past, but what if I don't need to do that now?"

Steps in More Detail

5. When the intensity visibly reduces, ask what happened?

Language: Dealing with Intense Emotion

"All of these emotions"
"Whatever they are"
"These emotions that I am feeling right now"

Speak Directly to Them: "That is great, you are doing really well"
Speak Directly to Them: "Better out, than in"

"All of these emotions"
"They are my emotions"
"What if it is ok now to feel this"
"I don't have to push these down"



EFT: Dealing with Intense Emotion: Continuous Tapping

Side of the Hand Point

"Even though I have all of these emotions that I am feeling right now, I accept I do feel this way" (Repeat three times)

Tapping Sequence
"All of these emotions"
"Whatever they are"
"These emotions that I am feeling right now"

Wording bypasses resistance (critical sensor) because statements of fact



Summation Abreactions

- Use Acceptance Tapping
- *"OK, to feel this way"*
- *"Better out than in"*
- *"You are doing great"*
- *"The more you resist, the more it persist, just let yourself feel it"*



www.TaniaAPrince.com

TANIA A PRINCE
COACH, AUTHOR & TRAINER

19

Abreactions

- Use Acceptance Tapping
- *"OK, to feel this way"*
- *"Better out than in"*
- *"You are doing great"*
- *"The more you resist, the more it persist, just let yourself feel it"*



TANIA A PRINCE
EFT AND MBIR™ TRAINER

20