EFT Practitioner Training:
Section 7

Investigative EFT

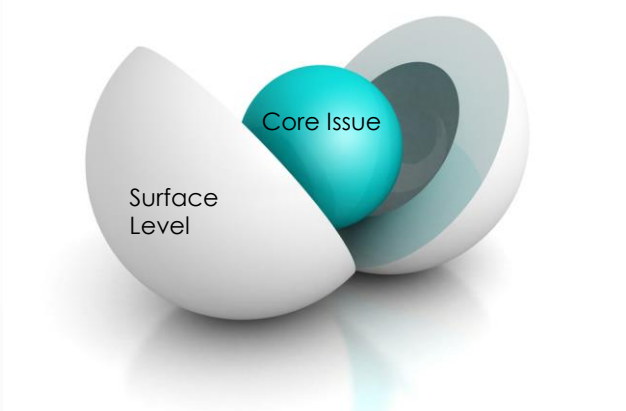
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Finding the Core Issue

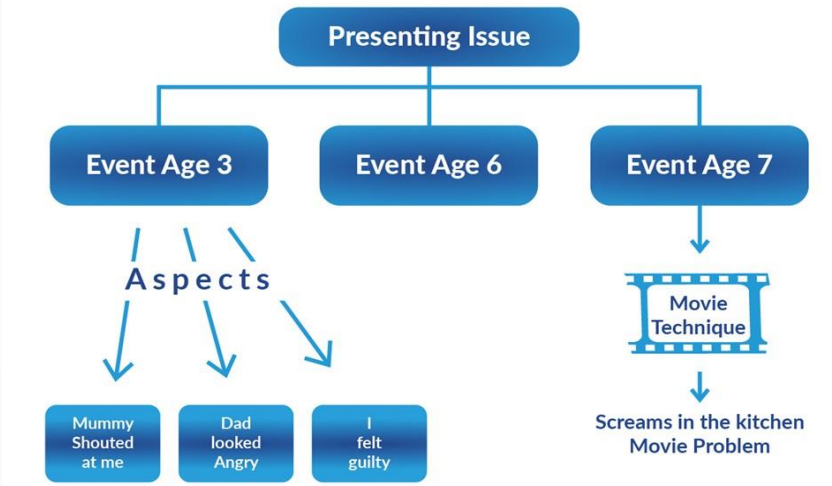
The Difference Between Coping and Transformational Tapping



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Investigative EFT

1. If there was an emotional reason for this not healing….?
2. Bridging Back
3. Guess
4. Life events
5. Speak to the Problem
6. I wonder?
7. Who/What Remind you of



1. Emotional Reason

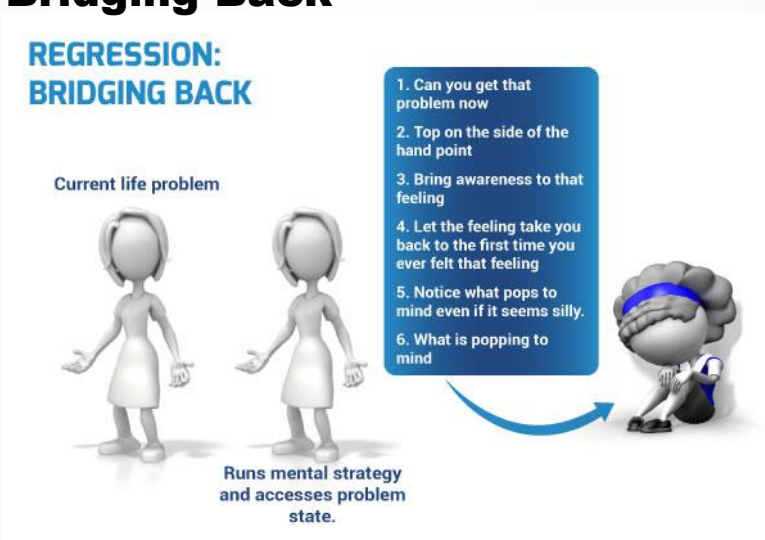
"If there was an emotional reason for this not healing, what would it be?"

Explore whatever answer the client gives to the question

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2. Bridging Back



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Mindful Awareness

Conscious Awareness

Feeling

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3. Guess

"Guess an event in your life that is responsible for this problem?



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4. Life Events

"What was happening in your life when this problem began?



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5. Speak to the Problem

"If we could speak to the part of you that is responsible for generating this problem, what does it need to communicate with you to allow this to heal?"



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6. Bringing to Awareness: "I wonder…"

Transderivational Search (TDS)

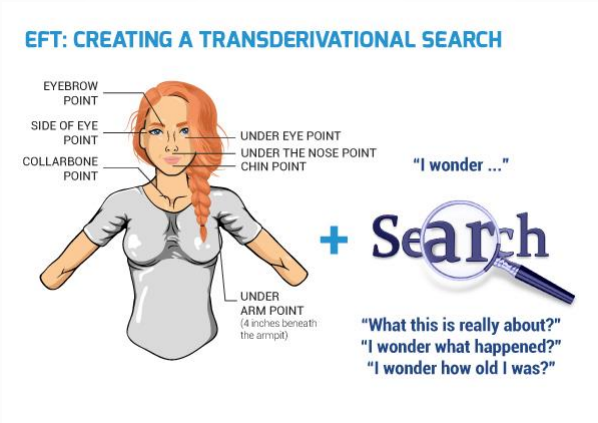
"The subconscious mind has its own search engine, it can find memories linked to the triggering event"



Bringing to Awareness: "I wonder…"



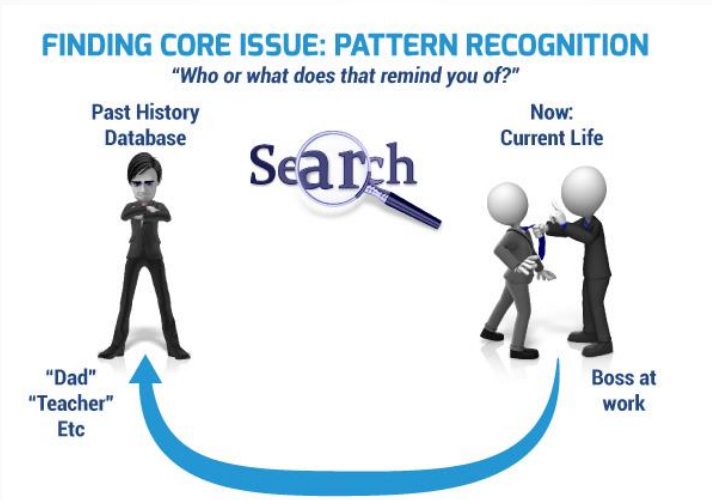
Bringing to Awareness: "I wonder..."



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Pattern Recognition



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