

Treating Trauma with EFT: Which technique should I use?

from Jan Luther, EFT Founding Master

THE MOVIE TECHNIQUE	SNEAKING UP ON & CHASING THE PAIN	TELL THE STORY (TALK AND TAP)	TEARLESS TRAUMA TECHNIQUE
Client willing and able to look at the event.	SUDs - Only on the PHYSICAL feeling.	SUDs - Thinking About, Talking About	Thinking about. (Looking at the event is too upsetting to get there, yet.
Specific Title: "When Dad Punched Me in the Chest"	Title the Physical Pain	Title the PR Phrase: I don't want to...	VAGUE Title: "When I was 10..."
Review the movie for length.	Focus only on how you feel RIGHT NOW.	Doesn't address space or time of incident, only the "impression of distress" when thinking about it.	Doesn't address the specific event or length at the start.
Asses the intensity of the event.	SUDs on the PHYSICAL feeling	Give specific SUDs on the PR feeling.	GUESS the SUDs level IF they were to look at it.
Tap on the event until the SUDs level is 3 or below.	Tap on the feeling and, if it moves, begin again.	Tap on the IDEA of talking about it / SUDs	Tap until the SUDs level is GUESSED to be at 3 or below.
Vividly imagine using the 5 senses: What did they see, hear, smell, feel, intuit? Dreadful words.	When the feelings are 0-3, consider seeking out the incident to which this is connected.	At 0-3, ask them to begin telling the story starting JUST BEFORE the incident to ease them into it.	At a SUDs level of 3 or below, help the client to BEGIN to look at the issue in small pieces.
Ask them to run the moving in their head and give you a SUDs level. Keep tapping until lthe SUDs level is at 3 or below.	STOP at any distress and watch for PR big time with a phantom pain.	STOP at any increase in distress and tap each distress as a separate incident until they are at a SUDs of 0.	Continue tapping until the SUDs level for each piece is at 0.
Ask the client to narrate their movie.	If/when you find the story, switch techniques.	Test the PR phrase and then the story phrases.	Ask the client to tell the story out loud.
Stop at any SUDs level and tap until 0.	Check and double check the Pain(s) and tap until they are at a SUDs of 0.	Stop at any intensity and tap until 0. If, at any point, they become very upset, instruct them to STOP focusing on it. You could help them by suggesting they put it behind a wall or other distancing suggestion. Go back to GUESSING.	Stop at any intensity and tap until 0. If, at any point, they become very upset, instruct them to STOP focusing on it. You could help them by suggesting they put it behind a wall or other distancing suggestion. Go back to GUESSING.
Continue tapping until they can narrate their entire movie without emotion.		Vividly imagine the incident, then tap and repeat until all aspects are 0.	Have the client repeat the story and check for any remaining intensity until the SUDs level is 0 on all parts.