

Jan Luther, EFT Founding Master

and



The EFT Academy

present

EFT for Serious Diseases

by Sophia Cayer, EFT Founding Master

PRE-CLASS HANDOUT

(Edited for formatting and punctuation)



Sophia Cayer, EFT Founding Master

EFT Cert Honors
AAMET Trainer of Trainers

An EFT Founding Master, Sophia has been devoted to a full-time EFT practice and teaching EFT since 2000. Specializing in Trauma and Abuse, she is well known for her ability to resolve core issues; and with EFT - assist clients to gain a level of comfort with their new "Norm" and reshaping life.

For more than 25 years she has been dedicated to helping clients define and generate the solutions to resolve challenges and achieve their goals.

Her designation of EFT Master, represents one that is held by only 29 people globally (one of only 9 in the U.S.) granted by EFT's Creator and Founder, Gary Craig. This designation required extensive study and rigorous testing with Gary, along with additional qualifying factors.

In addition to the power of EFT, Sophia credits much of the success her clients and students enjoy to her innate intuitive ability, the experience gained through more than 12,000 one-on-one sessions, along with continual research and refinement of skills. She has been a Reiki Master and ordained minister with the Universal Life Church since 1996.

In March of 2008, Sophia was one of the 5 EFT experts with trauma experience to join Gary Craig in California for a week long Intensive with veterans and family members dealing with PTSD. The resulting documentary, Produced by Eric Huurre: "Operation: Emotional Freedom" was released the summer of 2010. Sophia is extensively featured in the DVD training set: "PTSD & Trauma", made in conjunction with the film. She remains in close contact with several who were present there, and continues to offer ongoing support.

With Trauma work the centerpiece of her work and the desire to assist veterans, their family members, and anyone in need, the creation of the Personal Peace Foundation was a natural progression. The Foundation offers an in-depth experiential training that focuses on Trauma and Abuse of every conceivable nature and for every walk of life. To learn more about the foundation visit: www.personalpeacefoundation.org.

While passionate about her one-on-one work, private mentoring and creating specialized programs for groups and organizations, she is equally enthusiastic about teaching. Sophia has presented internationally to psychologists, counselors and teachers, as well as various medical professionals, aspiring and seasoned EFT practitioners, and the general public. Because of her unique expertise, custom designed programs, trainings and workshops, private and group intensives are available upon special request to meet specific needs.

Sophia has developed and presented programs, workshops and trainings to address the specific areas of Trauma, A.D.H.D., A.D.D., O.D.D., and more.

You can also find Sophia volunteering her time and skills for worthy causes. Here on Sophia's website you can read about her work with Hurricane Katrina evacuees.

Sophia is always excited about creating new EFT resources for clients and practitioners alike.

EFT Tips for Approaching Serious Dis-ease & Chronic Illness

by Sophia Cayer, EFT Master

While each situation is as unique as we are individuals and should be approached with this in mind, the following offers you important points for focus. Tap through the responses to each question, and don't hesitate (when appropriate) to interrupt the responses when you feel or sense emotions on the rise. There is no need to let things reach a fever pitch before you start tapping. By addressing the intensity as it begins to rise, you have the opportunity to help them work through that emotion, hopefully experiencing less discomfort. It can afford the possibility of progress taking place on a deeper and more profound level than either one of you may realize until you work further through the process. Further, it tends to open up the "trails" (or aspects) that most need to be addressed in the present moment.

How to Work through the trauma of a diagnosis:

- Talk to them about their feelings and emotions around the diagnosis.
 - What was the worst time/feeling? Was it the expression on the doctor's face, their demeanor? Was it the emotion in his/her voice? Was it all the negative things they told you to expect with the progression of the illness?
 - Self-diagnosis / seeking answers: Find out if they're spending a lot of time on the Internet. Are they getting a lot of opinions from various medical professionals, friends and family? What are they discovering? How does it feel? What has it evoked within them?
 - What did they feel when they thought about the diagnosis? Was there a moment where it "sunk in?" How did they feel when they got home?
 - **Always incorporate where and how they are *feeling* it in their bodies into the tapping language.**
- Address the impact of delivering the message to friends and loved ones. What happened? How did this feel? How does it feel now?
- Address fears related to treatment and/or the potential ineffectiveness of treatment or side effects.
- Make sure you cover every emotion evoked.

Ways to Address the multiple related fears and feelings:

- Family and life impact
 - Ask very direct questions about how they are feeling about the impact on their family and what kinds of fears their diagnosis has brought up for them, including financial, etc. “I’m not going to be there for my kids,” “I’ll never see my grandchildren,” “I can’t afford to be sick.” “How are they going to survive?”
 - Address these fears and various emotions very specifically, being sure to incorporate the language (words) they use.
 - *Even though I feel this deep sadness in my heart, there is so much I want and need to do, I fear will never happen, I choose to focus on the what I have to offer now and all the love I continue to generate.*

Strategies for effectively handling symptoms:

- Always address the emotion that’s connected directly with the symptom, whether it’s anger, frustration, fear, hopelessness. Work through each emotion separately.
- This is an area that may require work from a global perspective to reach the core specifics. Here is an example of how you might begin:
 - *Even though I am overcome with all these emotions, I can’t sort them out, I am ready for peace within. I am ready for the clarity I need, to help me work through this. I give myself permission to feel, express and process these emotions, one at a time.*
- Go back to the first sign of symptoms.
 - Address the possibility of anniversary dates in relation to symptoms. What event or person does the time of year or season remind them of? Who else in their lives have they been surrounded with who has or had the same illness or series of illnesses? What does this bring up for them? How does it feel? Who or what does this remind you of? There may be anticipation of going through the same thing. If they took care of a family member with the same illness, even if it’s not related to theirs, it may be intensifying their own symptoms, because they’re still stuck in the horror of somebody else’s illness.
 - When did you first have this symptom, what was going on in your life? What was happening several months before it (again, anniversary dates?) For example “*My husband died of a brain tumor in February of 1984, and my symptoms got worse in winter of 2008.*” Make use of this valuable information. More than likely it will open the trail to buried fears and contributing emotions.

- What might be the upside to this problem? What might be the pay-off for hanging on? A great example is “my husband is treating me better now than when we were engaged”. Or “The migraines are a great excuse for me to take breaks”.
- Tapping on possible denial/conflict: *“Even though a part of me might think I need this, I choose to follow the wiser part of me. I’m ready to trust, to be free of this, to let go...”*
- Tie the symptoms to an emotion, person or memory. Don’t ignore the issues that they may view as insignificant or that initially have a low or no intensity. Remember that the emotion may be blocked by the logical or the subconscious mind in an effort to protect them from experiencing the discomfort of the emotion. Many times when the intensity is perhaps only a 1 or 2, when addressed properly the truth starts to pour out. Keep in mind that if you have ten 1s or 2s, the combined impact could equate to a 25! When appropriate, use *tearless trauma, movie technique, tell the story and sneaking up* to help you connect and work through the individual pieces. This process may generate a meltdown that could potentially lead to an essential core issue.

Here’s an example from a session that might help you string some of the suggestions together:

Even though I have this emotional knot in the right side of my abdomen, this diffused tired feeling, I don’t need it anymore, I am convinced that it is nothing more than a huge ball of fear, and I don’t need that either, I love and accept myself. I choose to cleanse that part of my abdomen from all those fears and discomfort, and flood it with a healing energy.

This emotional knot in the right side of abdomen. It feels like diffused tiredness, this emotional knot, this discomfort, all these fears in the right side of my abdomen, all these fears, all these fears, sitting in the right side of abdomen, this emotional knot, that comes and goes, that sometimes feels like pressure, sometimes feels like a knot, sometimes just like tired energy. I am thanking this knot for its cooperation with me, in helping me to transform the energy of this emotional knot, and all this fear, into an energy of calm confidence, a healing energy that allows me to feel completely free. Loving and accepting every part of me. This emotional knot, filled with all these fears, I am so happy and grateful that in this moment, I can feel that energy of fear transforming to a healing energy. I am so happy and grateful I can feel the energy of that fear magically transforming itself into exactly what I need in this very moment.

Transforming the Energy:

How to facilitate a positive mindset to allow for enhanced healing

- As you make use of the steps already mentioned, deeply and systematically, you will begin to know intuitively, with each segment, when to *start transforming the energy* of the negative and begin to turn their attention towards what feels better and what they would like to achieve.
 - Transform the Energy of negative feelings to the energy most needed, required to generate a positive frame of mind to enhance the process, thereby allowing the body's natural healing abilities to take over and do their job.
 - Some language you might use:
 - *Even though I still have some of this fear, in this moment I am transforming it into an energy of love and peace within. Letting go, as I transform this energy of fear into a healing energy, an energy of peace within. I am so happy and grateful, that in this moment, in every cell of my being, I can feel that energy of fear transforming to a healing energy, bringing me peace within.*
 - Focus on some “**gratitude**” tapping. This can help increase energy, positive emotions and enhance the experience allowing body, mind and spirit to function in a more optimal manner. As this process generates more focus on the positive, this too is beneficial to the overall healing process.
 - Some language you might use:
 - *Even though I am frustrated because I can't _____, I am so happy and grateful that I am blessed with the ability to _____. I am so happy and grateful for everything I can do, and the peace within I know I can have.*

“I Can't Imagine Being Happy and Whole”

A common occurrence is losing the ability to 'see' themselves well. This, as well as resistance or perhaps being lost in the story, can surely slow or halt the healing process. Please be sure to address all of those things.

- Explore the feelings about wellness. Can they truly imagine being well? Can they visualize their living their lives that way? Can they truly see it in their minds eye? For many it seems like an impossibility because of what they are experiencing. Having them work on this issue and the related aspects to generate a cognitive shift and more

hopeful feelings is essential. If they can't imagine it, how can they experience it? It is time to get busy helping them believe in the possibility.

- Here is a possible way to begin the tapping process for this piece:
 - Even though I simply can't imagine it, I have been through too much and given no hope, I am ready to trust and believe in me. I am ready to be open and feel the healing.
 - Even though I can't imagine being whole and healthy, I can't see it, I can't feel it, I am now open to the possibility.
 - Even though I can't see it in my mind's eye, I am trusting the wiser part of me to enlighten me and work with me, as I begin to see myself whole, happy and healthy.

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