


Tapping Example – Hurricane



Client came back from holiday from Fiji. Whilst she was there unexpectedly there was a hurricane. She watched the winds get stronger and the roof of where she was staying eventually blew off and her some of her possessions were blown away by the wind.

The Ladder of Reactions

Her subconscious mind remembers the fear and the potential threat to her life. Now back in New Zealand she has anxiety if she sees the leaves on trees blowing on the trees.

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|--------------------------------------|-----------|
| • Sees leaves blowing on the tree | ACTION |
| • Feels tightness in her gut | SENSATION |
| • Feels afraid | EMOTION |
| • Remembers a tree being blown over | IMAGE |
| • Becomes a symbol of feeling unsafe | SYMBOL |
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No matter how much she told her logical left brain that it was just leaves blowing on a tree, her body kept reacting as if the hurricane was still happening NOW.

The Repair

(1) Establish safe place and start to help the client neuro-regulate

- Invite client into room , moving slowly and predictably
- Use calm slow voice
- Ask if been to counselling before
- Ask if she had heard of EFT tapping, if not, explain
- Suggest the idea of telling the story slowly is more effective than telling it all at once as we do not want to over stimulate her system again
- Suggest the ideas that we may not complete the work today

(2) Establishing a base line of Neuro-regulation – Resourcing the client

- Before telling the story ensure client is fully present in the room and not agitated or spaced out or dissociated.
- Ask client to feel their feet on the floor, to feel the contact with the chair and to place their hands on their thighs and just notice how that felt.
- Compliment them on noticing (Witness consciousness)
- When client seems calm and can interact with you (shows client can recognise calm and also stay socially connected and be in the window of tolerance), start to tell the story

(3) Tapping the story

Establish a Set Up phrase:

Tapping on the Karate Chop point say:

- Even though I don't think that this will work I choose to deeply and completely love and accept myself
- Even though I have this problem for some time and I don't think I can get over this I choose to deeply and completely love and accept myself
- Even though this may be part of my anxiety that I have always had I choose to deeply and completely love and accept myself
- Even if I cannot do what is necessary to get over this problem I choose to deeply and completely love and accept myself
- Even though I think this silly I choose to deeply and completely love and accept myself.

(4) Establish a feeling good place in their body

- Ask client to imagine themselves in a safe situation such as being held by a friend, having a coffee, at home reading etc. a situation where they feel loved and safe and notice the feeling in their body

(5) Tapping on the memory

- Ask the client to start thinking about the memory and give the event a Neutral title. Get a SUDS score
- Start tapping on the story in 3-4 minutes chunks and stop when there is a peak of anxiety or emotion. Stay in the present time i.e., “These feelings in my gut that I feel right now”

• IF CLIENT IS TOO UPSET TO TALK ABOUT THE EVENT DO NOT GO INTO THE EMOTIONS OF THE EVENT AS THIS WILL OVERLOAD THEM EVEN MORE

– You could however tap on “Even though I cannot talk about this yet I deeply and completely choose to love and accept myself” or “Even though I do not feel safe enough to talk about this right now I choose to love and accept myself”

- More resourcing is needed. e.g. Heel and Toe calming, go back to before the wind started and establish a safe feeling. Go in smaller chunks. OR Do not name the trauma just say “This event” Do not mention emotions or where in the body they are. Just tap on “All of these reactions “Aim to get the SUDS feeling back to 2, 1 or 0

- Alternate between the bad feeling and the resourced feeling of a safe place that they created at the beginning (i.e. being with a friend) This is called OSCILLATING and creates a new neural pathway
- Continue until the client can get through the whole story without becoming upset and/or has a SUDS score of 3 or less

Watch video of this technique at

https://www.youtube.com/watch?v=c_0PE6GfO20