Welcome to
EFT for Cultural Humility
Emotional Freedom Techniques
Part 3

Northwest Regional Conference on Indigenous Peoples:
Awareness, Knowledge, and Cultural Practices
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Energy Psychology/ EFT Supporting Research
- Over 200 studies, review articles and meta-analyses
- Over 50 Randomized Controlled Trials
- Over 50 pre-post outcome studies
  - 99% of the above 100+ studies document EP effectiveness
- 7 meta-analyses
- 12 systematic reviews
- 2012 – ACEP EFT approved as a CEU provider with the APA
- 2016 - TFT validated by NREPP (National Repertory of Evidence-Based Practices and Procedures), a division of SAMHSA

Visit Research section at www.energypsych.org for details
Dealing with Disruptions

Where to find disruptions

DISRUPTIONS ARE OFTEN FOUND IN ‘SPECIFIC EVENTS’

I’m not lovable

Mom never hugged me as much as my sister
All the kids at school hated me
My ex said I was cold and distant
I’m not lovable

Mom never hugged me as much as my sister

All the kids at school hated me

My ex said I was cold and distant

Curtis made fun of the color of my skin the first day of kindergarten.

The time no one would eat lunch with me.

Kelly was having a birthday party and she didn’t invite me.

The day they wouldn’t let me play kickball.

I was playing on the grass with Cathy.

Cathy asked if I was going to Kelly’s party.

I was surprised that I didn’t already know about it.

Cathy showed me her invitation and I felt left out.

Cathy and I went to ask Kelly.

Kelly said “I’m only inviting my real friends this year.”

All the other kids laughed.

Presented by: Michael DeMolina, PhD, LPCS, CDCS, MAC
Architecture of Memory

SPECIFIC EVENT STORYBOARD

Kelly was having a birthday party and she didn’t invite me.

1. I was playing on the grass with Cathy.
2. Cathy asked if I was going to Kelly’s party.
3. I was surprised that I didn’t already know about it.
4. Cathy showed me her invitation and I felt left out.
5. Cathy and I went to ask Kelly.
6. Kelly said “I’m only inviting my real friends this year.”
7. The other kids laughed.

All the kids at school hated me.

1. Curtis made fun of the color of my skin the first day of kindergarten.
2. The time no one would eat lunch with me.
3. Kelly was having a birthday party and she didn’t invite me.
4. The day they wouldn’t let me play on the sports team.
5. The other kids laughed and laughed at me.
6. I was playing on the grass with Cathy.
7. Cathy asked if I was going to Kelly’s party.
8. I was surprised that I didn’t already know about it.
9. Cathy showed me her invitation and I felt left out.
10. Cathy and I went to ask Kelly.
11. Kelly said “I’m only inviting my real friends this year.”
12. The other kids laughed and laughed at me.

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I was playing on the grass with Cathy. Cathy asked if I was going to Kelly's party. I was surprised that I didn't already know about it. Cathy showed me her invitation and I felt left out. Cathy and I went to ask Kelly. Kelly said, "I'm only inviting my real friends this year." The other kids laughed and laughed at me.

Emotional Landscape

SPECIFIC EVENT STORYBOARD

Once we have this level of detail, then we tap!

Tell the Story Technique

CRESCENDOS IN AN EVENT

SURPRISE
I DIDN'T KNOW
CATHY'S WORDS
HEART BEATING

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Tell the Story Technique

Tell the Story Technique

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Tell the Story Technique

Setup Language Options

FOUR OPTIONS FOR SETUP/REMINDER LANGUAGE

- Details of the moment (Visual / Auditory)
- Physical sensation (Somatic / Kinesthetic)
- Name of emotion
- Intensity rating

Use a variety of options in each Setup and vary Reminder phrases to incorporate the options you have chosen.
Dealing with *Energy Disruptions*

Where to find disruptions

‘SPECIFIC EVENTS’
SUPPORT GLOBAL ISSUES
Emotional and Belief-Based

EFT: Emotional Freedom Techniques for Cultural Humility, Part 3

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Instructions for Exercise

‘TELL THE STORY’ TECHNIQUE

• Rate intensity at the thought of telling the story
• Lower intensity to under 3 with global statements
• Ask client to tell the story
• Remind them to STOP if there is ANY intensity
• Use EFT on every intense aspect
• Continue until there is no intensity
• Ask client to vividly imagine and try to get upset
• Use EFT on any further aspects that come up
Tell the Story Technique

TELL THE STORY DEMONSTRATION

Instructions for Exercise

‘TELL THE STORY’ TECHNIQUE

• Rate intensity at the thought of telling the story
• Lower intensity to under 3 with global statements
• Ask client to tell the story
• Remind them to STOP if there is ANY intensity
• Use EFT on every intense aspect
• Continue until there is no intensity
• Ask client to vividly imagine and try to get upset
• Use EFT on any further aspects that come up
EFT: Emotional Freedom Techniques for Cultural Humility, Part 3

Simple Emotional Issue

Stress at Work
- Skipped for promotion
- That project wasn't perfect
- Called into the boss’s office

I'm not worthy of success
- Dad said "winners keep trying!"
- Dad said I didn't sweep the floor well enough
- Dad said my older sister was thesmartest in the family
- My math teacher told me in front of the class I got an A in History and Mom didn't care

Complex Emotional Issue

Anxiety
- The world isn't a safe place
- No one will protect me
- I'm alone

Men are scary
- My father said "I can't trust people"
- Car salesman ripped me off
- Co-worker stole my great idea
- Car salesman ripped me off
- My father was drunk and threw me up against the wall
- Men are in a bad mood

No one will protect me
- BLM
- Media
- Federal law
- My father punched me (on three occasions)
- My father said I'm worthless (almost every day)
- My father was in a bad mood (almost every day)
- I came home and found Mom crying
- Mom was drunk (almost every day)

The world isn't a safe place
- My father said "I can't trust people"
- Car salesman ripped me off
- Co-worker stole my great idea
- Car salesman ripped me off
- My father was drunk and threw me up against the wall
- My father was in a bad mood
- I came home and found Mom crying
- Mom was drunk (almost every day)
What We Have Learned

• Energy Disruptions are found in Specific Events
• Specific Events can group together to become emotional issues
• We liken Specific Events to table legs
• We liken Emotional Issues to tabletops supported by Specific Event table legs
• We clear Specific Event table legs methodically one by one
• The Generalization Effect will impact on table legs with similar emotional themes

Instructions for Exercise

PERSONAL PEACE PROCEDURE

• Make a list of bothersome Specific Events
  – Could be a part of a Fourth Step
• Give each event a title, as if it were a movie
• Counselor begins with the most intense events
• Teach EFT to client. Their take home work is to tap once a day for emotional down regulation
• Clear each event using ‘Tell The Story’
• Clear at least one specific event each day
• Notice the changes!
Demonstration – Full EFT Session
Techniques: Tearless Trauma & Tell the Story

Volunteer and audience chooses a Specific event
Criteria: For demo purposes
~A Specific Event occurred is less then 3-5 minutes at the time it happened.
~For today, choose a “one off” memory, so it can’t get confused with similar memories (we contain “daisy chains” in sessions with clients.)
~Rated at a 5 or less (just for the demo)
~Audience has chosen a specific memory as well. Tap along to Borrow the Benefits of this session!

Trainings Available!
Transcendence: Healing our Collective Story
EFT: Emotional Freedom Techniques Levels 1 & 2

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