



EFT INTERMEDIATE LIBRARY

STUDY GUIDE

Designed for anyone who wants to get more out of the EFT Intermediate Library, especially those who plan to take the EFT Intermediate Level Certification Exam.

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IMPORTANT NOTES ON PREPARING FOR THE EXAM

Your Expectations - The EFT Intermediate Level Exam is intended to test your understanding of the material in the EFT Intermediate Library, but **may not be exactly what you expect.**

The style of this exam is very similar to that of the EFT Foundational Level Exam. The videos are absolutely packed with information and anyone who has approached this exam with an open mind has walked away with a surprising amount of new material.

We realize that many people just want to pass the exam and go about their business, but we want more than that for you! Our first priority is that you get as much from these videos as possible, and we aren't comfortable offering Certification without that assurance. By really using the Study Guide and applying yourself to the material, you will walk away with a lot more training, much better results, and with any luck, a new level of EFT Certification to hang on your wall.

Here's a tip: Put all of your expectations, previous experience and preconceived notions aside and **expect to learn something new!**

Specific Content - The first part of the exam covers the written Tutorials, and the Study Guide will let you know which specifics you need to know. On the second part of the exam, there are questions that will point to specific content from the sessions, including client input, Setup language, cognitive shifts, testing methods, detective work, Gary's decision making process, and identifying the various techniques or approaches that were used. The Study Guide will help you conduct a review of each session, and the quality of your review will determine how well you answer the questions on the exam. The exam will test your ability to understand and identify the individual tools and refinements, taught in the Tutorials, to the live sessions on the videos.

Memorization - There is a LOT of material in the tutorials and the videos for this exam, but passing it will not be possible by simply memorizing it all. In fact, if you try to memorize everything you will likely fail the exam. Why? Because we are testing your command of the concepts. We are not interested in your ability to memorize. We expect that if you learn it properly and then use it in practice correctly, most of the material will become second nature to you. Further, if you are watching the sessions to see how completely you can understand them, you should be able to remember the key elements of each session even a year later.

Just in case, take good notes, review the material again before taking the exam and be prepared to review a session or two within the time allotted for the exam.

Test Anxiety - Test anxiety is a very broad term that can include a variety of different issues. However, we have found that people with any significant test anxiety have a very difficult time passing this exam. They try to memorize the material rather than making the effort to understand it, and in general, are worrying too much to think clearly about the questions, or even the material itself during the study process.

We recommend that you put your EFT skills to work and handle any test anxiety before you even register for the exam. If necessary, you might enroll the help of someone more experienced. Either way, it will only be a step in the right direction to "do your own work" and use EFT to resolve your issues.

EFT INTERMEDIATE LIBRARY STUDY GUIDE

INTRODUCTORY COMMENTS

In the Intermediate Level, you will see that the delivery of EFT has become more advanced from that of the EFT Foundational Library. Gary has enhanced the original principles, developed some new tools, and then combines them all in each session for more reliable results.

To help you recognize and apply the new tools and refinements in these sessions, we have added ten Intermediate Tutorials to the material for the Intermediate Level Exam. They cover everything from Reframes and Detective Work to Testing Methods, Customizing your Setup Phrases, and navigating your way through an emotional issue.

Using this Study Guide, you will be asked to apply your knowledge from those Tutorials to the sessions on the Borrowing Benefits videos. The exam questions will cover your knowledge of the Tutorials, as well as your ability to apply that knowledge to each of the video sessions. Once you complete this process, you will have a whole set of new tools and refinements to use for better results in your sessions.

As you will discover, the Specialty Series videos are covered in this Study Guide, but will not be included on the exam.

At some point, you will need to use the Borrowing Benefits process for your own issues. You can choose the timing for this, but do not combine that process with the detailed review of those sessions for the exam. In other words, you will have to see each of the Borrowing Benefits videos once to address your own issues, and several more times to study the EFT skills.

The Borrowing Benefits Instructional Videos 1 and 2 are very important material. Watch them in preparation for your own Borrowing Benefits process and follow those instructions as closely as possible. Hopefully, you will encounter several of the challenges that we have seen with many Borrowing Benefits participants. Working your way through those challenges will help you lead better Borrowing Benefits groups, which is covered in Intermediate Tutorial #10. Exam questions will cover all of these challenges, so the more you can experience yourself, the better you will understand the material.

The Professional Conduct Tutorial also calls for some work on your own issues with the Personal Peace Procedure, so you might want to keep that in mind for your schedule.

To best prepare for the exam, we recommended completing the material in this order:

1. Study Intermediate Tutorial #1 and begin your own Personal Peace Procedure as requested.
2. Study Intermediate Tutorials #2 - #9
3. Incorporate these new tools into your practice
4. Study Borrowing Benefits videos (you'll need to see each one 3-5 times)
5. Go through Borrowing Benefits videos once again for your own Borrowing Benefits process
6. Study Intermediate Tutorial #10
7. Continue with EFT Specialty Series #1 and #2

Use this Study Guide to identify the most important material for the exam, but don't forget that any of the notes and information provided in this Study Guide could also be used for exam questions.

Once you recognize all of the new tools and refinements for artful EFT delivery in the Intermediate Level, we expect that your sessions will be more creative, more fun, and more successful. Enjoy the process!

REVIEW OF FOUNDATIONAL CONCEPTS

After passing the EFT Foundational Level Exam, you should have a solid understanding of the following concepts. If not, please review as necessary before proceeding with the Intermediate Level.

- Basic EFT revolves around the default Setup procedure, repeated three times, and either the full sequence, the ham sandwich, or the shortcut sequence with an appropriate reminder phrase.
- There are a few useful variations to the Setup phrase, the 9 gamut is optional but often useful, and there are a few additional tapping points introduced by Michael Gandy.
- Being specific means tapping on a specific, measurable physical feeling, a specific emotion, or ideally, a specific event.
- Looking for new aspects and testing your results are the primary goals in any tapping session.
- Using intuition and providing Reframes should be used carefully, as developing these skills will require more training and experience.

- Tell the Story and the Movie Technique should be used as much as possible because they promote the use of specific events, minimizing emotional pain and being as thorough as possible with aspects. Add the Tearless Trauma Technique whenever dealing with extreme trauma, but be sure you can get to the specific details of the story eventually.
- Chasing the Pain is another good tool, especially for people who cannot verbalize their emotional experience. However, it takes more focus to be specific with this method than with the Movie and Tell the Story Techniques.
- Constricted Breathing Technique is a great technique to use for minimizing pain or sneaking up on an issue at the beginning of a session, but be sure you move on to specific events as soon as possible.
- Asking good questions to get to specific events and core issues is a skill that will continue to develop, but be sure to practice it in every session.
- The Writing on your Walls is the EFT doorway to understanding emotional issues. It is enormously valuable in developing your detective skills and should already be running in the background during every session.
- Affirmations can be used to uncover Tail-Enders, which will point to tappable issues IF you ask good questions. A Tail-Enders by itself is usually not specific enough to be a tappable issue.
- Using positive affirmations to install positives is not an official use of EFT. EFT is designed to remove the negative, and positive phrases are only a part of that process if they are used as a tool to discover the negative blocks.

We expect that you're using the following techniques regularly in your sessions, and therefore, you will need to be prepared to compare their uses, advantages and disadvantages for the Intermediate exam. Preparing for these questions will require an impeccable knowledge of the instructions and uses for each, applying the technique correctly in practice, and really understanding the most appropriate scenarios for each one. It will also require experience in how to adjust each of these methods to be even more specific or to minimize emotional pain when necessary.

- Tell the Story
- Movie Technique
- Tearless Trauma
- Constricted Breathing
- Chasing the Pain

Section 1: Intermediate Tutorials

As previously mentioned, we have prepared ten Tutorials to teach and clarify all of the skills that are demonstrated in the EFT Intermediate Library. At this point, please download and study the following Tutorials with particular focus on the “exam worthy” elements listed for each.

<http://www.emofree.com/ExamInfo/Tutorials.htm>

Intermediate Tutorial #1 - Professional Conduct

This discussion is largely thought-provoking and informational, and we do not intend to enforce this in your practice. However, you do need to understand all of this material and be aware of the suggested practices.

For the exam, please focus on the following:

- Know the recommendations for your practice in regard to Professional Space and Boundaries, and the possible risks of not following them.
- Know how to evaluate the quality of your Rapport with a client
- Know the precautions and procedures for Abreactions.
- Understand the importance of addressing your own issues.
- Read the additional Tutorials included at the end, Personal Peace Procedure and How to apply EFT in depth to yourself.
- Be prepared for questions on the Personal Peace Procedure instructions
- Be sure you have completed the exercises listed in this Tutorial.

Intermediate Tutorial #2 - The Power of a Preframe

For the exam, please focus on the following:

- Know the definition, goals, and benefits of designing a good Preframe.
- Understand why it can be so difficult for a client to recognize their results and how Preframes can help with that.
- Know the common points in an EFT session that can be addressed with a good Preframe.
- Know the suggested ways to Preframe those points, and what you can hope to gain by doing so.
- Read the Tutorial included at the end called “How to introduce EFT to skeptics” and know the four suggested ways to communicate with skeptics.

Intermediate Tutorial #3 - Using Positive Phrases

This Tutorial discusses the differences between Affirmations, Choices and Reframes. You do not need to know The Choices Method for the exam, but if you are not already familiar with it, you may wish to watch that video from Specialty Series 2 before continuing. Affirmations were covered in the Foundational Library and Reframes will be covered in Intermediate Tutorial #7.

For the exam, please focus on the following:

- Understand the review of positive affirmations: how they operate, the challenges they present, and the ways to use EFT to enhance their performance.
- Know what to expect when combining a traditional affirmation with tapping.
- Understand the similarities between traditional affirmations and the Choices Method, and the pros and cons of using Choices in an EFT session.
- Know the two suggested ways to incorporate a Choices phrase into an Official EFT session.
- Understand the reasons why clients might prefer a positive affirmation to focusing on the negative.
- Understand why positive affirmations may not be necessary.
- Understand the comparison between affirmations and Reframes including the example on degrees of adjustment.
- Know the four qualities that distinguish a Reframe from a traditional affirmation or Choices Phrase.

Intermediate Tutorial #4 - Finding the Right Words

This is a discussion on the purpose of the Setup language in your EFT sessions. Be prepared for general questions on this material.

Intermediate Tutorial #5 - The Anatomy of an Emotional Issue

This material is extremely useful for understanding emotional issues from the Writing on your Walls perspective, and organizing the information you get from clients.

For the exam, please focus on the following:

- Know the difference between the useful information about an issue and the descriptions or general conversation that are often provided.

- Know how to apply the three criteria for determining useful information.
- Be sure you understand the points on the Palace of Possibilities video segment.
- Know the difference and relationships between Tabletops and Table Legs
- Understand how Tabletops are formed
- Know the difference between a Core Issue Tabletop and a Recent Tabletop
- Understand how Core Issues can affect the long term resolution of an issue, and the importance of collapsing them.
- Know how to add Recent Tabletops, Table Legs, and Core Issue Tabletops to a Tabletop Diagram for any session.
- Understand the relationship between a Core Issue and a cognitive shift
- Know the challenges you might encounter when uncovering a Core Issue
- Understand the value of organizing and prioritizing the various pieces of you client's puzzle.
- Read the article included at the end on "The Daisy Chain Opportunity"
- Do all of the exercises. This section is so important that you may see similar exercises in the exam.

Intermediate Tutorial #6 - Customizing your Setup Phrases

Here's where the fun begins. Once you have a solid, organized picture of your client's issue, it's easier to get creative with your language.

For the exam, please focus on the following:

- Know the guidelines for using the Extended Setup and Setup/Reminder Combination formats and know how to tell the difference between the two.
- Understand the challenges of trying to address too many aspects at once.
- Know the different forms an aspect can take.
- Know how to choose and recognize an appropriate substitute for "I deeply and completely accept myself".
- Know how to adjust the self acceptance element for someone who truly doesn't accept themselves.
- Know the goals of a Trigger Setup, and how to recognize and create one.
- Know how to recognize the appropriate time for a Trigger Setup
- Know how to check the accuracy of your intuition and how to recover from language that didn't land.
- Any questions on Reframes will be taken from the next Tutorial.

Intermediate Tutorial #7 - Reframes

Reframes are a great way to encourage cognitive shifts with EFT, and this material offers detailed instruction.

For the exam, please focus on the following:

- Know the goal of using a Reframe.
- Know how to recognize a basic Reframe.
- Know the guidelines for getting started with Reframes.
- Know how to confirm that your Reframe landed with your client
- Know how to recover if it didn't.
- Know the difference between bold and conservative Reframes.
- Know all of the ways to be conservative with your Reframes.
- Understand the tips for using intuition with your Reframes.
- Know how to use Reframes to minimize pain at the beginning of a session.
- Be able to recognize all of the Reframe themes presented. There will be examples of each one in the Borrowing Benefits videos.

Intermediate Tutorial #8 - Detective Work

To find Core Issues, you'll need to have some detective skills and this material will either get you off to a good start, or improve your current methods.

For the exam, please focus on the following:

- Know the five elements of being a good detective and how you can apply them to your sessions
- Know the specific tips and suggestions for each, including the following:
 - Core Issue themes
 - General emotions
 - Reaction of choice
 - Three qualities of a detective
- Questions on Testing Methods will come from the next Tutorial.

Intermediate Tutorial #9 - Testing Methods

This Tutorial will help you make significant improvements in your testing skills by digging up new aspects when you thought there were no more.

For the exam, please focus on the following:

- Understand how a client's report of their intensity of an issue is not always the most reliable information
- Know the benefits of good testing
- Understand why practitioners don't always test as thoroughly as they could, see if you can identify with any of those reasons, and be familiar with the solutions presented
- Know how to recognize and apply all of the Testing Methods presented. There will be examples of each one in the Borrowing Benefits videos.
- Know the advantages, drawbacks, and variations presented for each, as well as how to minimize emotional pain when necessary.
- Be sure to do the exercises and use these methods in practice for a complete understanding of how and when to use them.
- Read the article included at the end on "When the client reports "feeling worse"" for more information on what happens when you overlook remaining aspects in a session.

Intermediate Tutorial #10 - Conducting Borrowing Benefits Group

As mentioned before, we'll get to this Tutorial after you have applied the material above to the video sessions.

Section 2: Borrowing Benefits Videos

To most effectively absorb the material in the EFT Intermediate Library, we're going to change the order a little bit. After you have studied the first nine Intermediate Tutorials, done all the exercises, and incorporated these skills into your practice, the Borrowing Benefits videos are next. They will provide examples and demonstrate creative combinations to help you put your "tutorial tools" into practice.

We'll address the videos in Specialty Series 1 and 2 later. Meanwhile, please note the following for all of the sessions in the Borrowing Benefits videos:

Identifying Tools/Techniques/Approaches:

We assume that your review will include notes on which of the following were applied in each session:

- Tell the Story Technique
- Movie Technique
- Tearless Trauma Technique
- Chasing the Pain
- Constricted Breathing Technique

Measuring Intensity:

Gary makes a consistent habit of connecting the emotional intensity to a physical sensation, for example, "If your intensity is a 6, how do you know? Do you feel it in your body somewhere?". Gathering this additional information will help you more accurately assess your progress, so pay attention to:

- How Gary asks for the information
- The degree of detail in his clarification
- How he uses the information throughout the session to verify emotional intensity and results, and how this extra step can enhance the use of a 0-10 intensity scale.

Customized Setups:

All of the Setup language in these videos is a combination of elements that you have learned in the Tutorials. Gary artfully combines an accurate client description with his interpretation of their description, "I deeply and completely accept myself", effective triggers, and often a variety of Reframe themes.

To completely understand each of the Setups, you will need to break those pieces apart to see how he accomplishes the goals of:

- Focusing on the issue

- Accepting oneself in spite of the issue
- Encouraging cognitive shift with an appropriate Reframe

Please note that these sophisticated combinations are not necessary to get results in your own sessions, and it may be best *not* to combine all of these elements until you have more experience with them. It can be very easy to get lost in your own language, and lose sight of what you're trying to accomplish. When you can design your language around what you are *trying to accomplish* in each round, then you will know *exactly what to test*, and all of the pieces in your Intermediate session will fall together nicely.

The easiest way to get good practice and improve your skills is to start with the client description, include "I deeply and completely accept myself", then add whatever Reframe theme seems most appropriate. When that becomes second nature, you could either try two Reframe themes in one Setup, or you could use your intuition or interpretation to expand on your client's description and see how often you hit the mark. Eventually, you'll be able to combine all of it together without a second thought, but again, always be aware of what you're trying to accomplish with your language, and test it after each round.

Regarding the two new Setup formats, the Extended Setup Phrase and the Setup/Reminder Combination, you will see that Gary uses them both. There usually isn't any reason why one would be preferable to the other, but be sure you can identify which one he is using in each Setup and know how to tell the difference between them.

Exam questions on the Customized Setups will provide specific language from a session and ask you to identify the different pieces. Although key phrases will be a useful reference, you do not need to transcribe all the Setup language from each session into your notes.

Tabletop Diagrams:

You will be asked to complete a Tabletop Diagram for all but two sessions in Borrowing Benefits. You can find the blank diagrams in Appendix A of the Intermediate Tutorial #5, and you will need to print eleven of them for your convenience.

When gathering information during the session, be sure to include not only the issues and events that were addressed with EFT in the session, but also the ones that were mentioned in conversation. All Tabletops and Table Legs represent different "doors" you can use to make progress on an issue in the current session, or in follow up sessions, so gather as many clues as you can.

These sessions are not intended to get complete results on any of the issues presented, but rather to provide a good start. As a Practitioner, part of your goal

in making a Tabletop Diagram is to identify what material or directions you might use in a follow up session with each client.

Note that although the guidelines that follow for each session will ask you to identify the description of the issue, Recent Tabletops, Core Issue Tabletops, and Table Legs under each, not all sessions will provide all of those elements. Your own sessions will be similar in that respect, as each client will bring you a different set of information to process. With that in mind, use the Tabletop Diagrams to record as much information as you can about each session. The exam will have questions to be sure you know where the different elements should be placed in relation to each other.

Organizing your Notes:

These sessions will require a very detailed review. In our experience, you will need to see each of these sessions between three and five times each to be prepared for the exam, and you will need to take plenty of notes.

Some of the questions will rely on a tally of the Testing Methods, Reframe Themes and other tools used in the sessions, and that information will be difficult to extract from a normal note taking format.

To help you organize your notes for those questions in particular, we have provided a form for your use at the end of this Study Guide.

Once you have completed your session reviews, we recommend using this form as your final preparation step.

Please note that you will not be able to pass the exam with this form alone. There are plenty of other questions that will rely on your understanding of the sessions, and you will also need to consult your complete notes during the exam.

Borrowing Benefits Video #3: STACEY - Money Blocks

This session moves along quickly with a wide variety of Reframes and humor. Gary and Stacey have exceptional rapport, so the language and humor flow freely, and the results are easier to obtain. You will see in other sessions, this isn't always the case.

Tabletop Diagram:

Use a Tabletop diagram to put all of the following pieces in place:

- Description of the problem
- Recent Tabletops and Core Issue Tabletops
- Potential Table Legs under each

Notes: When Gary asks Stacey for “rejection #2”, she offers an event with her mother and accepting money. Although Stacey presented it as an experience that would support her fear of rejection, that session also reveals her belief that “I helped her and shouldn't accept anything”. For this exercise, we will consider it a rejection event, but that event may also support a second Tabletop called something like “I shouldn't accept money”. This might also contribute to the money blocks she came to address, and would be a good candidate to address in future sessions with Stacey.

To be completely thorough with the information in this session, find a way to include this second potential Tabletop on your diagram.

Next, you will probably wonder where to put “calling Jerry Colangelo” on Stacey's Tabletop diagram, and there are two ways to argue that. On one hand, she hasn't called him yet, so it is difficult to address this as a specific event. Given this argument, we could use it as a test for her results with EFT. If she is comfortable calling him after her session, then we probably got somewhere.

On the other hand, her experience of anxiety when she imagines calling him could be considered a specific event. If all of her other great ideas provide similar experiences, Stacey may eventually conclude that “I can't get past the ceiling”. This becomes a “truth”, Written on her Walls, formed by a collection of specific events, and we call that a Tabletop.

As you may recall from Tutorial #5, the Anatomy of an Emotional Issue, the conclusion “I always get in the wrong line” was formed as a result of the Core Issue, “I always do it wrong”. Similarly, Stacey's conclusion “I can't get past the ceiling” is formed as the result of her fear of rejection, and would therefore be considered a recent Tabletop. This recent Tabletop is supported by the Table Legs known as “calling Jerry Colangelo” and all of the other great ideas that she tried.

Using either scenario, we still want to find the Core Issues in Stacey's case and Gary did just that. However, in organizing the pieces of Stacey's information, we will use the second scenario for the exam.

As we mentioned before, emotional issues are often more complex than a standard diagram, and this is one example.

Customized Setups:

- Note where Gary is using the Extended Setup format with simple Reminder phrases, and where he chooses a Setup/Reminder Combination instead.
- Note where he uses client description, his interpretation, Reframes, or Triggers in his language and be sure you can tell the difference between them.
- How often is "I deeply and completely accept myself" used? Was there any other language used that would accomplish the same goal, like the substitutes discussed in Intermediate Tutorial #6?
- Note where Gary uses his intuition to create language and how he verifies his accuracy with that language.

Reframes:

- Identify as many different Reframe themes as possible.
- Pay attention to how conservative or bold each Reframe is. Were they successful? How you would know?
- Note Stacey's reactions to Gary's language with respect to Reframes, intuitive language, humor, "AHA" moments, and cognitive shifts.

Notes: Although you have had some detailed instruction on Reframes, and hopefully some experience, you will see that Gary combines his different Reframe themes with standard language and some intuition, so it will take some focus to pick them all out.

For example, near the beginning of the section on "the worst thing a boy could say to a girl", Gary begins with a client description of the issue, adds a Forgiveness Reframe with "he may have had his reasons...", and ends by Connecting the Memories with "Jerry Colangelo pays the price".

One classic Reframe that deserves some attention here goes like this:
"I'm the prisoner to a 16 year old boy's words."

This is an example of the Eroding the True Authority Reframe Theme. It is also an example of how a simple, fairly conservative Reframe can completely shift someone's perspective.

In the Intermediate Tutorial #3, Using Positive Phrases, we provided an illustration to show how Reframes suggest a 10 or 20 degree shift in perception. In this case, all Gary did to accomplish that was to describe Stacey's experience from a different angle. That description came from Gary's perception that the Writing on our Walls can be a bit ridiculous and it can hold us prisoner for decades. It's a common perspective that almost any outsider could have suggested to Stacey, not a fancy therapy skill, or a request that Stacey take a step outside her comfort zone. But when it landed, her world had clearly changed...just watch her reaction.

Note that by presenting a conservative Reframe, rather than a more abrupt change of direction, Stacey gets to make her own choice to abandon that prison without any tail enders or argument from her system.

Detective Work:

- Where do you see the "qualities of a detective" at work?
- What questions were used to go another level deeper into her issue?

Testing:

- Which testing methods were used in this session, and on which issues, events or aspects?
- How did Gary connect emotional intensity to a physical sensation, and how did that enhance the use of a 0-10 intensity scale?
- Which physical sensations were identified in this session?
- Identify testing methods that revealed new aspects and be able to describe those aspects.
- Did you see any cognitive shifts?
- What can we conclude with confidence at the end of this session? Which parts of the Tabletop Diagram have been collapsed and which parts might still be standing?

Other Notes:

At the end of the session there are some bold reframes that traditional therapists might call "leading the client". This was an attempt to adjust Stacey's perception on how making money can be acceptable, and she was open to it. In general, if your client is open to something like this, go ahead and use it. However, it is a lot like injecting your own beliefs into someone else's experience (ie leading the client), so use it sparingly, and only if your client is receptive to it.

Borrowing Benefits Video #4: ROGER and MARY - Couples Counseling

This session is full of humor and is very lighthearted, but it also addresses some specific events. Although the language stays pretty general, and the focus is not on Detective Work or digging up Core Issues, there are lots of Reframe Themes illustrated here, and some great tap along material.

Tabletop Diagram:

There is no need to complete a Tabletop Diagram on this session.

Customized Setups:

- In the Extended Setup format, note which phrases Gary uses for the Reminder phrases on the sequence points.
- In the Setup/Reminder Combinations, note how the Reframes are included on the sequence points.
- Note where Gary uses client description, his interpretation, Reframes, or Triggers in his language and be sure you can tell the difference between them.
- How often is “I deeply and completely accept myself” used? Was there any other language used that would accomplish the same goal, like the substitutes discussed in Intermediate Tutorial #6?
- Note where Gary uses his intuition to create language, and how he verifies his accuracy with that language.

Examples: Here are two great examples of Extended Setup language with a combination of client descriptions and different Reframe themes.

Setup Example #1:

“Even though I see this as a great big mess, and I see it, and it really bothers me

Description of the issue - provided by the client

I somehow or other am just not willing to let it go.

Description of the issue - Gary’s interpretation, presented with conservative wording

I would rather be angry than have a few tools spread around the garage.

Reframe - Exposing the Writing on the Walls

These usually look like a description of the issue, and they are.

However, this angle was not provided by the client, and suggests a new perspective.

Somehow or other a few tools spread around the garage really gets to me. I’m really angry about it.

Description of the issue - provided by the client

I wonder if it’s the tools or an excuse for something else. Maybe it triggers into something else in my past.

Reframe - Connecting the memories. Note how the suggestive words “wonder” and “maybe” make the Reframe easier to accept, then note the change in Mary’s tone indicating that the Reframe landed.

Whatever it is, here I am on public film griping and complaining about some tools where they shouldn’t be.

Reframe - Reducing it to the Ridiculous

It might even be costing me a little bit in my relationship.

Reframe - Personal Responsibility. Again, note the use of “might” and “a little bit” to present the idea conservatively. If her internal response is something like “Yes...it is definitely affecting my relationship, and probably more than a little”, then she has taken the suggestion one step further and it has become her own thought. By presenting Reframes conservatively, you create the space for this to happen.

Now it’s one thing to have a view about where tools should be. It’s another thing to maybe go overboard about it or have excess concern.

Reframe - Exposing Writing on the Walls

Reminder Phrase: Excess concern

Setup Example #2:

Even though I have this aversion to being controlled,

Description of the issue - provided by the client

just like everybody, nobody wants to be controlled

This is a distant cousin to “I deeply and completely accept myself”, and adds an element of acceptance to the problem

but maybe in my past I was controlled by maybe parents, or somebody else, or teachers.

Reframe - Connecting the Memories

Somewhere or other I got the idea that I’m gonna’ be independent here and you can’t control me...come what may. I see this tool thing with Mary as her effort to control me.

Description of the issue - Gary’s interpretation. Look for evidence that Roger agrees.

I’ve never asked whether she was trying to control me. I just assumed it. She’s trying to control me. You’re controlling me. You’re doing it to me. Don’t you know that?

Reframe - Writing on the Walls Comedy

REMINDER PHASES:

You’re controlling me

You’re using those tools to control me

Don't you know that?
Don't you see that?

Reframes:

Continue to review the rest of the Setup language in this session for the following:

- Identify as many different Reframe themes as possible.
- Pay attention to how conservative or bold each Reframe is. Were they successful? How you would know?
- Note Roger and Mary's reactions to Gary's language with respect to Reframes, intuitive language, humor, "AHA" moments, and cognitive shifts.

Detective Work:

Intentionally, not much detective work in this session.

Testing:

Again, no deeply moving issues here so there wasn't much testing. The fact that they were laughing hysterically at themselves is a good sign that something was accomplished.

Borrowing Benefits Video #5: KIM - Molestation

The detective work for Kim's session is off to a good start before she goes on stage. We know that the description of her issue is being introverted, and that there are some childhood molestation experiences, and related events with the mother and the grandmother to address.

Tabletop Diagram:

Using a Tabletop diagram, start by identifying the overall issue, the Tabletops you already know, and any Table Legs that seem to be supporting them. Continue adding to this diagram throughout the session to put all of the following pieces in place:

- Description of the problem
- Recent Tabletops and Core Issue Tabletops
- Potential Table Legs under each

Notes: Although the specific event when Kim's grandmother died was definitely related to the molestation events, it seems to support something other than "men are scary things". At that point, Kim decided that she "has a secret" or "has to hide" and something new seems to have been Written on her Walls. That information isn't clearly disclosed in this session, so there won't be any exam questions about it, but you should still find a way to represent the grandmother's death appropriately on your diagram.

Customized Setups:

- In the Extended Setup format, note which phrases Gary uses for the Reminder phrases on the sequence points.
- In the Setup/Reminder Combinations note how the Reframes are included on the sequence points.
- Note where Gary uses client description, his interpretation, Reframes, or Triggers in his language and be sure you can tell the difference between them.
- How often is "I deeply and completely accept myself" used? Was there any other language used that would accomplish the same goal, like the substitutes discussed in Intermediate Tutorial #6?
- Note where Gary uses his intuition to create language and how he verifies his accuracy with that language.

Minimizing Emotional Pain:

Make note of any refinement used to minimize emotional pain and, try to determine why it would be appropriate in each scenario.

Reframes:

- Identify as many different Reframe themes as possible.
- Pay attention to how conservative or bold each Reframe is. Were they successful? How you would know?
- Which Reframes landed and which ones didn't? How did Gary handle the Reframes that didn't land?
- Note Kim's reactions to Gary's language with respect to Reframes, intuitive language, humor, "AHA" moments, and cognitive shifts.

Notes: You will see mostly the Self Forgiveness theme used in this session, which is often the most conservative. You might remember that "I deeply and completely accept myself" can easily be replaced by "I forgive myself for my contribution to this issue" and the Self Forgiveness Reframe theme is simply an expansion of that concept.

Note that Kim was dealing with a very fragile issue and was not receptive to any big shifts. By observing her reactions, you can see that in some cases, it is important to know how to use Reframes conservatively. Be aware of these conditions in your own session, especially if you are new with Reframes.

Here are examples of some new Reframe themes we see in this session:

- Forgiveness: "Even though my body was like rubber, what else could it be under the circumstances? I'm only 6."
- Reducing it to the Ridiculous: In the session about the Grandmother dying, Gary starts with "I'm so powerful I can cause somebody else's stroke" and makes it even more ridiculous with "I wonder if I could have the same power to do away with Osama bin Laden. All I have to do is tell somebody on him and there goes Osama. I am powerful."
- Another example of Reducing it to the Ridiculous began with "At age 6 I'm not a karate champion." But the timing wasn't ideal for humor. This caused a little laugh, but soon she was very intense again.
- Eroding the True Authority: In the rounds on feeling ashamed, look for "Even though I felt I was really bad and I deserved to be treated badly, basically what I'm doing is taking the views of a six year old girl, who of course knows how to evaluate these things. She's been through it many times, so she has lots of experience, so she knows when she should feel sad, and when she should feel ashamed ...".

Detective Work:

- Where do you see the “qualities of a detective” at work?
- What questions were used to go another level deeper into her issue?

Testing:

- Which testing methods were used in this session, and on which issues, events or aspects?
- How did Gary connect emotional intensity to a physical sensation, and how did that enhance the use of a 0-10 intensity scale?
- Which physical sensations were identified in this session?
- Identify testing methods that revealed new aspects and be able to describe those aspects.
- Count the tests that Gary performed at the end of this session. How many were there, and which methods were used? (hint: one of those tests resulted in a new aspect and more tapping, so count that segment as one test)
- Did you see any cognitive shifts?
- What can we conclude with confidence at the end of this session? Which parts of the Tabletop Diagram have been collapsed and which parts might still be standing?

Notes: The Same Theme, Different Movie Testing Method makes its debut in Kim’s session. When you are counting the tests conducted at the end, note the difference between asking if there are any bothersome movies, and asking the client to exaggerate the details of their movie. The latter is Vivid Visualization and should be considered a different test.

Notes on Detective Work/Testing: After completing the “body was like rubber” segment, Gary uses a testing method to see if the intensity had been released, and Kim calmly reported that it had.

Note: Many EFT Practitioners would have stopped right there.

There was no obvious sign of additional intensity, so it would appear that the whole specific event had been successfully addressed. This is where a really good testing method, or a series of them, will help you dig up the rest of the aspects.

Whether it was Gary’s experience addressing sexual trauma or his strong intuition, he skipped testing methods, and went straight back to detective work, assuming there was more to find.

Once he uncovered “ashamed”, Kim’s intensity went right back up. Technically, “ashamed” would be an aspect of the Table Leg regarding

this one molestation event, but it probably was also an aspect in all of the molestation events, so it would be a hard one to collapse.

Newer EFT Practitioners might address this aspect with something like “even though I was ashamed by this event...”. However, as mentioned in the Intermediate Tutorial #8, Detective Work, additional experience tells Gary that Kim chose “ashamed” for a reason. Rather than address it as a stand alone aspect, he sees it as possibly a deeper Tabletop, and tries to find a Table Leg underneath it. In other words, he suspects that there were other experiences in which she learned that “ashamed” is an appropriate reaction to being abused.

This is a great example of using good detective skills and solid experience to go a step deeper.

Once the intensity of the molestation event was significantly reduced, Kim had a lot more freedom to see some humor, but maybe not about the trauma itself. Gary worked with some current issues, tried some global tapping, and ended up with the “dumb stick” reframe. Once Kim was able to laugh about something that used to be seen as a “weapon” of sorts, we saw a turning point in her perspective. Note that although her relief seems to be complete, she has so many traumatic events from her childhood that it would not be prudent to expect that her work was complete in this session alone.

Other Notes:

Now that you have seen some sophisticated Reframes in action, pay particular attention to Gary’s conversations with these clients. As he filters their issues through his Writing on the Walls perspective, he also starts preparing them for upcoming Reframes that might draw on that. He tests the water to see what will land easily, and tries to adjust their perception in conversation, if he can, to get a head start on a cognitive shift.

When Kim tuned into the event when she “couldn’t run away”, her emotional reaction was over the top. Although abreactions can be much more severe than this, Gary took this opportunity to administer the procedure we have recommended for abreactions.

You’ll see that as she tried to endure her experience, he kept tapping the points for her, and said things like “stay with me” until her emotions were back under control.

Please be advised that adverse emotional reactions can be very serious, and this material is not intended to replace proper medical advice. In the event that tapping does not resolve the immediate intensity, we recommend that you contact appropriate medical professionals.

Borrowing Benefits Video #6: BETTY - Putting herself forward

There are a lot of great examples in this session. Note that tapping on Betty's nervousness in front of the crowd was a good place to start because her issue was closely related to that.

Minimizing Pain:

In order to discourage abreactions or unexpected emotional responses in the audience, Gary takes a very global approach to Betty's session. Although Betty seems quite willing to jump in and tell her story, her intensity on the event is really quite high, so his attempt to sneak up on it was also appropriate for Betty.

Reframing the Tabletop:

Another term for addressing a global issue with Reframes, this is a useful way to ease into an intense issue. In this example, Gary targets Betty's "need to be perfect" with some general Reframes before addressing any specific events.

Look for... "Even though no president has done it, I think I can, or I think I should. I should be able to be perfect for everybody, for everybody, perfection for everybody. Call me president. I want to be popular at any cost."

Tabletop Diagram:

Use a Tabletop diagram to put all of the following pieces in place:

- Description of the problem
- Recent Tabletops and Core Issue Tabletops
- Potential Table Legs under each

Notes: Gary makes reference to the Tabletop called "Don't like rejection" or "I don't like to put myself forward" and looks for legs underneath it. Given the instruction in the tutorials, "I don't like to put myself forward" is easier known as the description of the problem and the fear of rejection (which could be the same as the approval Tabletop mentioned later) is likely to be the main reason why she doesn't like to put herself forward.

However, don't overlook the "Tabletop" that Gary "Reframed" at the beginning of Betty's session. Her "need to be perfect" could be a more recent Tabletop with its own Table Legs, produced as a result of her deeper "fear of rejection". Add that to your Tabletop Diagram, but also note that Gary's detective skills are so polished at this point, he often skips past the recent Tabletops and jumps straight into the Core Issues.

Customized Setups:

- Note where Gary is using the Extended Setup format with simple Reminder phrases and where he chooses a Setup/Reminder Combination instead.

- Note where Gary uses client description, his interpretation, Reframes, or Triggers in his language and be sure you can tell the difference between them.
- How often is “I deeply and completely accept myself” used? Was there any other language used that would accomplish the same goal, like the substitutes discussed in Intermediate Tutorial #6?
- Note where Gary uses his intuition to create language and how he verifies his accuracy with that language.

Reframes:

Most of the Reframe themes used in this session have been demonstrated previously, so you’re on your own to identify them.

- Identify as many different Reframe themes as possible.
- Pay attention to how conservative or bold each Reframe is. Were they successful? How you would know?
- Which Reframes landed and which ones didn’t? How did Gary handle the Reframes that didn’t land?
- Note Betty’s reactions to Gary’s language with respect to Reframes, intuitive language, humor, “AHA” moments, and cognitive shifts.
- What conversation did you notice that may have prepared Betty for Gary’s Reframes to land more easily?

Notes: Gary also uses humor as a powerful tool to get clients laughing at themselves or their issue, and that will often open big doors for emotional relief. Note that the significant intensity usually has to be released first.

Detective Work:

- Where do you see the “qualities of a detective” at work?
- What questions were used to go another level deeper into her issue?

Notes: Gary asks a lot of questions here that may seem simple or routine when taken individually. However, when you put them together, you can see all the information he has gathered and how it contributes to his language in the session. This is a good illustration of how incurable curiosity can be applied in practice by a skilled detective.

Testing:

- Which testing methods were used in this session, and on which issues, events or aspects?
- How did Gary connect emotional intensity to a physical sensation, and how did that enhance the use of a 0-10 intensity scale?
- Which physical sensations were identified in this session?
- Identify testing methods that revealed new aspects and be able to describe those aspects.

- Did you see any cognitive shifts?
- What can we conclude with confidence at the end of this session?
Which parts of the Tabletop Diagram have been collapsed and which parts might still be standing?

Notes: Included here are some of the best examples you will see of Gary's talent with Triggering Statements as a way to test his results. In this case, he uses his relationship with Betty, and the knowledge that she wants his approval, to see if he can trigger intensity on her approval issue.

Look for... "She's put these together, these are really crappy by the way, CDs that she's done. Somebody actually bought a set of these and gave them to me because they didn't like them. The art work is bad."

Other Notes:

Constricted Breathing Technique comes off of the shelf in this session to take the edge off of Betty's intensity.

Borrowing Benefits Video #7: GARY - Spiritual Growth

This video contains helpful information on using EFT for yourself, which can often be a challenge. Gary addresses some of the "smaller issues" that can add up to significant emotional blocks, which suggests that no one is ever really finished addressing their own issues.

As Practitioners, we encourage you to keep looking for the "smaller issues" in yourself and continue to stretch toward broader horizons of emotional and spiritual well being.

Specific details of this session will not be covered on the exam, but please be prepared for general questions on this material.

Borrowing Benefits Video #8: LA VERN - “I don’t want to dance”

In this session you may notice that LaVern’s issues weren’t handled in the usual style with aspects, testing methods and standard tapping rounds. Given the constraints related to being on stage, on film, and on schedule, Gary always sets priorities for the goals of the session. In this case, there was a possibility that diving in to childhood memories may have opened up more than he could address in the time allotted. Accordingly, he chose to demonstrate the use of an actual experience as a way to bring up the most pressing aspects, and provide LaVern with an enjoyable dancing experience.

Most of the tapping was applied casually while she was telling her stories and then, eventually he put her in the actual situation of dancing with him, and tapped on whatever came up.

Tabletop Diagram:

Use a Tabletop diagram to put all of the following pieces in place:

- Description of the problem
- Recent Tabletops and Core Issue Tabletops
- Potential Table Legs under each

Remember, you started a Tabletop Diagram for LaVern while studying the Intermediate Tutorial #5, The Anatomy of an Emotional Issue.

Because Gary was choosing to “dance on the surface” here 😊, the Core Issue was easily identified, but probably not addressed thoroughly. For best results overall, any intense childhood events that support that Core Issue should be addressed in additional sessions.

Customized Setups:

- Look for Extended Setups, Setup/Reminder Combinations and any other variations to the tapping process.
- Note where Gary uses client description, Reframes, or Triggers in his language and be sure you can tell the difference between them.
- How often is “I deeply and completely accept myself” used? Was there any other language used that would accomplish the same goal, like the substitutes discussed in Intermediate Tutorial #6?
- Note where Gary uses his intuition to create language and how he verifies his accuracy with that language.

Notes: Near the end of the session, look for the Setups that address LaVern’s “refusal” to enjoying a pleasant dancing experience. After tapping through a handful of events and attempting several Reframes, Gary decided to focus on LaVern’s resistance head on. This approach is

related to the Trigger Setup because it is designed to amplify her intensity so the tapping can release it more completely.

Minimizing Emotional Pain:

Make note of any refinement used to minimize emotional pain and, try to determine why it would be appropriate in each scenario.

Reframes:

- There weren't many Reframes in this session. Note that as Gary tried to "pre-sell" some Reframes in conversation, LaVern resisted most of them. Be sure you can identify those moments.
- Do you see any use of Reframing the Tabletop?
- Note LaVern's reactions to Gary's language with respect to Reframes, intuitive language, humor, "AHA" moments, and cognitive shifts.

Detective Work:

- Where do you see the "qualities of a detective" at work in this session?

Testing:

- Which testing methods were used in this session, and on which issues, events or aspects?
- How did Gary connect emotional intensity to a physical sensation, and how did that enhance the use of a 0-10 intensity scale?
- Which physical sensations were identified in this session?
- Identify testing methods that revealed new aspects and be able to describe those aspects.
- Did you see any cognitive shifts?
- What can we conclude with confidence at the end of this session? Which parts of the Tabletop Diagram have been collapsed and which parts might still be standing?

Notes: Although the "actual situation" test was not used until later in the session, the possibility of dancing with Gary was looming over LaVern's head from the beginning. It is safe to say that his constant reminder of their upcoming dance was helping her come up with specific events and new aspects. This is one way to use the "actual situation" testing method to trigger intensity throughout the session rather than waiting until the end.

Other Notes:

None

Borrowing Benefits Video #9: KATHY - Fear of presentations

Here is an advanced application of Chasing the Pain, and a great confirmation that emotional issues are linked to physical symptoms. In almost every session, Gary asks for a physical sensation connected to the emotional intensity, and by doing that, he gets an additional level of confirmation on the client's report. With Chasing the Pain, the Movie Technique can be used to trigger the emotions, but the tapping focuses on how those emotions show up in the body.

Note the minimal use of Reframes and Extended descriptions because the details of the events were not there. Instead, the Setup language is focused on the quality and location of the physical sensations.

Tabletop Diagram:

Use a Tabletop diagram to put all of the following pieces in place:

- Description of the problem
- Recent Tabletops and Core Issue Tabletops
- Potential Table Legs under each

Customized Setups:

- A client's description of his/her physical sensations can be enhanced in the Setup just like their description of an emotion or event. Note how Gary tailors the Setup language to focus and expand upon on the physical sensations Kathy describes.
- How often is "I deeply and completely accept myself" used? Was there any other language used that would accomplish the same goal, like the substitutes discussed in Intermediate Tutorial #6?

Minimizing Emotional Pain:

Make note of any refinement used to minimize emotional pain and, try to determine why it would be appropriate in each scenario.

Reframes:

Many of the Reframes here are used to shift Kathy's perception of her progress related to the physical symptoms. See how many of those you can pick out.

- Identify as many different Reframe themes as possible.
- Pay attention to how conservative or bold each Reframe is. Were they successful? How you would know?
- Which Reframes landed and which ones didn't? How did Gary handle the Reframes that didn't land?
- Note Kathy's reactions to Gary's language with respect to Reframes, intuitive language, humor, "AHA" moments, and cognitive shifts.

Notes: Here is a Forgiveness Reframe from Kathy's session that can be adjusted slightly to fit almost any specific event. It is general enough to be used whether you have the details of the event or not, so you might want to save it for future use.

"Even though I have this movie 2 in my throat, I deeply and completely accept myself and anybody else involved in this movie. They were just doing the best they could, so was I, given all my background and experiences at the time, the Writing on my Walls, all the little traumas, and all the big traumas."

Detective Work:

- Where do you see the "qualities of a detective" at work in this session?

Notes: Doing proper detective work is just as important when using Chasing the Pain. The more specific you can get with the description, the more effectively you can aim your tapping round and test your results.

Also, pay attention to the way Gary addressed Kathy's perpetual intensity rating of 6. If he hadn't pushed for more detail, the testing process would have been less reliable.

Testing:

- Which testing methods were used in this session, and on which issues, events or aspects?
- How did Gary connect emotional intensity to a physical sensation, and how did that enhance the use of a 0-10 intensity scale?
- Which physical sensations were identified in this session?
- Identify testing methods that revealed new aspects and be able to describe those aspects.
- Did you see any cognitive shifts?
- What can we conclude with confidence at the end of this session?
Which parts of the Tabletop Diagram have been collapsed and which parts might still be standing?

Notes: When applying EFT without the details of a specific event, your testing skills have to be at their best.

This is the first session on Borrowing Benefits where we see Gary identifying a "final test" at the beginning of the session. You may have found that by the end of a successful session, clients often forget how intense they were when they arrived, so the results of the session can be discounted to some degree. By asking your client *in advance* to agree that a particular test would demonstrate significant improvement, they can't help but be satisfied when you deliver that result.

Borrowing Benefits Video #10: ANDY - “I could never do anything right”

In this session, Andy was very generous with his emotions. He came prepared with some bothersome issues from childhood, and clearly shared his intensity on them.

When someone is easily triggered by the material they present to you, like Andy, minimizing emotional pain is a higher priority than digging deeper for specifics. Asking more questions might trigger them too much, so you may end up tapping while they're talking, rather than pushing for specifics.

We make this suggestion as a way to minimize emotional pain, but it is still important to get to the specifics of the event when the intensity comes down.

Tabletop Diagram:

Use a Tabletop diagram to put all of the following pieces in place:

- Description of the problem
- Recent Tabletops and Core Issue Tabletops
- Potential Table Legs under each
- Pay particular attention to aspects left unaddressed

Notes: The session began with childhood issues and Gary made reference to “quite a tabletop” but never formally named it. Although the title of his session, “I could never do anything right”, is more of a description, it could be the product of a Core Issue like “I’m not good enough” or “I don’t deserve diddly”. The actual Core Issue is never revealed in this session, so just identify as many specific Table Legs as you can from the session and try to see how they all relate to each other. If there are Legs that seem to support another issue, keep a record of those separately.

Customized Setups:

- Note where Gary is using the Extended Setup format with simple Reminder phrases and where he chooses a Setup/Reminder Combination instead.
- Note where Gary uses client description, Reframes, or Triggers in his language and be sure you can tell the difference between them.
- How often is “I deeply and completely accept myself” used? Was there any other language used that would accomplish the same goal, like the substitutes discussed in Intermediate Tutorial #6?
- Note where Gary uses his intuition to create language and how he verifies his accuracy with that language.

Notes: Notice how many times Gary uses the question “true statement?” in the middle of a tapping round to see if his language is landing. Knowing whether or not your language is being received well with your client is valuable information that will help you stay on course and get better results.

On another note, although Gary had fantastic rapport with Andy, he didn’t assume anything about the accuracy of his language...a very conservative and considerate move.

EFT has proven most effective when we address specific parts of an event, rather than all of it at once. In many cases, being specific means addressing one emotion or aspect at a time, but when you’re using the Movie Technique or the Tell the Story technique, being specific means addressing the specific crescendos. Each crescendo might have a few different emotions, so the language can draw on all of them, but be sure you are sticking to a very specific emotional spike that only lasted a matter of moments, and keep tapping until that spike no longer causes intensity.

Minimizing Emotional Pain:

Make note of any refinement used to minimize emotional pain and, try to determine why it would be appropriate in each scenario.

Reframes:

- Identify as many different Reframe themes as possible.
- Do you see any use of Reframing the Tabletop?
- Pay attention to how conservative or bold each Reframe is. Were they successful? How would you know?
- Note Andy’s reactions to Gary’s language with respect to Reframes, intuitive language, humor, “AHA” moments, and cognitive shifts.

Notes: Good rapport often paves the way for successful Reframes and well-received humor, and that was certainly the case here. You’ll notice that one well placed humorous Reframe can be really powerful in turning someone’s perspective around. However, it cannot replace the other tools for releasing emotional intensity and can be very risky if you crack the wrong joke.

Reframe themes like Writing on the Walls Comedy and Reducing it to the Ridiculous can provide a nice setup for additional humor. They can also serve as a test to see if your client is ready to laugh about their experience. If not, there’s more to do.

An example of the Connecting the Memories Reframe Theme appears when they address the event with Mr. Pitchco. Look for the following:

“He may have had my best interests at heart, but he was just one more reflection of my father’s tough skin approach.”

Detective Work:

- Where do you see the “qualities of a detective” at work?
- What questions were used to go another level deeper into Andy’s issue?

Notes: Gary demonstrates his incurable curiosity as a detective beautifully here, and sees some nice rewards for it. Once the first school issue was under control, the father issue surfaced, so pay attention to all the questions Gary asked to gain a complete understanding. Then notice how this understanding shows up in the Reframes that follow.

First, there were questions about the grandfather, then the father’s profession, and Andy’s perception of all that. Then after the brief conversation on Andy confronting his father, look for this...

Gary: How old were you?

Andy: 35

Gary: Did that feel good?

Andy: Ya

Gary: What was his response?

Andy: He cried

Gary: Why did he cry?

Andy: Because he knew I was going to be ok.

Gary: How do you know he knew that? Is that your perception, or is that what he said?

The “why did he cry” and “how do you know” questions show a very perceptive extra layer of detective work, Writing on the Walls, and Reframe prep.

The result? A great, specific perspective from Andy that accurately portrayed just about everything Andy’s father did.

Andy: We had a conversation afterwards. He thought that if he could bullshit me I wouldn’t be safe in the world.

Gary: AH! So his version of being a parent...tell me if this is wrong... is “if I can bullshit my child, if I can downgrade him beat him up etc, and he can rise to the top, then he’s going to be ok.” That’s his version?

Andy may never have said those words to himself, and he may never have thought to offer them in a session without the dozens of questions and incurable curiosity of his EFT Practitioner. The payoff is that Gary can

describe the core of Andy's issue much more accurately in the Setup language, and resolve the issue completely.

Look for this example next:

Gary: Even though, my father wouldn't let me go higher than him...why wouldn't he do that, by the way?

Here is another curious question that revealed Andy's father's anger issue, which could then be incorporated into an effective Setup. This depth of material is usually not available without a truly curious detective. You might remember that Andy is one of the more generous clients with respect to offering the information, and Gary still used a lot of questions to get this far.

In your own sessions, notice the times when you could ask "why" a couple more times and don't. Then try it and see where it takes you.

As we have seen, by asking so many questions, Gary has gotten Andy to offer a lot of language and description that can be used in Setups, but that language is also a great base for his Reframes. Remember that if Andy has provided the language, then the probability of that language landing with him is pretty good. As you may remember from LaVern's session, we can say that Gary is "pre-selling" his Reframes for better results.

Testing:

Review this session for the following:

- Which testing methods were used in this session, and on which issues, events or aspects?
- How did Gary connect emotional intensity to a physical sensation, and how did that enhance the use of a 0-10 intensity scale?
- Which physical sensations were identified in this session?
- Identify testing methods that revealed new aspects and be able to describe those aspects.
- Did you see any cognitive shifts?
- What can we conclude with confidence at the end of this session? Which parts of the Tabletop Diagram have been collapsed and which parts might still be standing?

Notes: Andy's session is different from some of the others on Borrowing Benefits in that his overall issue is not something we can test with much certainty. If he had a snake phobia, we could show him a snake, or if he was anxious about speaking in public, we could ask him to do a

demonstration in front of the audience. In this case, it isn't easy to test "I could never do anything right", so the next best approach is to identify some events that seem related and test the relief on each of those.

As demonstrated with Andy, when the emotional intensity is high, you may need to resort to more global EFT applications to minimize emotional pain.

However, the final question remains: How do you know if your approach produced results?

The answer?: By using good Testing Methods.

As you watch the testing methods used in Andy's session, see what you can determine by the results. What exactly has been resolved, and where there might be more to do?

No matter where your session takes you, be sure to use a few Testing Methods to confirm your results and see what else is left to address.

Examples: Here are examples of three testing methods that were demonstrated in this session. The first has already been seen in a previous video, and the other two are appearing for the first time.

Triggering Statements: Shortly after the "diddy" Reframe, look for the following: "Well I think you should [feel guilty]. All the rest of the people here might like to be where you are, so what the hell are you doing up here... why are you taking up my space?"

There is another example of Triggering Statements in the event on being roped. Can you find it?

Knee wobbling questions: In the event on being roped, look for this question: "What did it feel like to be roped?" These are always designed to trigger some intensity, but because it did not with Andy, that means his relief was pretty solid, and he was ready for some more Testing.

Using Props: The most obvious example of this is the microphone cord. Can you pick out one more example of Using Props in this session?

Caution: Testing methods are designed to trigger aspects, and some of these were bold examples. If you suspect that you have only addressed the tip of an intense emotional issue, start with more gentle tests just to be sure you don't open up more than you can handle.

For more information, please review the following:

Intermediate Tutorial #9: Testing
Page 10: Precaution on Minimizing Emotional Pain

Please note that using Testing Methods in this way to recreate Andy's experience may not be accepted by traditional licensing boards. If you are a licensed therapist, please review your obligations in that regard before using this form of testing.

Other Notes:

Take the intensity scale one step further to include the physical sensations of the emotion. It's a more concrete evaluation than how someone feels. Good for evaluation and for measurement.

Borrowing Benefits Video #11: PATRICIA - Social discomfort

Gary's rapport with Patricia was not as effortless as it was with Andy or Stacey. People's backgrounds and communication styles are not always perfectly matched, and sometimes it can take some additional effort to be sure you are communicating effectively with your client. In this case, note that Gary is very careful not to assume anything, and continues to ask very specific questions to be sure he understands the issue from Patricia's point of view.

Tabletop Diagram:

Use a Tabletop diagram to put all of the following pieces in place:

- Description of the problem
- Recent Tabletops and Core Issue Tabletops
- Potential Table Legs under each

Customized Setups:

- Note where Gary is using the Extended Setup format with simple Reminder phrases and where he chooses a Setup/Reminder Combination instead.
- Note where he uses client description, Reframes, or Triggers in his language and be sure you can tell the difference between them.
- How often is "I deeply and completely accept myself" used? Was there any other language used that would accomplish the same goal, like the substitutes discussed in Intermediate Tutorial #6?
- Note where he uses his intuition to create language and how he verifies his accuracy with that language.

Watch how Gary takes her information, runs it through his Writing on the Walls filter and then asks Patricia to confirm his understanding. Near the beginning of the session, look for this:

Patricia: I got tears when I looked out there at Marcia and she smiled at me comfortingly.

Gary: OK...and what was your self talk at that time.

Patricia: She cares.

Gary: She cares. Like somebody else didn't?

Patricia: No like somebody didn't even notice.

Gary: Like someone in your past didn't even notice?

Patricia: Yes.

Gary: Marcia noticed.

Patricia: Yes.

Gary: and that says she cares?

Patricia: Yes.

Gary: Someone in your past didn't notice?

Patricia: Yes.
Gary: and that said they don't care?
Patricia: Yes.
Gary: and they're supposed to care?
Patricia: Yes.
Gary: OK. Like a mother?
Patricia: Yes.

Gary demonstrates a playful style of language here that could be called a metaphor. It's not really a Reframe, not quite a Trigger, but certainly a creative, humorous way to describe the physical manifestation of an emotion. See the example below from this session:

“Even though I have this 8 tightness in my chest, mother and Mrs. Timmerman are in my chest where they don't belong. They should be out having their conversation someplace else. My chest is the wrong place, it's out of bounds, they've been there for years, yada yada yada....”

These metaphors can easily be worked in once you have connected your client's emotional intensity to a physical sensation, as Gary does in almost every session.

Minimizing Emotional Pain:

Make note of any refinement used to minimize emotional pain and, try to determine why it would be appropriate in each scenario.

Reframes:

- Identify as many different Reframe themes as possible.
- Do you see any use of Reframing the Tabletop?
- Pay attention to how conservative or bold each Reframe is. Were they successful? How you would know?
- Note Patricia's reactions to Gary's language with respect to Reframes, intuitive language, humor, “AHA” moments, and cognitive shifts.

Detective Work:

- Where do you see the “qualities of a detective” at work?
- What questions were used to go another level deeper into her issue?

Notes: Patricia was anxious to address this event with Mrs. Timmerman. In her mind, she made a decision at that moment that affected her social performance for decades to come, and wanted to release that decision.

However, when the session got to that point, although Patricia seemed to be sure that the decision was the main factor, Gary didn't completely understand why she was upset about it. While many practitioners would have tried to address a fairly vague "moment of decision", Gary's incurable curiosity and drive to be accurate and specific prompted him to ask a lot more questions. You will see at the end that it got him to a deeper level of intensity with Patricia.

Gary: (*while tapping*)...should have been able to do. , should have been able to do, but didn't do.

Patricia: Couldn't do.

Gary: Couldn't do? That's different than...

Patricia: Yes, it's "couldn't do" for her.

Gary: Couldn't do...now would you have said that to me 30 minutes ago?

Patricia: Yes.

Gary: OK, *well if it's something she couldn't do, than why are you upset about it?*

Patricia: Basically I decided that mother was socially inadequate, inept.

Gary: Were you right about that decision?

Patricia: Yes

Gary: Socially inept, socially inadequate, ok.

Patricia: And I was too

Gary: And you were too? And that's the decision?

Patricia: Mmhmm

Gary: So you just made the decision that both your mother and you were socially inept and socially inadequate? What does Mrs. Timmerman have to do with that?

Patricia: Mrs. Timmerman lives across the street, and she was not socially inept and inadequate.

Gary: OK, so your socially inept and inadequate mother was talking to... "get about" Mrs. Timmerman...

Patricia: Who played bridge, mother didn't play bridge.

Gary: Ok. I understand you have an impact about that, I'm not getting what it is. Because you're making a decision at that point, like, is it like "I can't be socially inept anymore" or I came from mother and because she is I have to be? Or I choose to be? Why did you choose to be? We never make a decision unless there is something in it for us. We usually make decisions out of self interest so there would be some, my guess is, some self interest in why you would make that decision.

Patricia: It felt like there was...like I just...*ok I guess we'll go to another level (tears)*. I guess part of my self talk about myself that hasn't changed is that I'm this little girl from the red hills of Alabama without proper training, and feel less than the other kids, and the

people around and um, so I guess I'm already less than, and then I see mother being what I see as less than, so I am less than.

Being "less than" was already written on her walls before the Mrs. Timmerman episode, so now we have another potential batch of specific events related to social performance. Persistence, accuracy, curiosity, patience, detachment, and being specific were all at work here.

Testing:

Please review this session for the following:

- Which testing methods were used in this session, and on which issues, events or aspects?
- How did Gary connect emotional intensity to a physical sensation, and how did that enhance the use of a 0-10 intensity scale?
- Which physical sensations were identified in this session?
- Identify testing methods that revealed new aspects and be able to describe those aspects.
- Did you see any cognitive shifts?
- What can we conclude with confidence at the end of this session? Which parts of the Tabletop Diagram have been collapsed and which parts might still be standing?

Notes: As he did with Kathy, Gary starts the session by identifying a test that can be conducted to measure their progress.

Gary: A test for that would be to approach a table and say "Does anybody here use EFT for children's issues?" and that would cause you some distress?

Patricia: Yes it would.

Gary: What number would you get to do you think if we did it right now?

After more discussion, Patricia reports an 8

By setting up this test in advance, Patricia has an accurate, reliable way to see her progress. If this had not been discussed in advance, and Patricia got some good results with EFT, she may have passed off her performance in front of the tables as something that never really bothered her that much.

Note that Patricia originally reported a 3 for the Party movie. You will see that Gary was a bit skeptical of that, and there are two possibilities to consider here. If the previous work reduced what would have been an 8-10 down to a 3, then we want to take this opportunity to point that out and

help her put it in perspective. On the other hand, Patricia may not be in touch with the intensity. The following conversation shows how Gary unravels a more accurate report.

Gary: Is it still a 3?

Patricia: Chest is less tight. It's down to a 2.

Gary: It's down to a 2. OK you feel comfortable, I gather, about telling the story?

Patricia: Ya. There's not that much of it but I'll tell what it is.

Gary: Ok but I'll ask you first. Normally would it have been a 3? or was that one of those biggies?

Patricia: I think before we started working it probably would have been a 5.

Gary: Oh a 5? So what I want to make clear about is you had this one event, your mother and Mrs. Timmerman, and that would have been a 10?

Patricia: It was an 8

Gary: It was an 8. So there were no more 8s?

Patricia: I don't remember any other 8s.

Gary: OK that one just stood out?

Patricia: Yes.

Gary: And this is the next big one, and that's a 5?

Patricia: Ya.

Gary: Ok and this is called the Party. OK Why don't you say what happened and I'll just do a little tapping as you say what happened.

Patricia: OK I guess I must have been maybe 7 or 8 yrs old and I think it's the first party I ever went to...well, I'm up now (tears)...

Bingo! She's not a 3 at all, but more like a 10+. This is an exceptional example why testing and good questions are so valuable to confirm your clients' reports. Note that she was laughing and smiling during the first round/reframe on this issue, which could easily have supported the original report of 3.

This whole line of testing and questions produced a very deep Core Issue. You may also notice that the Core Issue showed up *after* addressing a few specific events, conducting some actual situation testing, and asking a lot of very specific questions....that is persistence at work!

Gary used an actual situation to test his progress with Patricia in this session. However, even though she was quite comfortable talking to tables full of strangers, he took her back up on stage to see if he could "make her uncomfortable", or in other words, find more aspects to address.

Many practitioners would have seen the actual situation test as solid resolution of her social discomfort and stopped there. However, with further exploration, we see that there are indeed more aspects *and* a Core Issue to resolve. If these had been left unattended, Patricia's social discomfort would be more likely to return in another situation. She may decide that EFT didn't work, and never come back to address the rest.

At the end of the session, Gary points out that addressing one Table Leg is not likely to resolve a life long issue. It is helpful to put this into perspective for Patricia so that she can appreciate the results and anticipate additional sessions. Look for the following:

“See, as far as I can tell we have done something reasonably important. Now, to me this is a life long issue. You've had this since your age 5. This is over 6 decades. Chances are there isn't just one table leg under this table holding it up. Chances are we did something with a material table leg.”

Other Notes:

None

Borrowing Benefits Video #12: YVETTE - Overweight

This session is a textbook application of the Tearless Trauma Technique with one additional enhancement. Normally, we use Tell the Story technique once the intensity guess is low. In this case, Gary used the Movie technique first, which serves as an even gentler transition into the actual story. Please watch as he demonstrates the following steps with Yvette.

- The instructions for Tearless Trauma Technique were presented, coached and applied properly
- Gary dealt with one specific crescendo at a time, and kept Yvette from switching crescendos, even though he didn't know any of the specifics
- He was able to focus on each of the crescendos and Reframe them effectively without knowing any of the details
- He was very specific with intensity ratings (ie how do you know you're an 8?)
- He moved to the Movie technique when the intensity guess was low
- He moved to Tell the Story technique when aspects from the Movie Technique were released
- Again...delivered, coached and applied the instructions for Movie and Tell the Story properly
- Finished with some good testing methods.

Once she tells the story we can identify the crescendos that were addressed in this session. At that point, it's interesting to go back and see how the actual details relate to the "blind" tapping rounds. You'll need to know those crescendos for the exam.

We can't stress enough how important it is to be applying these tools with the proper instructions and knowing how to address the challenges as you go. Whenever possible, practice Tearless Trauma Technique, Movie Technique and Tell the Story so that your delivery becomes second nature.

Tabletop Diagram:

Use a Tabletop diagram to put all of the following pieces in place:

- Description of the problem
- Recent Tabletops and Core Issue Tabletops
- Potential Table Legs under each

Customized Setups:

- Note where Gary is using the Extended Setup format with simple Reminder phrases and where he chooses a Setup/Reminder Combination instead.
- Note where Gary uses client description, Reframes, or Triggers in his language and be sure you can tell the difference between them.

- How often is “I deeply and completely accept myself” used? Was there any other language used that would accomplish the same goal, like the substitutes discussed in Intermediate Tutorial #6?
- Note where Gary uses his intuition to create language and how he verifies his accuracy with that language.

Notes: There are several good examples of Trigger Setup language here, although these aren’t as provocative as they get. Once again, the purpose of the Trigger Setup is to connect to the emotion and amp it up a few notches so the tapping can release it more completely. Although the client’s language is always the most accurate, this refinement calls for an exaggeration that they can relate to completely, so intuition and good communication are a must here.

Here is one example that extends mostly to the reminder phrases:

Even though I have this 6, I deeply and completely accept myself.
 This 6
 She’s dragging me
 I don’t like it
 She’s controlling me
 I hate you
 I don’t understand you either...yet
 But I hate you
 And you’re dragging me across the floor
 And I’m only 8
 Vegetables
 I can’t do anything about it (*Yvette’s words*)
 You’re stronger than I am (*Yvette’s words*)
 Vegetables
 Your belief about vegetables
 How stupid

See how many other examples you can find in this session where the Setup language is enhanced to trigger more intensity.

Minimizing Emotional Pain:

Make note of any refinement used to minimize emotional pain and, try to determine why it would be appropriate in each scenario.

Reframes:

- Identify as many different Reframe themes as possible.
- Do you see any use of Reframing the Tabletop?
- Pay attention to how conservative or bold each Reframe is. Were they successful? How you would know?

- Note Yvette’s reactions to Gary’s language with respect to Reframes, intuitive language, humor, “AHA” moments, and cognitive shifts.

Notes: Reframing with Tearless Trauma Technique has to be a bit general because you don’t know the specifics of the event. Watch how Gary sticks to specific crescendos and addresses that challenge with his language.

Detective Work:

- Where do you see the “qualities of a detective” at work?

Testing:

- Which testing methods were used in this session, and on which issues, events or aspects?
- How did Gary connect emotional intensity to a physical sensation, and how did that enhance the use of a 0-10 intensity scale?
- Which physical sensations were identified in this session?
- Identify testing methods that revealed new aspects and be able to describe those aspects.
- Did you see any cognitive shifts?
- What can we conclude with confidence at the end of this session? Which parts of the Tabletop Diagram have been collapsed and which parts might still be standing?

Notes: As he does in any situation, Gary did his best to recreate the event as a test for Yvette’s intensity. In this case, with Yvette’s clear permission, he dragged her across the stage the way her mother may have done it in the event they just addressed.

Please be aware that licensing boards in traditional therapy tend to frown on this sort of testing, so we do not want to encourage it if it will cause people to compromise their licensure.

We do expect that people learning Intermediate EFT from this Study Guide are experienced professionals, with at least 1-2 years experience with clients, and an EFT Foundational Level Certification. We also expect that they take reasonable steps to protect the client’s physical and emotional safety.

Unlike traditional therapy, EFT is designed to trigger intensity and then release it. We have a variety of ways to manage the depth to which the intensity is triggered, so we can release it a little at a time with very little discomfort for the client. Eventually, we do want to be sure we have

addressed it completely, and that's when the testing methods are most helpful.

After conducting a thorough Tearless Trauma session with Tell the Story at the end, Gary was confident that Yvette's intensity had been released enough to pull out the "big guns" and test it out.

For more information, please review the following:

Intermediate Tutorial #9: Testing
Page 10: Precaution on Minimizing Emotional Pain

Other Notes:

At the beginning of this session, Gary draws attention to the evidence that Yvette's weight issue is not necessarily physical in nature. Her story is compelling, especially for anyone who believes that weight loss always has to be about calories and exercise.

Borrowing Benefits Video #13: LUCILLE - Claustrophobia

This session with Lucille illustrates some significant challenges that could be encountered in any practice.

For whatever reason, Gary could not make a clear connection between the claustrophobia and a previous event. Logically, it seems that the Uncle Howard event was the obvious choice, but Lucille never had any “AHA” moments or provided any feedback to indicate that she could see a connection there. By using the blanket as a trigger and Uncle Howard as the target for most of the language, the results seemed to come together, but the session ends with the feeling that we never quite hit the bull’s eye.

Notice that the rapport was not as good in this session as it has been in others, and there are many possible reasons for that. We are used to seeing clients who are eager to participate in the process and resolve their issues, but Lucille seemed to be just going through the motions. Maybe she was uncomfortable with Gary’s style, maybe she just isn’t as expressive as other people, and maybe she isn’t completely connected to her feelings from that far back. Nevertheless, this is a situation that every Practitioner is bound to encounter at some point.

Because Lucille wasn’t offering many signs that she agreed or disagreed with Gary’s approaches, he frequently checked his language with her. Although she usually went along with whatever he said, none of it seemed to provide any revolutionary insights for her, so it was difficult to know whether he was making real progress or not.

Given the challenges in this session, the Preframe in the beginning turned out to be extremely helpful. It went something like this:

“In my experience, there are three categories of phobias. Some fade instantly, for others we need to address several specific events, and for the others, the phobia is a metaphor for another issue and usually cannot be resolved in one session. I don’t know where we’re headed, but we can try some specific events and see what happens.”

Tabletop Diagram:

Use a Tabletop diagram to put all of the following pieces in place:

- Description of the problem
- Recent Tabletops and Core Issue Tabletops
- Potential Table Legs under each

Customized Setups:

- In the Extended Setup format, note which phrases Gary uses for the Reminder phrases on the sequence points.
- In the Setup/Reminder Combinations note how the Reframes are included in the Reminder phrases.
- Note where Gary uses client description, Reframes, or Triggers in his language and be sure you can tell the difference between them.
- How often is “I deeply and completely accept myself” used? Was there any other language used that would accomplish the same goal, like the substitutes discussed in Intermediate Tutorial #6?
- Note where Gary uses his intuition to create language and how he verifies his accuracy with that language.

Minimizing Emotional Pain:

Make note of any refinement used to minimize emotional pain and, try to determine why it would be appropriate in each scenario.

Reframes:

- Identify as many different Reframe themes as possible.
- Pay attention to how conservative or bold each Reframe is. Were they successful? How you would know?
- Which Reframes landed and which ones didn't? How did Gary handle the Reframes that didn't land?
- Note Lucille's reactions to Gary's language with respect to Reframes, intuitive language, humor, and cognitive shifts.

Notes: This session provides some evidence that when the rapport is challenged, the Reframes will not be easy to sell. Most of the Reframes here were based on guesses, as Lucille was not providing much additional guidance.

Detective Work:

- Where do you see the “qualities of a detective” at work?
- What questions were used to go another level deeper into her issue?

Notes: Once again, the detective work in this session was challenging. Gary used the anticipation of the blanket to tap away some intensity in the beginning, but after little progress, he moved on to specific events. Note all the different ways Gary tries to connect those memories by looking for similarities in the self talk or circumstances of the events.

Testing:

- Which testing methods were used in this session, and on which issues, events or aspects?

- How did Gary connect emotional intensity to a physical sensation, and how did that enhance the use of a 0-10 intensity scale?
- Which physical sensations were identified in this session?
- Identify testing methods that revealed new aspects and be able to describe those aspects.
- Did you see any cognitive shifts?
- What can we conclude with confidence at the end of this session?
Which parts of the Tabletop Diagram have been collapsed and which parts might still be standing?

Notes: The blanket test turned out to be the best way to give Lucille some relief from her claustrophobia and brings up a surprising aspect that may or may not be related to a fear of being closed in. Where did you record that on your Tabletop Diagram?

Caution: Testing methods are designed to trigger aspects, and using the blanket in this way could have been risky if Lucille was not ready for it. If you suspect that you have only addressed the tip of an intense emotional issue, start with more gentle tests just to be sure you don't open up more than you can handle.

For more information, please review the following:

Intermediate Tutorial #9: Testing
Page 10: Precaution on Minimizing Emotional Pain

Please note that Using Props in this way to create a "claustrophobic" experience for Lucille may not be accepted by traditional licensing boards. If you are a licensed therapist, please review your obligations in that regard before using this form of testing.

Other Notes:

Lucille did get some immediate relief, and then even more after the session had "settled in" with her.

Note that without the Preframe, this session could have been frustrating for a Practitioner who is attached to getting quick results. Keep in mind that a Preframe is generally delivered *before* any challenges arise.

To avoid the "*I really wish I had Preframed this possibility*" scenario, take the conservative route and use Preframes as much as you can.

Overall, the tough sessions, where we seem to hit a brick wall, are the ones that teach us the most. If you are dedicated, patient, and curious, you will find that new ideas will appear for you in the shower, when you're lying in bed, or maybe when you're working with another client. Either way, when you get stuck and

seem to be hitting a wall, be patient, ask for guidance, and you might be surprised by the answers you get.

Borrowing Benefits Video #14: TAM - Repressed Memory

Tam was dealing with a repressed memory which often suggests a great deal of intensity. Gary's detective skills were primarily responsible for getting behind the "freeze frame", and the minimizing pain refinements were extremely important for managing the emotions on the other side.

Tabletop Diagram:

Use a Tabletop diagram to put all of the following pieces in place:

- Description of the problem
- Recent Tabletops and Core Issue Tabletops
- Potential Table Legs under each

Customized Setups:

- In the Extended Setup format, note which phrases Gary uses for the Reminder phrases on the sequence points.
- In the Setup/Reminder Combinations note how the Reframes are included in the Reminder phrases.
- Note where Gary uses client description, Reframes, or Triggers in his language and be sure you can tell the difference between them.
- How often is "I deeply and completely accept myself" used? Was there any other language used that would accomplish the same goal, like the substitutes discussed in Intermediate Tutorial #6?
- Note where Gary uses his intuition to create language and how he verifies his accuracy with that language.

Minimizing Emotional Pain:

Make note of any refinement used to minimize emotional pain and, try to determine why it would be appropriate in each scenario.

Reframes:

- Identify as many different Reframe themes as possible.
- Pay attention to how conservative or bold each Reframe is. Were they successful? How you would know?
- Which Reframes landed and which ones didn't? How did Gary handle the Reframes that didn't land?
- Note Tam's reactions to Gary's language with respect to Reframes, intuitive language, humor, and cognitive shifts.

Detective Work:

- Where do you see the "qualities of a detective" at work?
- What questions were used to go another level deeper into her issue?

Notes: The results in this session were delivered largely by the quality of detective work.

Testing:

- Which testing methods were used in this session, and on which issues, events or aspects?
- How did Gary connect emotional intensity to a physical sensation, and how did that enhance the use of a 0-10 intensity scale?
- Which physical sensations were identified in this session?
- Identify testing methods that revealed new aspects and be able to describe those aspects.
- Did you see any cognitive shifts?
- What can we conclude with confidence at the end of this session? Which parts of the Tabletop Diagram have been collapsed and which parts might still be standing?

Notes: You may notice that Tam often passed his intensity off as quite low, yet Gary was able to bring it back up quickly. This is very common, and illustrates the need for good testing methods in every session. Some people are used to “coping” with their feelings, and others are anxious to get better, so you will find that confirming those reports with detective work and testing methods will often reveal more accurate information.

Other Notes:

None

Borrowing Benefits Video #15: SARAH - Alcoholic Mother

Tabletop Diagram:

Use a Tabletop diagram to put all of the following pieces in place:

- Description of the problem
- Recent Tabletops and Core Issue Tabletops
- Potential Table Legs under each

Notes: Sarah's childhood was complicated, just like many children of alcoholics, and does not fit easily into a Tabletop diagram. Accordingly, Gary makes two references to Tabletops and Table Legs that may not seem consistent with the way we have presented them in the Tutorials.

"Tinny eyes" was one aspect of a specific event involving Sarah's alcoholic mother. However, those "tinny eyes" were an aspect in so many specific events from Sarah's childhood that it would be unusually difficult to completely collapse that aspect for the one event alone. Because the intensity on that aspect is "supported" by so many experiences, it could be seen as a Tabletop, and you will see comments on the screen to that effect during her session. In order to keep our process simple, let's call it an aspect that may be connected to many different Table Legs.

A bit later on the video, the fear and abandonment aspects were referred to as Table Legs, although they are actually individual aspects of one Table Leg. Once again, these aspects will likely appear in more than one of Sarah's childhood experiences, so they may not be resolved quickly. Further, after experiencing these aspects time and again in different events, Sarah may have developed "fear" or "abandonment" Tabletops as a result. These may contribute to the self esteem Tabletop, or they might stand on their own, so as you can see, this is a complex scenario.

If you were to continue the work with Sarah, and you discovered that the fear or abandonment had developed their own Tabletops, you could add that to your diagram at that point. For now, let's just refer to the fear and abandonment as aspects of a specific event.

Self esteem is one of those generalized issues that is usually comprised of several specific emotions. You may have heard Sarah mention things like "I'm supposed to fix my mother", "I'm a piece of garbage", "I let people down", and "I'm afraid of messing up or being judged". These all represent conclusions or "truths" Written on Sarah's Walls, and may also serve as Tabletops that support the self esteem issue.

Hopefully, you recognize that addressing something more recent, like the marriage she mentioned, would not be nearly as effective as going back to childhood and working on those events. In this case, the best game plan is

to find specific events from childhood, try to identify what fears or “Truths” she developed as a result, and resolve them one at a time.

For the Tabletop diagram, find a creative way to organize all of the information Sarah provides about her issue.

Customized Setups:

- In the Extended Setup format, note which phrases Gary uses for the Reminder phrases on the sequence points.
- In the Setup/Reminder Combinations note how the Reframes are included in the Reminder phrases.
- Note where Gary uses client description, Reframes, or Triggers in his language and be sure you can tell the difference between them.
- How often is “I deeply and completely accept myself” used? Was there any other language used that would accomplish the same goal, like the substitutes discussed in Intermediate Tutorial #6?
- Note where Gary uses his intuition to create language and how he verifies his accuracy with that language.

Minimizing Emotional Pain:

Make note of any refinement used to minimize emotional pain and, try to determine why it would be appropriate in each scenario.

Reframes:

- Identify as many different Reframe themes as possible.
- Pay attention to how conservative or bold each Reframe is. Were they successful? How you would know?
- Which Reframes landed and which ones didn’t? How did Gary handle the Reframes that didn’t land?
- Note Sarah’s reactions to Gary’s language with respect to Reframes, intuitive language, humor, and cognitive shifts.

Detective Work:

- Where do you see the “qualities of a detective” at work?
- What questions were used to go another level deeper into her issue?

Notes: You see in this session, and in several others, that Gary will often ask for their “self talk” when recalling an event. This is a good way to get behind the client’s “standard description” and access a new level of information.

Testing:

- Which testing methods were used in this session, and on which issues, events or aspects?
- How did Gary connect emotional intensity to a physical sensation, and how did that enhance the use of a 0-10 intensity scale?
- Which physical sensations were identified in this session?
- Identify testing methods that revealed new aspects and be able to describe those aspects.
- Did you see any cognitive shifts?
- What can we conclude with confidence at the end of this session?
Which parts of the Tabletop Diagram have been collapsed and which parts might still be standing?

Notes: You will see that once Gary uses the “movie details” technique, Sarah is able to provide much better information about her intensity.

(This technique is covered in the Borrowing Benefits Instructional Videos)

At one point, when reporting intensity levels, Sarah claims to be in a meditative state and cannot feel any deep emotion. Pay attention to how Gary moves through that “road block” to generate some new intensity.

Each client is different, so be prepared with as many tools as possible.

Other Notes:

Note the Preframe Gary delivers at the beginning of the session. He talks about what he was expecting to accomplish in the session, and what it might mean if Sarah went back to her chair and started to feel the symptoms coming back. This is a very useful way to properly prepare clients for a longer healing process, and you might consider using similar words in your own sessions.

Intermediate Tutorial #10 - Conducting a Borrowing Benefits Group

At this point, we expect that you have completed your personal Borrowing Benefits process, and are completely familiar with all of the instructions on the Borrowing Benefits Instruction Videos 1 and 2. The details of those instructions will be a significant focus on the exam.

Conducting a Borrowing Benefits Group takes a special skill to help your participants understand how to apply the instructions. This tutorial provides options and helpful hints so you can deliver EFT to groups using this revolutionary advancement.

For the exam, please focus on the following:

- Most importantly, you need to know the Borrowing Benefits instructions inside out and backwards from the Borrowing Benefits Instructional Videos and from your own experience in using those instructions.
- Be aware of the individual instructions that cause the most confusion for newcomers
- Know how to appropriately coach your group through the instructions while conducting your own session
- Know the differences between a Borrowing Benefits Group and a traditional group session
- Know the differences between a Borrowing Benefits Group and an EFT Workshop
- Understand performance risk and the options available to you
- Know the risks and precautions to take for the emotional well-being of your Borrowing Benefits group
- Be prepared with appropriate Preframes

Section 3: EFT Specialty Series Videos

Specialty Series One and Two were filmed at a time when EFT was still developing, and many professionals were adding their own variations to the EFT principles.

With your new skills in Official Intermediate EFT, evaluate the tapping sessions in these videos for yourself and see if you can identify who is using Official EFT and where the variations have been added.

Many of the presentations on these videos include group tapping, which usually requires a more general, global approach. Using EFT in front of an audience is quite different from individual sessions, and will require different skills, so please do not let any of these examples change what you have learned about being specific. Our focus in this Study Guide is to teach practitioners how to conduct effective one-on-one sessions, and in a group setting, we strongly recommend a Borrowing Benefits group to the traditional group formats presented here.

The most valuable material provided here is the professional insights into emotional issues, and questions used to uncover the deeper Core Issues.

Gary Craig – Doing Business with EFT

The Writing on our Walls is a thread that runs throughout this material, and the better you understand that concept, the better you will understand your client's issues. Gary uses some general Reframes with the group to illustrate how illogical some of our beliefs are. These Reframes are examples of the Writing on the Walls Comedy theme, and they generate a lot of humor in the group while uprooting a few tail enders and nicely illustrating the point. Many of these concepts can apply to EFT sessions in general, but specifics on this material will not be covered on the exam.

Please note that any Setup language presented this globally is not intended to achieve specific measurable results, but can provide a good start. In your individual sessions, we recommend that you focus your Reframes on more specific material.

In regard to the discussions on copyright issues, promoting EFT, and using EFT with the public, the Open Hand Policy takes precedence over any of the suggestions presented in these videos. Please review the Open Hand Policy at this link before developing any promotion for your practice.

<http://www.emofree.com/FAQ/open-hand-rights.htm>

Carol Look – Weight Loss and Addictions

Carol Look presents some very useful perspectives on working with addictive behaviors, including how to identify them, great questions to ask in uncovering core issues, and some common emotional themes she has found in her practice. If you decide to specialize in weight loss and/or addictions, you will find a lot of useful information here. Otherwise, many of these concepts can apply to EFT sessions in general, but specifics on this material will not be covered on the exam.

Paul and Layne Cutright – Relationships

Paul and Layne's material is great for understanding the emotional components and potential breakdowns in relationships, as well as their approach to working with them.

Layne makes some valuable comments towards the end about setting boundaries as a practitioner in the interest of preserving your own well being.

If you decide to specialize in relationship issues, you will find a lot of useful information here. Many of these concepts can apply to EFT sessions in general, but specifics on this material will not be covered on the exam.

Lori Lorenz, MA – Sexual Trauma

In working with sexual trauma, you will see that Lori spends a great amount of effort on what we call "rapport" with her clients. Victims of sexual trauma are significantly wounded, and often very fragile, so she pays very close attention to whether or not she has gained their permission to move another step forward with her treatment. Any EFT Practitioner could find him or herself in a session on sexual trauma, because we generally don't know what is hidden behind the seemingly more simple issues. Often the client doesn't know either until the protective layer has been tapped away.

For this reason, see what you can learn from Lori's style, her comments, and the experiences shared by the audience on letting the client lead the work and respecting their need to move slowly. If you decide to specialize in sexual trauma, there will be more information for your use here.

Many of these concepts can apply to EFT sessions in general, but specifics on this material will not be covered on the exam.

Ann Adams – Disturbed Children

Ann shares some really great tips and insights on how to gain rapport with troubled children. We have found that in working with children, good rapport is the key and it is imperative to meet them on their level.

Many of these concepts can apply to EFT sessions in general, but specifics on this material will not be covered on the exam.

Stephen Daniel, PhD – Using EFT with Chronic Health Issues

With regard to Official EFT, Stephen Daniel offers some great questions for getting to core issues, and some valuable discussion on secondary gain, conflicts, and emotional causes of chronic health issues. In his session with MaryLou (near the end of Video 2), he demonstrates some great detective work and quickly uncovers some core childhood issues.

The rest of his work should be considered variations of EFT for the purpose of the exam. Many people use muscle testing, but because there are so many factors that can influence the accuracy, we do not include it as an official part of EFT. Feel free to experiment with it, but be sure you have a way to check your accuracy, and use proper disclosure with your clients so they are not led to believe that muscle testing is part of EFT. Finally, the intuitive elements and the tapping by intention demonstrated by Stephen Daniel represent very advanced uses of these skills. During the Intermediate Level, please focus on developing your mechanical skills and more basic uses of intuition.

Many of these concepts can apply to EFT sessions in general, but specifics on this material will not be covered on the exam.

Dr. Larry Jebrook – Using EFT for Vision Issues

Vision issues can certainly be improved by using EFT and Dr. Jebrook offers discussion on that possibility. The ideas presented here can apply to EFT sessions in general, but specifics on this material will not be covered on the exam.

Don Blackerby, PhD – Using EFT for ADD

You'll find some great insights into the emotional chaos behind ADD in this presentation. You may also recognize the symptoms as challenges we all face at one time or another. For that reason, this discussion can apply to many clients and EFT sessions in general. However, specifics on this material will not be covered on the exam.

Alan Handelsman – Using EFT for Substance Sensitivities

In his demonstration with Susan on her food allergy, Alan wins the award for the purest official EFT session in all of the Specialty Series videos. You will see that his questions are very effective, he looks for specific events, he tests his results, looks for new aspects, goes as deep as he can, and gets solid, measurable results. He skips the reminder phrase and Susan is using a variation of the BN point, but the discovery process is fantastic and the session is a great example overall...Yay Alan!

You should know by now that muscle testing is a variation of EFT and we do not teach that here. If you choose to experiment with it, be sure you have a way to check your accuracy, and use proper disclosure with your clients so they are not led to believe that muscle testing is part of EFT. Instant EFT, anchored tapping and resonance tuning cards are also variations.

Alan makes some good comments on "mopping the floor where it's dirty" and clearing our own issues that can apply universally. However, specifics on this material will not be covered on the exam.

Sandi Radomski, ND – Using EFT for Allergy Antidotes

Although Sandi uses muscle testing and vials to do most of her diagnosis, many of her questions can be useful to find core issues in many EFT sessions, whether they are behind an allergy or another issue. For the record, muscle testing and vials are not a part of official EFT, and specifics on this material will not be covered on the exam.

Steve Wells – Using EFT for Peak Performance

You will find plenty of valuable perspective in this presentation on how to evaluate and achieve your goals in any area. Steve has a very direct approach that can be useful for EFT sessions in general, but specifics on this material will not be covered on the exam.

David Lake, MD – Using EFT for Trauma and PTSD

David presents his methods for using EFT for Trauma, including an example on how he addressed a trauma for his daughter and an individual session on stage. This discussion can apply to many clients and EFT sessions, but specifics on this material will not be covered on the exam.

Patricia Carrington, PhD – The Choices Method

The Choices Method has become a popular variation of using positive affirmations with EFT, and we have provided detailed discussion on this topic in Intermediate Tutorial #3 - Using Positive Phrases. Clearing the negative is the primary function for EFT, and it must be done effectively before any positive directions will take hold. Therefore despite its popularity, using Choices is to be considered a variation of EFT, and not an official element. There are a lot of exciting ideas in this section, but specifics on this material will not be covered on the exam.

Although the introduction on this video equates Gary's reframing techniques with the Choices Method, they are actually quite different. Please refer to the Intermediate Tutorial #3 - Using Positive Phrases for more information on the differences.

This form is intended to help you summarize your notes in preparation for the EFT Intermediate Level Exam. You will need this form for some of the questions, but not all of them. Be prepared to refer to your complete notes to answer the rest of the questions.

CLIENT NAME

TOOLS/TECHNIQUES USED

Tally

Comments

You will not be asked how many times each technique was used, but you might be asked if any of them was used at least once, or if any of them was used primarily in the session.

Tell the Story

Movie Technique

Tearless Trauma Technique

Chasing the Pain

Constricted Beathing Technique

CUSTOMIZED SETUP LANGUAGE

Tally

Comments

You will not be asked how many times each format was used, but you might be asked if any of them was used at least once, or if any of them was used primarily in the session.

Extended Setup

Setup/Reminder Combination

Other

"I deeply and completely accept myself"

DCAM substitutes per Tutorial #6

MINIMIZING PAIN

Methods

Reasons why appropriate

REFRAME THEMES

Tally

Notes/Key Phrases

You will not be asked how many times each theme was used, but you might be asked if any of them was used at least once, or if any of them was used primarily in the session.

Eroding the "true" Authority

Forgiveness

Personal Responsibility

Connecting the Memories

Reducing it to the Ridiculous

Writing on Walls Comedy _____
Exposing Writing on the Walls _____

Use this section to summarize key phrases or general tendencies in the session.

Bold Reframes _____
Confirming language _____
Reframes that didn't land _____
AHA moments _____
Cognitive Shifts _____
Other Client Reactions _____

DETECTIVE QUALITIES

Notes

Again, note key moments or general tendencies below.

Incurable Curiosity _____
Patience _____
Detachment _____
Notable questions/angles _____

TESTING METHODS

Tally

Results/Which Aspects or Events/Other Notes

You will not be asked how many times each testing method was used, but you might be asked if any of them was used at least once, or if any of them was used primarily in the session.

Actual Situation _____
Using props _____
Same Theme, Different Movie _____
Vivid Visualization _____
Knee Wobbling Questions _____
Say This.. _____
Role Play _____
Triggering Statements _____
Catch Them Off Guard _____

New Aspects _____
Cognitive Shifts _____