
EFT and Back-ache to Bar-work in 8 minutes

A little incident happened to me not long ago, in fact it was whilst I was meeting up for lunch in a local pub with a group of female carers – all of whom had all been on my 'Caring-4-Carers' training project several months earlier. This 'Caring-4-Carers' project taught them EFT, TAT and EmoTrance - to help them deal with their stress. They enjoyed the training so much and formed a group friendship, so we know meet up monthly to see how things are going with each of us.

Well, I noticed that the assistant manager behind the bar appeared rather distressed, not concentrating, holding one hand to the small of her back when she moved and she walked very stiffly and slowly too, her face was very white due to the severe lower back pain (which seemed to be at her coccyx area), pain which had started as she was getting up that morning.

So after she finished taking orders at the till, I sought her out and asked if I could have a chat with her about her back problem - and she agreed. She had been crying in the small room behind the bar - because of the intensity of the pain - and so looked very uncomfortable, poor thing.

So, I asked if I could try "this tapping technique on her that Paul McKenna was using on the tv"- I know he's using TFT yet all everyone sees him doing is tapping, so THAT is a good bridge to introduce it. I told her that I'd been giving training in this particular technique, called EFT, since before Paul had been using it - which broke the ice nicely with her and raised a very small smile from her too.

We spent about 8 minutes together where she told me when it started, how it started and why she wouldn't go to the doctors immediately - because they were so short-

staffed because some of the staff were on holiday and others were off ill, "Like you are" I quipped, and raised another small smile from her.

And so what we did (after gaining her permission to tap on her of course as I very very very seldom tap on the person themselves) was that I simply asked her to keep telling me how her back was feeling whilst I tapped on each of her tapping points, starting with her crown point - including her hands - and also including the Gamut Point Procedure too.

No Set Up or Affirmations or 1-10 SUDs were used, just straight forward tapping. I recognised from what she was saying about her back pain that she was visual (nlp), so I asked her to simply describe her pain in terms of colours and shapes, and it went from a *“dark purple with shooting zigzags down her legs”* through to *“a beautiful pale pink and a very very small dot about the size of a pea in her lower back”*.

Each time she stopped talking and describing it, I simply prompted her to "tell me about it now, what's happening now" - thus keeping her focussed on the here and now. She did ALL the describing whilst I just tapped her. And after doing the rounds a full two times she started smiling more and as the colour and shape and size of the pain changed completely.

And at the end of the time she tested it by gently moving her knees (which were painful to bend previously), twisting gently and walking on the spot - although by this time I could see her posture changing, her skin colour coming back and her voice changing too as well the description of the pain. All of this gave me her calibration levels instead of the normal '1 low – 10 intense' SUDs level.

By the time my lunch arrived (5minutes after stopping tapping) she was back at the till chatting and laughing with customers, using both hands to 'talk with' and was moving around and bending easily. I did ask her to keep an eye on it and go to see

her doctor if anything came back OR alternatively contact me as we could do 'this tapping' over the phone.

When we returned for another 'meeting' 4 weeks later, each of our Caring-4-Carers team asked her about her back, and her comments were: *"I don't know what it did but it took the pain away and I felt so happy and cheery all day. It was remarkable – thank you."*

Now my belief is that had we been working on that pain after it had happened and cleared up, she wouldn't have been able to contact it with anywhere near as much clarity because she wasn't actually immersed in the pain at that time, so the results wouldn't have been as rapid although I believe that we would have been able to release the emotions surrounding it in a slightly longer timeframe.

So tapping on 'what is there NOW' certainly helps and shouldn't be shied away from – whenever or wherever it is found.

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