

Events Psychology & EFT

EVENTS Psychology



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Introduction To Events Psychology & EFT

One of the greatest challenges in applying EFT correctly and for maximum benefit are what is called “the aspects of the problem”.

As the EFT session develops, both self helpers and practitioners are side tracked into a sea of potential opening statements relating to all manner of aspects – and these can quite literally seem infinite in their number, never ending, and endlessly renewing!

Even for experienced, advanced and knowledgeable practitioners of EFT it can be a real challenge to find the way through all those potential opening statements and aspects that present themselves in order to discover the “key opening statement” that unlocks the entire session and provides the breakthrough on the presenting problem.

This basic problem is further exacerbated by the fact that the clients will naturally experience stress as the treatment moves towards significant disturbances, and stress treatments also bring up their own opening statements. These stress treatment statements get mixed in with the original crop of opening statements and can easily lead into all manner of other problems the client also has, but which are not directly related to the problem they came to see the practitioner with.

Events Psychology offers a clear cut distinction between two kinds of treatments, and a direct route into resolving the PRESENTING PROBLEM for the client so that a resolution is experienced.

Further, Events Psychology gives us direct guidelines to know when a problem has been successfully treated so that both client and practitioner can be very clear exactly where they are in the process of treating/healing/solving a particular problem, and feel in control of the session in a practical way.

Thereby, Events Psychology can significantly improve the speed and effectiveness of the treatment flow of EFT sessions, gives more control to both practitioner and client, and adds a further significant benefit, namely the understanding that **in order to have produced a real change for the client, the client has to experience a threshold shift – a healing EVENT, a significant emotional experience.**

Towards The Healing Event

Everyone who has worked with EFT for any length of time knows that there is a significant difference between “reducing the severity of a problem” and the real deal of “Wow! I am FREE! This is AMAZING!!!”

EFT can and does produce these healing EVENTS – but it will ONLY do so if the practitioner is aware that this is the actual target and goal of the treatment, and that if an event has not been reached, THE TREATMENT IS NOT COMPLETE.

When the treatment is not complete, the problem will come back.

Of course, we can tap again, and again, and again to produce another set of symptom reductions, but that is a waste of time and essentially the wrong way to go about producing change with EFT.

It is extremely common amongst EFT practitioners, both in self help as well as in a professional capacity, to accept “symptom reduction” as a good outcome for the session.

This is because prior to energy psychology treatments, even a slight reduction in symptoms was not really available at all, so even the slightest improvement was celebrated as a major breakthrough.

However, after ten years of practicing EFT, it has come to our attention that symptom reduction is not only not “the best a man can get” but it isn't even the complete treatment.

The treatment is ONLY complete when literally the OPPOSITE of the presenting problem comes into being.

In the old original case with Mary and her water phobia, this is beautifully demonstrated by the fact that she “ran out to the swimming pool in her excitement.”

She was EXCITED. She WANTED to see, touch and interact with the water, so much so that this large lady jumped out of the chair in the office and RAN to the swimming pool.

That is exactly what a REAL EFT session should produce – a person that is jumping for joy and the opposite of the original problem has clearly come into being.

The person should also show in the way they talk, walk, breathe and behave that they just experienced A LIFE CHANGING EVENT.

- You should be able to clearly see that their physical appearance, energy levels and postures have changed;
- They should speak excitedly about all their new insights,
- They should have had many “cognitive changes” which means they’ve completely changed their minds about what they previously thought about the problem, or thought to be true,
- and they should speak about this and how they now feel WITH GREAT EXCITEMENT AND ANIMATION (that is VERY important!).

Until and unless something like this happens, the treatment is not complete and more work needs to be done. When the treatment is NOT complete, the client may well:

- Find that the original problem comes back;
- Experience the so called “apex effect” where they forget the session ever happened;
- Fail to understand the power of EFT to create real change;
- Be left with further innumerable “aspects” to tap on;
- Fail to heartily recommend the practitioner to others;
- Fail to be able to create powerful self help treatments that cause true events of healing and true threshold shifts in their own life.

This is of course a terrible waste of a wonderful opportunity to create real change for a person; and the long term side effects of “loss of faith in EFT” are very sad indeed as not only this one problem remains unresolved, but many other problems which could have been resolved if they had been taken through to the threshold shift on the other side of symptom alleviation and were not.

On the other hand, when the treatment has been taken through to the threshold shift where the OPPOSITE of the original presenting problem comes into being, the client:

- Has a powerful, personal, exciting and inspirational experience of healing they will literally, NEVER forget;
- Is motivated IMMENSELY to seek changes and further such experiences on other topics because it felt so good to experience that;
- Is extremely grateful to the practitioner and the practitioner is happy and excited to have been a catalyst to such wonderful change;
- Will talk to everyone who stands still long enough about their exciting experiences and wholeheartedly recommend the practitioner;
- Will be HIGHLY motivated to work with EFT in self help afterwards;
- And most importantly, will have gained a change that stays absolutely, forever, and the problem will NEVER come back.

That is extremely exciting, and well worth aiming for.

You do NOT have to create the threshold shift, this true healing event, in a single session. It is however perfectly possible to do so, and you should do everything you can to make it happen as soon as possible, and as fast as possible.

The fact is that problems were caused by an event – instantaneously, the problem

came into being, like a strike of lightning, and from that moment on, the person's world was changed and they were never the same, after that.

Likewise, the healing must be a lightning strike, and we can move towards that lightning strike at full speed, as fast as the session flow will allow.

As a person cannot be "prepared" for the original lightning strike that caused the problem, likewise you cannot prepare your client for the lightning strike of healing, the threshold shift, by "going slow" or "taking it easy".

When the lightning strike comes, the change will be instantaneous.

So you are constantly and absolutely only working towards that lightning strike which will end the problem, once and for all.

This keeps the session very focused and forward moving, and the motivation and energy from both client and practitioner high – and that is very important in EFT treatments.

Limp tapping and half hearted opening statements that lack energy will make any progress ten times as long, convoluted, difficult than it ever has to be.

Keep your attention and your goal onto the threshold shift, the breakthrough moment when everything changes and the OPPOSITE of the original problem comes into being – in an instance, in a FLASH.

Aim for the threshold shift.

Precise Treatments Of Specific Occurrences

Events Psychology tells us that at the bottom of every presenting problem there is a single EVENT which happened at one point in the client's life and which caused the changes in the clients systems that are now creating problems.

This is an absolute statement which also means conversely that there are no problems that do not have a causative event.

Whatever the client comes with, in this treatment form it is the practitioner's job to elicit the events story, isolate the event itself, and to treat the original causative event until a NEW event comes into being, a healing event that is so powerful that overwrites the old event.

In Events Psychology based treatments, you are only ever dealing with ONE MOMENT IN TIME AND SPACE – one specific occurrence and no more than that.

Preferably, we want to work with the genesis event – the first and original event, that moment “when the world changed and nothing was ever the same after that.”

If the genesis event is not available, we can work with an events echo – the twentieth panic attack, the hundredth time the person is compulsively washing their hands, the fifth husband who is also physically aggressive, the same old feelings experienced again and again, etc. - but we are still looking for ONE SPECIFIC INCIDENT, and not a whole heap of them.

So if someone has had panic attacks for 20 years, we are not tapping on all of these as a group, but we single out one specific incident to start the treatment if the genesis event is not available at this time. For example, the one specific panic attack that occurred on Thursday, November 8th at 3.45pm approximately, in Victoria Station.

We can also use this principle when the trigger is present, for example if we are treating a spider phobia and we have a real spider to show to the person NOW. In this case, we are treating one specific time-space event, and this event is right here and now.

By dealing with one single isolated occurrence in time and space, we are directly targeting the EFT treatment at the correct “site of the problem” in the person's energy matrix.

Even when you are dealing with an events echo, rather than the genesis event itself, significant changes arise and often, the genesis event becomes available for treatment as well.

**Treat one single specific moment
in time and space.**

Stress In The Treatment Flow

The place where the most problems occur in EFT treatments is when the client becomes stressed, and the session begins to lose focus as stress treatments and events treatments are becoming mixed up and intermingle.

For example, a client arrives who seeks help with post traumatic stress disorder flashbacks of being near an explosion in a war zone.

The event is clearly laid out – something happened in the system of the client near the moment of the explosion at that precise time, in that precise place, where the event was experienced.

This is the event that needs to be treated.

However, the client is very stressed and talks about all manner of things in his stressed state, including all manner of immaterial musings about what might or what might not happen if he overcame the problem, unfounded fears about all manner of things, shame, sadness and anger about the event, wondering if they deserve to be healed, survivor guilt and so on and so forth.

As you can imagine, to tap on all the possible aspects of all of that is going to take forever – and none of it has ANYTHING to do with the actual event which needs to be treated.

The fact is that the client is simply under a lot of stress and this produces all manner of irrational feeling and thought AS A SIDE EFFECT to being stressed and all systems being destabilised by the stress.

What we need to do is to remember:

1. We are here to treat the event that occurred when the explosion went off on August 11th, 2006, at around 7.20 am. ONLY treating this and literally nothing else will solve the presenting problems.
2. The client is stressed and stressed people will say anything at all and it doesn't mean anything other than THAT THEY ARE STRESSED. Don't try and find opening statements amidst a flood of stress-talk. You will go on an extended wild goose chase with the client.
3. We need to de-stress the client enough so we can start to move towards the event (see No. 1) which is why we are both here, and what we are supposed to do.

Keep the client stress free.

Building The Road Into The Event

In Events Psychology, we talk about “building a road into the event.”

This means that we move towards the event (the time around the explosion, in this case) and treat the client for stress as it occurs. A stress treatment is not a psychological exploration, or psychotherapy in any sense of the word. It is simply a stress treatment.

So the client is stressed, nervous, emotionally unstable and talking about all sorts of things.

This is where we say, “You have been under a lot of stress because of this problem.

“Let's take a deep breath and do a stress treatment. Simply focus on the parts of your body that feel the most stressed, and let's tap a round of EFT together to release your stress.

“Say with me, I release my stress, as we tap.”

If you want to, or you feel the client needs it:

·You can repeat the treatment on different body sensations where the most stress is felt (in the head, in the stomach, in the neck/shoulders etc); or

·You can tap another round for “I release even more stress” leading to a third round of “I want to release all my stress” (with or without and I deeply and profoundly love and accept myself).

To teach the client to think in terms of general “stress” rather than to focus on any one particular “stress induced stress thought” of which there are as many as there are stars in the sky is a very useful thing that comes in handy as the session progresses, but also for self treatments at home, and in a moment of crisis.

By focusing on the body sensations of stress rather than “thoughts” or “ideas” the client becomes grounded and the treatment is hitting the right spots, every time.

This is obviously both useful, as well as being user friendly.¹

Now, with a less stressed client we may continue towards a resolution of the event which happened around the time of the explosion and we can begin by hearing the events story for the first time.

De-Stress the client's body to clear their mind.

1 The Body Protocol de-stressing technique can be used to teach EFT in the first place, thus saving valuable time as well as preparing the client correctly for the next step in the session.

The Events Story

The events story is a general memory area that contains the event inside. Once the client has been de-stressed sufficiently, we are ready to ask them to tell us the story of what happened to them in their own words.

We say to the client, "Now I want you to tell me what happened on that day, in your own words. What we are going to do is to pay attention when you become stressed.

"As soon as that happens, we are going to stop and make sure to release this stress before we go any further so you don't become distressed. Ok?"

"Great, so take a deep breath and tell me what happened in your own words."

Now the events story starts.

Most people will give some background on how they came to be WHERE and WHEN this event took place; this is important and an integral part of the actual event because of the way we store memories by time and space.

In this case, the client says:

"Well, I was in this country on a short term contract. We were all staying in this hotel near the city centre in this city. I've never been to somewhere like that before and every day, I was shocked by what I saw. It was not a good place to be and we were all working like crazy to get out of there as quickly as possible."

The client shows some signs of stress but these are not too bad; he is also remembering to breathe deeply and is staying relaxed from his end. The original anti-stress treatment had a noticeable effect.

However, if he had shown strong signs of stress, for example at the statement "I was shocked by what I saw" or "it was not a good place to be" we could have stopped for a brief stress treatment.

Often, it is enough to remind a client briefly and conversationally ...

- To breathe deeply, in and out
- To relax their shoulders, neck, arms or legs
- That all of this is gone and no longer here, this is only data now, only energy now
- That all is well and they're doing really well, doing a great job

... to affect a relaxation that might be all we need to move on towards the real event. The client continues:

"We had been working through the night and we were nearly ready, none of us wanted to sleep, so we just kept on going and it was cooler at night, anyway. Then, around 7 am, we got hungry and decided to go down for breakfast."

Here, the client is showing signs of real stress. He is wiping his face with his hands, his breathing is shuddering, he is curling up in the chair.

Here it is important to stay very calm and to say to the client, "You are doing really well, this is excellent. Remember to breathe deeply, you're doing a good job."

This focuses the client on the practitioner and also provides re-assurance; further, it helps to disassociate the client from the memory which was threatening to become fully associated at that time.

You can say to the client, "This is clearly a stress point. Let's do a treatment on "We decided to go down for breakfast" together," and tap this statement, encouraging the client to breathe deeply, to stay relaxed, and to tell them that they are doing a very good job.

Encouragement from the practitioner is VERY VERY important. It gives the client something to hold on to, and motivates them to be brave and fearless. It also builds trust in the practitioner which is crucial on the way to this or any other event.

Another option is to tap on the body sensations the client felt when he became stressed.

Here, we ask, "Where do you feel this stress now in your body? Concentrate on that and let's tap another round for, "I want to release this stress ..."

"Excellent! You are doing very well. Are you happy to continue?"

If the client says yes, we can go on.

"We decided to go down for breakfast. We weren't tired, we were wired. Gallons of coffee through the night, I felt twitchy and I was glad we were about the only people in the restaurant of the hotel. We got some rolls and stuff, the breakfast there was terrible, and sat down by the window overlooking the street."

There is a small stress indicator here, a deep sigh and a hand movement which can be dealt with conversationally by saying, "That's excellent. Breathe deeply. And what happened next?"

"I was just looking out of the window and I saw this truck, and I remember thinking, that's odd, it's not on the road ..."

Here the client gets very stressed, very quickly at that, so there is no time for talking about opening statements or body feelings and the practitioner says, "Ok, just tap now, and breathe deeply. Keep tapping, breathe deeply, the next point, very good, you're doing really well ..."

The client taps and calms and starts talking even though he is still tapping, "I had the weirdest feeling, like electricity all through my body, I can feel it now, it's everywhere ..."

Practitioner: "Keep tapping. Focus on the feeling, keep tapping, you're doing great ..."

Client: "Yeah, this feeling – and then the bomb went off and I just saw the window explode in slow motion coming towards me ... "

Client is remarkably calm, finishes the round and takes a deep breath. "That was ... weird. I feel ... really strange now ... I thought I would freak out ... but it's ... weird!"

Practitioner: "Let's tap a round on feeling really strange."

Both tap together and in this round, the client says, "Wow, that's ... amazing ... I knew that truck was going to explode before it happened! How weird is that!"

Practitioner: "How are you feeling?"

Client: "I feel – wired, like I did that morning when we went down to breakfast. It's that same wired feeling I had before the truck exploded – weird!"

Practitioner: "Let's tap on that wired feeling."

Both tap.

Halfway through the round, the client sits up straight and says with amazement, "I knew! I knew it was going to happen but I didn't know I knew, if you know what I mean! There was a part of me trying to warn me, that's what the electric feeling was!"

"Oh wow! I can feel it now again – this is not a bad feeling at all, it's good, it was trying to warn me! That's so amazing ... you have no idea ..."

Practitioner: "I'm getting a tingle of that ... does it feel good?"

Client: "Yes, yes it does! It feels ... really good, really switched on, like I'm awake, wide awake, it's amazing!"

And these feelings, sensations and the way the client is expressing himself, denote that we have an energized end state and the OPPOSITE of the presenting problem.

The event was that unique moment when the client saw the truck and knew that it would explode. On continuing the story to check for further stress problems it turned out that he was the only one at that table to come away with only minor injuries.

The client attributed that to having been able to move out of the way and throw himself to the ground a split second before the blast of the explosion took the others entirely unaware.

There were further stress points after this but all were relatively mild and posed no problems as "the whole story had changed" for the client.

Instead of being traumatised and horrified, he now thought (and felt) of the incident as a remarkable event where something magical happened that saved his life.

The actual “event” was that feeling before the truck exploded; and the treatment turned this from a trauma to a guiding star in just a few rounds of EFT.²

That is remarkable, that is true mind/body/spirit healing and it is possible to achieve this much more rapidly, with many more clients, when we keep focused on the main event, and head there without delay, and put the treatments EXACTLY where they do the most good.

**Work your way through the events story
step by step without stress
and treat the main event.**



² Neither negative thoughts, nor flashbacks about the incident, ever came back to this client. The incident remains a resource to this day and has caused the client to want to find out more about “that part of himself that knew.”

The New Story

Sometimes it is valuable to ask the client to tell the story of the event from their new perspective. This is a test to see if everything is now in working order, and also to give the client an opportunity to review everything that happened one more time.

Here is the new story.

"We were working all night in this hotel, no sleep, gallons of coffee. Around 7am we decided to go down for breakfast. I had a very strange feeling about this, as though I had woken up and I was wide awake, much more so than normal. At the time I thought it was all the coffee, but then we sat down to breakfast and I saw this truck on the street, and I knew it was going to blow up. I had this incredible feeling rush through me, everything turned into slow motion and I got myself on the floor a split second before the explosion roared through the whole ground floor of the hotel.

"Out of everyone – there were six of us – I was the only one who escaped with a few scratches. I feel amazed and awed by this, there is a part of me that knows things and it saved my life, tried to keep me safe.

"I am very sorry for my colleagues and their families, but this event has changed my life, and I wouldn't give it up for anything – I now feel, know, that my time hasn't come, there things I have to do before it does, and it's like a wake up call for me.

"I am very, very grateful."

Hear the new story to test the changes.



Completing The Event

It is often, perhaps always the case with events that are being constantly presented back in the form of events echoes – the feelings coming back, flashbacks, or the memory turning up when triggered by reminders from the environment – that there is an event that is only half processed.

The echoes and reminders are there to ask us quite literally to COMPLETE the processing of the event in the energy system.

When this process is completed, it always turns out that the event was not negative in nature but often a gift.

This even holds true for the most traumatic experiences of personal suffering imaginable; the events that take place inside a person are supposed to be beneficial IF they are complete.

EFT is a great tool to unblock whatever it was that stopped the event from processing completely, being stored correctly, in a way, finding “its rightful time and place” in a person's system so it becomes a resource rather than a source of pain and suffering.

Even in situations where a person suffered for a very long time, for example someone who was tortured for five years, every single day, there are still only SOME isolated events which are responsible for any suffering NOW.

We can say that events are significant changes in the energy system that are trying to happen but do not fully complete, and that is why these specific events get re-presented for treatment over, and over again, and will continue to be re-presented for treatment and completion until they do find their “rightful place in time and space” and when they do, they enliven, and even enlighten a person in the true sense of the meaning.

By keeping EFT treatments, whatever the topic or presenting problem, focused on treating the event that caused the problem specifically, we have a superb tool to help ourselves, and others.

It is also important to note that it is often helpful, rather than to get lost in a labyrinth of “words” to focus on the living sensations of energy in the body. These sensations are incontrovertible; you can't get them wrong, and the client can't read them wrong.

We know exactly what we feel; and as those feelings are in the energy system, to treat them with a modality that is particularly designed to unblock the flow in the energy system, is a perfect match and brings fast, reliable, predictable responses.

Lastly, we must remind ourselves over, and over again that a functional energy system does not mean “peace” or “an absence of suffering” but that we are seeking the opposite – the energized end state, a threshold shift which lifts a person to run excitedly towards the water, to gain an enlightenment experience of profound

proportions as the result of having been the “victim” of a bomb blast.

We are seeking high, high POSITIVES of joy, excitement, purpose, and personal power. These states are available, and it is not even difficult or time consuming to head straight in that direction, get past the stress blocks as quickly and as elegantly as possible, so we can produce change work like the world has never seen before.

Quite literally, at that.



EFT & Events Psychology - Once More In Brief

- The purpose of an Events Psychology based EFT session is to have a change event which will produce the exact opposite state to that of the existing problem.
- In order to achieve this, the event which has caused the problem is worked with EXCLUSIVELY.
- If the genesis event is not available, you can work on an events echo instead but it must always be one very specific incident in time and space.
- In order to have the client be able to move towards the event, the client's stress levels must be monitored throughout and as soon as stress becomes manifest, the stress must be treated and released.
- Stress may be released by using opening statements from the client's own words, or by using the body sensations relating to the stress of the moment. The second variant is more direct and less likely to lead client and practitioner astray in the treatment process.
- Stress may also be released by simple talking, positive feedback, encouragements, and calm instructions, you do not always have to tap on everything.
- When the client is relatively stress free, we ask the client to tell the story of the event in their own words.
- Treat for stress throughout until the client arrives at the real event – the flash moment when “everything changes”.
- Treat the event until you have an energized end state and clearly visible and audible feedback from the client's body, voice, emotion, demeanour and cognitive insights that the change event has happened and “everything is different now”.
- Ask the client to tell the new story to check that the work is complete.
- Advise the client to use what they have learned about treating stress in their life from now on.

A GREAT Job – Well Done!

In Conclusion

Having conducted literally thousands of EFT treatments, with clients, with random strangers in the street, at trainings, on radio and TV, and of course, with myself I can tell you with certainty that to treat the event, that one split second that caused the change in the first place, is the most direct and powerful way to create fantastic change for a person.

Using the principles of Events Psychology in EFT treatments brings EFT into a next generation of speed, effectiveness, and sheer power to help people experience life as a delight, rather than a burden.

Working with EFT and EmoTrance in the last ten years has literally re-set our expectations as to what can be achieved, and how quickly, with people and their problems.

The energy paradigm shift IS a true paradigm shift.

It is not just that we can “tap problems away” any longer – which seemed once so revolutionary and as though it surely get any better than that!

Now, we are going BEYOND “tapping problems away” and instead aiming for the opposite of the problem as was.

This is a new goal and guideline that will effectively not just transform how well EFT treatments work, but also how people experience EFT treatments, and what they end up thinking and feeling about EFT and you when they leave your office.

The energized end states, the threshold shifts are immensely motivational, so empowering, so freeing, and so delightful that most people want more of that good stuff.

People like to feel good – the Creator made us that way.

We are MEANT TO FEEL GOOD – and what feeling REALLY good actually feels like, well, the energized end states give us a new higher taste.

Most of us don't even know how good we can feel, inside ourselves, about ourselves, about the world around us.

I also do believe that feeling better makes us into better people – more exciting, more interesting, more lovable and being able to give love too, better friends, partners, parents, members of our society.

That is an upward spiral that will take us all higher, and higher.

EFT can help us achieve this, directly, without a fuss, step by step in a simple and logical fashion if we head straight for the events and take out the stress on the way.

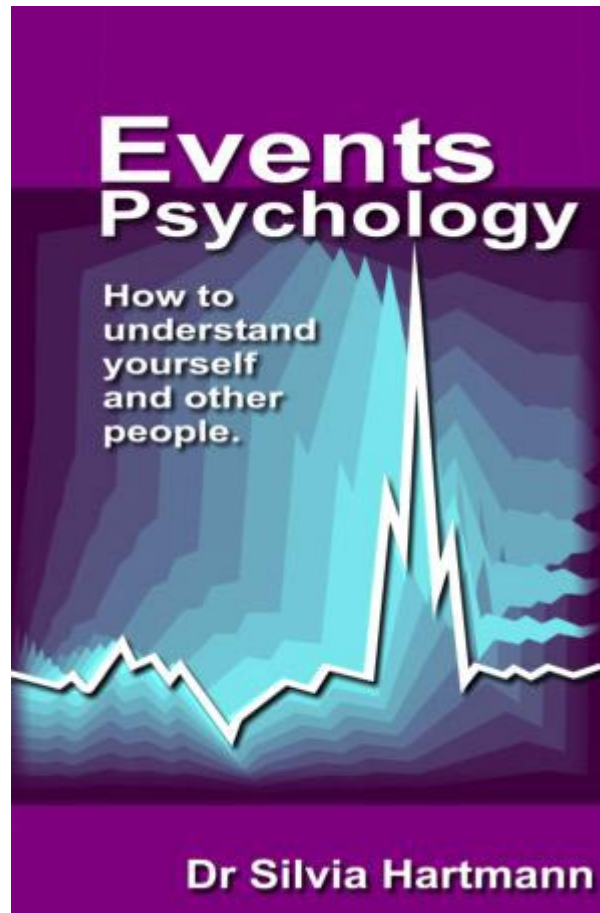
It's easy, it's straightforward and it works.

And I always think we're beyond lucky, blessed, to be here and be able to USE THIS.

Happy Tapping!

***Dr Silvia Hartmann
Designer, Events Psychology
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Recommended Reading



Events Psychology How To Understand Yourself And Other People by Dr Silvia Hartmann

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