

Fostering Resiliency

NAGC Big Event 27th Oct 2012

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Two FANTASTIC Means of Fostering Resiliency

- Inner Wisdom (resilience can be defined by the presence of Inner Wisdom)
- Emotional Freedom Technique (EFT)



What is Resiliency?

- “Bouncing back” from emotional distress
 - Taking responsibility for one’s emotions (lack of drama)
 - Knowing one can DO something about one’s emotional state
 - Ability to remain focused under pressure (e.g. In test conditions)
 - Safety net of a deep sense of ‘OK-ness’ no matter what
 - **The capacity to manage strong feelings and impulses**
- Resilience involves behaviours, thoughts, and actions that can be learned and developed.
- Emotional pain is unavoidable – life is a contact sport. In fact, **Building resilience is likely to involve considerable emotional distress.** *(So is not building resilience!!!)*



Discipline and Resilience

- Reliance is a critical component of discipline
- Discipline is a critical component of achievement in whatever way that is defined for/by your child(ren)
- Discipline: (The Path of Mastery – *George Leonard*)
 - Doing what is right, no matter what – integrity
 - Working towards a higher, non-instant goal, despite temptations to put it aside – higher purpose
 - The Path of Mastery *George Leonard*



How To Spot Resilience In Your Child

- Minimal temper tantrums (a few minutes tops, even seconds)
- Respond philosophically to their own troubles
- Minimal or no anxiety before tests/exams
- 'Call you out' compassionately when you are not resilient
- Stable performance in competitive environments
- Ability to remain calm whilst: doing tasks that challenge them, they are not good at, make mistakes
- Capacity to listen to reason



Methods of Building Resilience

- Demonstrate it – be resilient yourself
- Through parenting –
 - Shepherd them through issues of resilience as they arise
 - Develop a world view that supports resiliency
 - Show examples of resilience in media and books (age appropriate!) (e.g. slavery, WW II) and discuss what makes them resilient
- Get your child into therapy (let someone else teach it, and provided the practitioner knows what they are doing!!!)
- Learn yourself and teach your child techniques to release challenging emotions – anxiety, distress, anger, sadness
 - EFT (EP)
 - Breathing exercises
 - Meditation
- DAILY practice – small to big Everyday life has PLENTY of challenges!
- Get your kid(s) school(s) to develop a well-being policy, include in their weekly curriculum

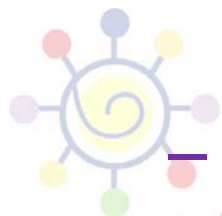


Costs of NOT Building Resilience

- Underperformance in tests/school/IQ Evals
 - Not being seen as gifted in school
 - Dropping out of university
- Developing neurological/psychological disorders, e.g. OCD, depression, anxiety, suicidal ideation
- Afraid to take risks/make mistakes
- Withdrawal from, reduced intimacy in, or obsessive about personal and family relationships
- Inability to successfully perform in a competitive workplace

Why Bother Learning and Using EFT *Specifically?*

- Why bother using pain-killer or rat poison or vitamins?
 - Release unpleasant feelings faster and have them come back less intensely and less often – ***essence of resiliency!***
 - Maximise health (***maximise resiliency***)
 - Teach yourself and your child a highly effective self-soothing tool (***enhance and encourage resiliency***)
 - Leaving distress in the ‘system’ often leads to unhelpful, extreme beliefs (***undermines long-term resiliency***)
 - e.g. ‘My parents don’t care about me’, ‘I need to get good grades or my life is over’, ‘I’m no good’
- EFT is fairly simple to learn.



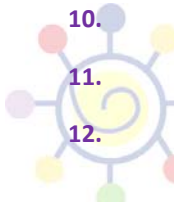
Why would you NOT bother?

- Afraid it wouldn't help
- Afraid of looking silly
- Afraid of doing it poorly
- Afraid it would uncover deeper stuff of which you are even more afraid
- Afraid your partner/spouse/child/friends would ridicule, disrespect or feel sorry for you or laugh at you, and undermine your relationship/ authority
- Wary of using something seemingly woo-woo (afraid of turning into a New Age Junkie)
 - Fear of how others would see you
 - Fear of unwanted identity shift



Evidence-Based (www.energypsych.org)

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2. Church, D., Feinstein, D. (2012). The psychobiology and clinical principles of energy psychology treatments for PTSD: A review. *Psychology of Trauma*, (in press).
3. Church, D., Navik, C., Brooks, A., Trukocelko, D., Vren, M., Mirre, S., Stein, P. (2012). Psychological trauma symptom improvement in veterans using EFT (Emotional Freedom Techniques): A randomized controlled trial. Accepted for publication by the *Journal of Nervous and Mental Disease*.
4. Church, D., Piña, O., Reategui, C., & Brooks, A. (2011). Single session reduction of the intensity of traumatic memories in abused adolescents after EFT: A randomized controlled pilot study. *Traumatology*. doi:10.1177/1534765611426788
5. Darby, D. & Hartung, J. (2012). Thought field therapy for blood-injection-injury phobia: A pilot study. *Energy Psychology Journal*, 4(1), 25-32.
6. Feinstein, D. (2012). Acupoint stimulation in treating psychological disorders: Evidence of Efficacy. Accepted for publication in the *Review of General Psychology*.
7. Hartung, J. & Stein, P. (2012). Telephone delivery of EFT (emotional freedom techniques) remediates PTSD symptoms in veterans. *Energy Psychology Journal*, 4(1), 33-40.
8. Llewellyn-Edwards, T., & Llewellyn-Edwards, M. (2012, Spring). The effect of EFT (emotional freedom techniques) on soccer performance. *Fidelity: Journal for the National Council of Psychotherapy*, 47, 14–19.
9. Stapleton, P., Sheldon, T., & Porter, B. (2012). Clinical benefits of emotional freedom techniques on food cravings at 12-months follow-up: A randomized controlled trial. *Energy Psychology Journal*, 4(1), 13-24.
10. Connolly, S.M., & Sakai, C.E. (2012, in press). Brief trauma symptom intervention with Rwandan genocide survivors using Thought Field Therapy. *International Journal of Emergency Mental Health*, in press.
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12. Connolly, S.M., & Sakai, C.E. (2011). Brief trauma symptom intervention with Rwandan genocide survivors using Thought Field Therapy. *International Journal of Emergency Mental Health*, 13(3), 161-172.
13. Fitch, J. (2011). The Efficacy of Primordial Energy Activation and Transcendence (PEAT) for Public Speaking Anxiety. *Energy Psychology: Theory, Research & Treatment*, 3(2).
14. Hodge, P. (2011). A Pilot Study of the Effects of Emotional Freedom Techniques in Psoriasis. *Energy Psychology: Theory, Research & Treatment*, 3(2).
15. Jones, S., Thornton, J., & Andrews, H. (2011). Efficacy of EFT in Reducing Public Speaking Anxiety: A Randomized Controlled Trial. *Energy Psychology: Theory, Research, Treatment*, 3(1).
16. Karatzias, T., Power, K. Brown, K., McGoldrick, T., Begum, M., Young, J., Loughran, P., Chouliara, Z. & Adams, S. (2011). A controlled comparison of the effectiveness and efficiency of two psychological therapies for posttraumatic stress disorder: Eye movement desensitization and reprocessing vs. emotional freedom techniques. *Journal of Nervous & Mental Disease* 199(6), 372-378.
17. Palmer-Hoffman, J., & Brooks, A. (2011). Psychological Symptom Change after Group Application of Emotional Freedom Techniques. *Energy Psychology: Theory, Research, & Treatment*, 3(1), 57-72.
18. Salas, M., Brooks, A., & Rowe, J. (2011). The Immediate Effect of a Brief Energy Psychology Intervention (Emotional Freedom Techniques) on Specific Phobias: A Pilot Study. *Explore*, 7, 155-161.
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If EFT is so good, why isn't everyone doing it?

- Heliocentrism took over 2000 years to be accepted
- Dr Semmelweis (discovered he can increase maternal survival to 90% by washing hands and instruments) died in an insane asylum, ironically of septicaemia, as the scientific generation before Pasteur.

- 'Innovation—any new idea—by definition will not be accepted at first. It takes repeated attempts, endless demonstrations, and monotonous rehearsals before innovation can be accepted and internalized by an organization. This requires courageous patience.'

Warren Bennis

- 'The problem isn't how to innovate; it's how to get society to adopt the good ideas that already exist.'

Douglas Englebart



SO, WHAT IS EFT?

20' M4V1 12 FFI 3



What is EFT?

- A process that allows you to...
 - release emotional blocks
 - handle unpleasant emotions
 - sometimes release physical pain
 - Increase your brain/body capacity to generate positive emotion
- ...by talking through an experience whilst simultaneously tapping on end-points of acupuncture meridians



Some Things EFT Can be Used For

- Manage tantrums
- Release aversions/phobias
- Calm down from being anxious or angry
- Release anxiety before big events, like tests
- Handle distress over being bullied
- Get a child talking when they get shut-down
- Even assist in treatment of acute anxiety and depression (instead of putting kids on meds)
- Dyslexia!
-SO much more

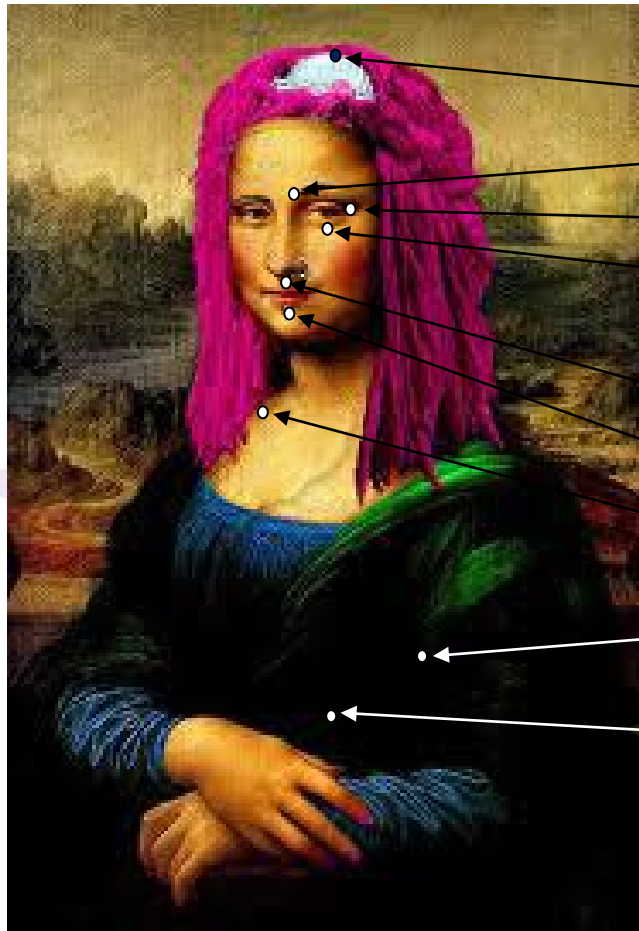


EFT Recipe Steps

1. Determine what you want to work on
2. (can be done third as well) Address General Disorganisation
3. Get 'SUDs' – Subjective Units of Distress – on a scale of 0-10
4. Tap through sequence
5. Get SUDs rating again
6. If still have charge, address reversals or tap on the new SUDs rating; might try 9 Gamut



Location of Face and Torso Points



Top of Head

Eyebrow (medial beginning of eyebrow)

Side of Eye (corner of eye on eye socket)

Under Eye (looking straight ahead, under pupil on eye socket)

Under Nose (on philtrum)

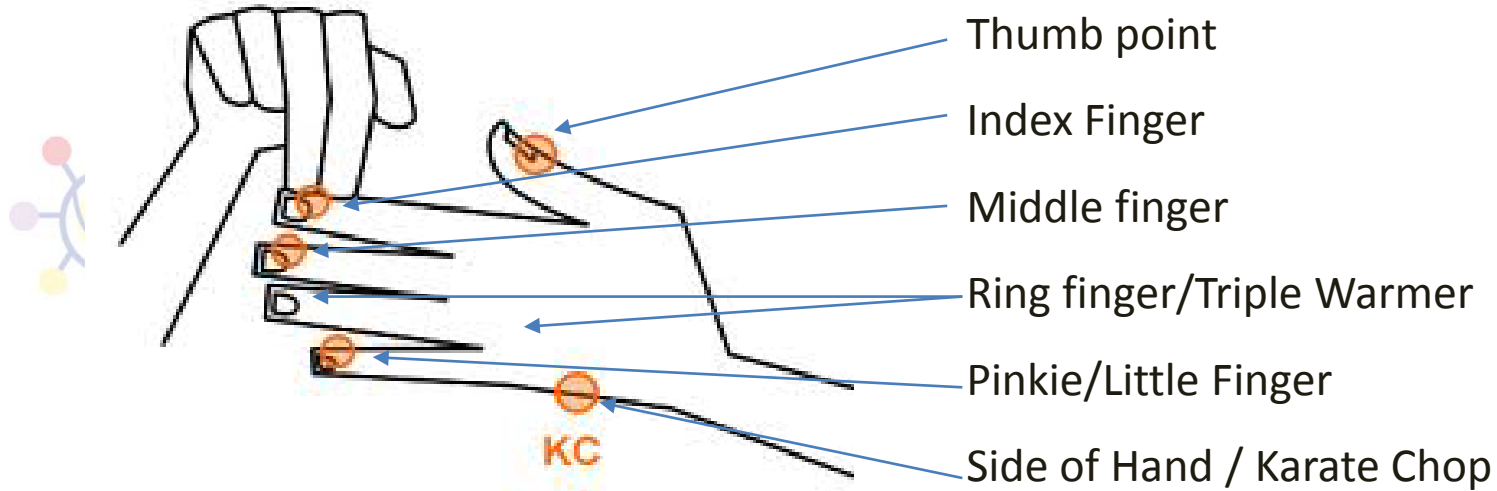
Under Lip (indent between lip and chin)

Collar Bone (about 1½" up from medial end of CB)

Under Arm (about 4" down from armpit on the side of the body)

Liver Point (down from the nipple, under where an underwire bra would be, and about 1½" laterally (towards the outside of the body)).

Hand Points



9 Gamut – It's silly-looking!

- For cross-brain communication, a taste of EMDR embedded within EFT
- Can often 'settle' an issue
- The process:



- Open eyes
- Close eyes
- Open eyes
- Look down right (or left)
- Look down the other way
- Twirl eyes in a circle
- Twirl the eyes the other way
- Hum something nonsensical or innocuous for a moment or two
- Count out loud 1 to 5
- Hum again
- BREATHE.



Lead

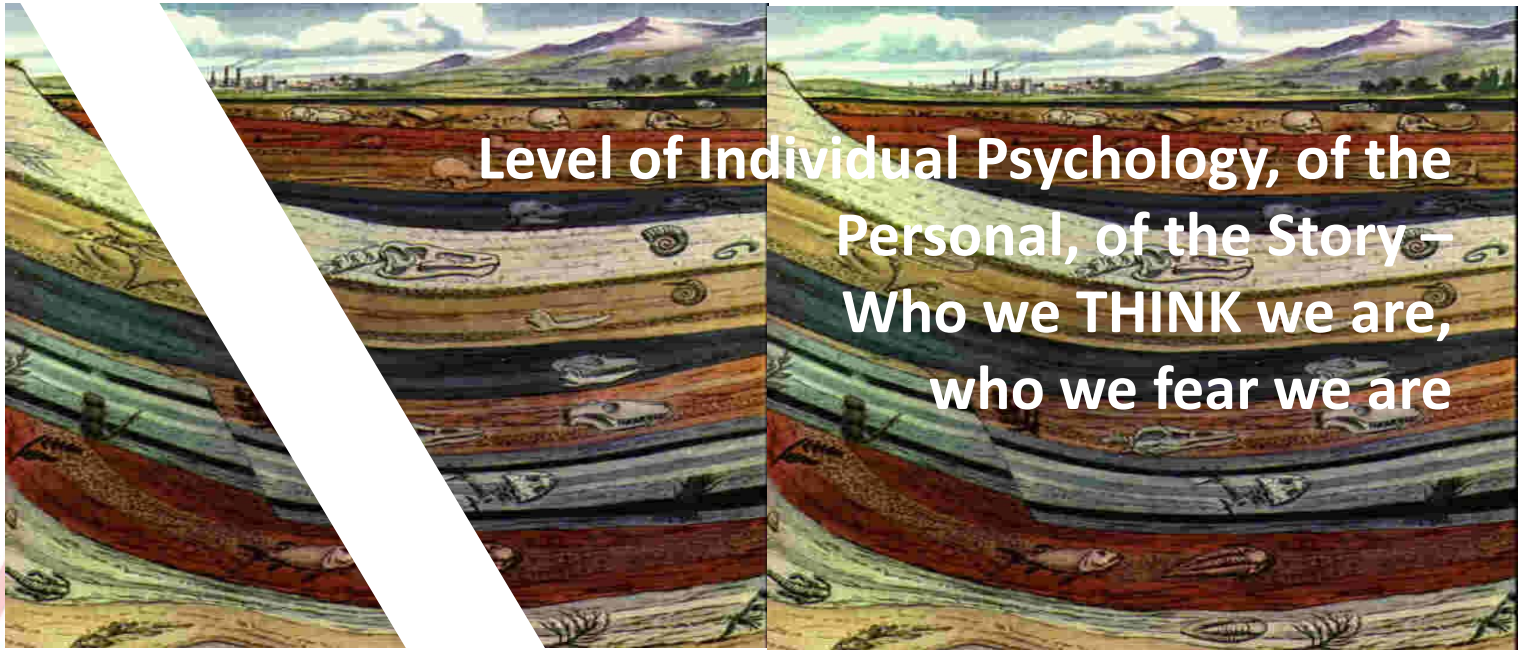
- If you want your child(ren) to do it, it makes sense for you to do it.
- Let them see that it helps you be nicer and calmer first.
- Be a great leader – introduce innovations before the innovation is required

The Foundations of Resilience

- If 'bouncing back' is possible, and the past doesn't change, then it is our relationship with the past that changes
- The nature of thought is that we experience/feel our thinking about what happens, not what happens. **We NEVER experience what happens directly, not even with physical pain.**
- Who is doing the thinking anyway?
- Constant tension:
 - Ego-based thinking, the personal, the story
 - There is an Inner Wisdom that is constant and unchanging, and CANNOT be destroyed or hurt, no matter what



That Constant Interplay



**Inner Wisdom
(Who we REALLY are)**



What is Inner Wisdom?

- DEEP sense of peace
- Inspiration, intuition
- What many call wellbeing
- Detachment from outcome – being OK with whatever happens
- Responsibility for one's feelings and actions
 - Awareness of the nature and role of thought




How can you connect to it?

- Meditation
- Prayer
- Walks
- Physical exercise / activity
- Shower
- *Discipline/capacity to step back from troubled emotions and to recognise you are getting flooded by your feeling*
 - *Knowing you are getting overwhelmed by your thoughts*



Inner Wisdom Container



All Interventions are 'held' by the
deep knowing of the goodness,
the wholeness
the innocence

Without this container,
using something as
powerful as EFT or NLP is
profoundly limited



Resources

- Take a course! AAMET – www.aamet.org
- Gary Craig’s new site: www.garythink.com – LOADS of free resources from the founder of EFT
- ACEP: www.energypsych.org – great training, rich research
- AAMET: www.aamet.org – UK’s main associative body for EFT
- www.eft-universe.com – LOADS of videos
- www.eftfree.net – free manual, LOADS of resources
- www.allergyantidotes.com
- Dr Phil Mollon – *Psychoanalytic Energy Psychotherapy*
- Dawson Church – *Genie in Your Genes*
- Helena Fone – *EFT for Dummies*
- “*Dead Wrong*” – movie about children being damaged and killed by drugs prescribed to them for depression, anxiety, ADHD, etc.



Even More Resources

- www.shoshanagarfield.com
www.unlimitedemotionalfreedom.com
 - EFT Training DVDs and other support
 - First chapter of my book on forgiveness (free)
- You Tube channel
<http://www.youtube.com/user/HowToLetGo/videos> (88 videos)
- To arrange a consultation, or a speaking or teaching engagement:
 - Email: sg@shoshanagarfield.com
 - Office Number: 01273 252333



Resources on Inner Wisdom

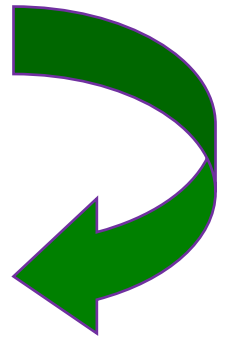
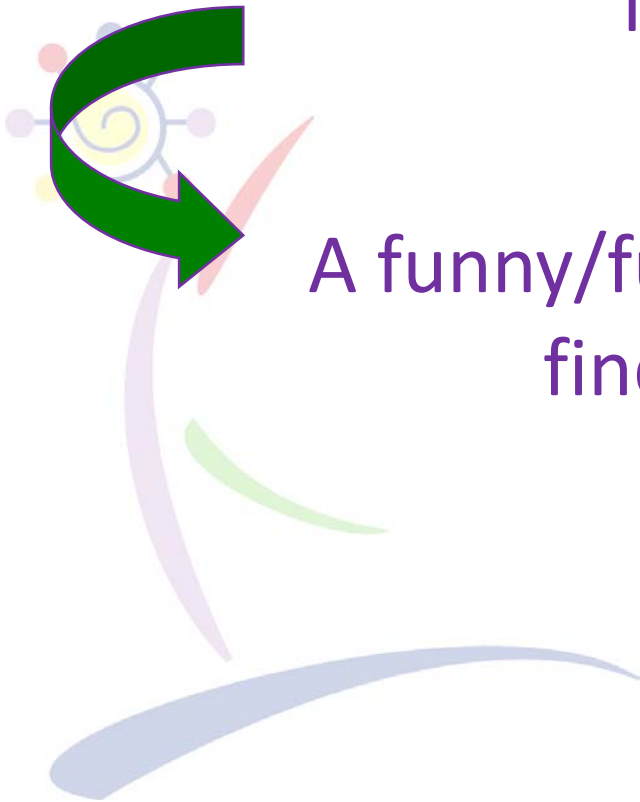
- Somebody Should Have Told Us – *J Pransky*
- You Can Be Happy No Matter What – *R Carlson*
- Parenting From the Heart – *J Pransky*
- www.threepinciplesmovies.com
- www.tikun.co.uk
- www.shoshanagarfield.com
- www.unlimitedemotionalfreedom.com
– First chapter of my book on forgiveness (free)



EFT – How to Present It to Little People

‘Magic Buttons’ that can make icky feelings go away

A funny/fun way of playing to help find inner calm again



Common Reversals

- Don't want to be free of an issue
- Don't know who they are (identity) without the issue
- Not safe to be free of an issue
- Lack of permission to be free of an issue
- Not deserving to be free of an issue
- Some parts don't want to be free of an issue
- Some parts relevant to releasing the issue are isolated from the energy system
- Don't know how to connect to ancestors without the issue
- Letting go makes what happened OK
- Lack of self-acceptance and love
- Unmet need to honour pain/suffering/injustice



General Disorganisation Correction

- Cross arms across chest and place the tips of the fingers on the collarbone.
- Keeping the fingers in place for the duration of the set:
 - Exhale all the way
 - Inhale halfway and hold
 - Inhale all the way and hold
 - Exhale halfway and hold
- Allow the rest of the breath to exhale, and have a full, normal breath (in and out)
- Still keeping the arms crossed, make a loose fist with each hand, and place the knuckles (middle joint) on the collarbone.
- Keeping the fingers in place for the duration of the set:
 - Exhale all the way
 - Inhale halfway and hold
 - Inhale all the way and hold
 - Exhale halfway and hold
- Allow the rest of the breath to exhale, and have a full, normal breath (in and out)



Important Query

Can EFT be used to harm?

EFT CANNOT be used to tap IN ick, even if someone wanted to, it just doesn't work that way. When ick is held in mind and tapping is done correctly (including more ornate, expert procedures), ick is cleared. If tapping is done incorrectly then there is no impact.



Common Questions

- Can you tap with both hands/both sides? **YES**
- Does it matter which hand? **NOPE**
- Can I switch hands while tapping? **YES**
- How many taps on each spot? *7 is most common but sometimes more is better.*
- Is the SET UP essential? *Not always, but necessary in cases of PR.*
- Will EFT take away natural (and healthy) emotional responses to situations? **NOPE**
- How do EFT results differ from a 'quick fix'? *Quick fixes don't fix.*
- Does it last? *Unaddressed aspects may make it seem the problem as returned.*
- What about very intense, long-term problems? *Complexity, not quantity*
- Don't people NEED to understand their problem? **NOPE**
- Can EFT help people with Sports / Peak Performance? **YES**
- Why does it help with physical problems? *Emotional contributions*



Demo Process

- Think of something that gives you some distress, but not a MASSIVE issue: feel free to choose something that on a scale of 1-10 is no higher than 8
- Give it a code name
 - Do Collarbone Breathing (revised)
 - Do sequence, using reminder phrase
 - BREATHE
 - Check your SUDs again



When your child doesn't know the feeling

- Called 'physical pain' technique – also great for unnamed emotion (write down answers):
 - Where in your body do you feel this?
 - If this feeling had a colour (or colours), what would that be?
 - If this feeling (in your ----) had a shape, what shape would it have?
 - If this (----) had a weight, would it be heavy, light, or somewhere in between?
 - If this feeling had a texture (spiky, smooth, gooey, hard, soft, fuzzy, furry, rough, sandy, misty, etc), what would that be?
- Tap through as before, using the answers as reminder phrases



We're About to do Demonstrations...

THERE IS NO REPLACEMENT FOR PROPER TRAINING. THIS MODALITY IS MORE COMPLEX THAN IT SEEMS. ONLY USE THIS ON YOURSELF NOW, AND ONCE THAT IS COMFORTABLE, FRIENDS/FAMILY. IF THIS METHOD APPEALS TO YOU, GET TRAINING.

UNSATISFYING RESULTS ARE MOST LIKELY DUE TO NOT YET KNOWING THE MODALITY WELL.

