



Mentoring Program

Skills, Tapping & Coaching

Handout for Course 1, Module 2, Lesson 1

Print this template out before you watch the lesson

As you're watching, make notes of words, ideas and insights about how you will cover these session structure points with your client.

You'll also be using your first fill-in-the-blank tapping template (below).

(You'll also receive instructions on how to use this handout during your first three (3) peer practice sessions, too.)

This is a list of the points you'll want to include in the first session with each new client:

- 1. Rapport and Pre-Frames**
- 2. Confidentiality / Agreements / Recording the Session**
- 3. Session Structure**
- 4. Therapy vs. Coaching**



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Handout for Course 1, Module 2, Lesson 1 (continued)

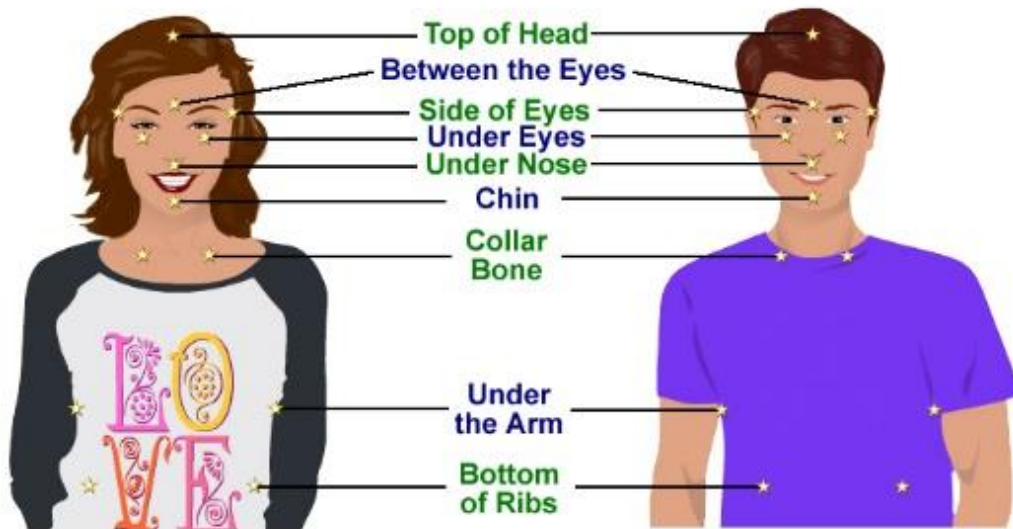
Your First Tapping Template

Tapping Points

For The EGO Tamer® (TET) Tapping Technique



Karate Chop Point



SUBJECTIVE UNITS OF DISTRESS (SUD) SCALE



Courtesy of Jan Luther, The EGO Tamer®



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Let's TRY it!

How are you feeling? (Capture one or two words or sentences. Know that you will focus only on these initial feelings, NOT the issues they're bringing to work on later!)

What thoughts hold those feelings? (Capture a few words)

_____ SUDs _____ / _____ / _____

_____ SUDs _____ / _____ / _____

_____ SUDs _____ / _____ / _____

_____ SUDs _____ / _____ / _____

_____ SUDs _____ / _____ / _____

Test and retest to 3 or lower, if possible, and then transition to closing the session