



# Mentoring Program

## Skills, Tapping & Coaching

### Course 2 Module 2 Lesson 6

#### The Gentle Techniques

#### The TET Tapping Steps:

1. Identify a **specific memory**.
2. **Gather Aspects** (Watching distress levels closely!)
3. **Estimate or rate SUDs** intensity.
4. 3 Choices, **based on their level of distress**:
  - 7 -10: Use the Gentle Techniques
  - 4 - 6: Any technique that won't traumatize
  - 0 - 3: Movie technique/ intuitive reframes
5. **Tap, retest, watch for geysers\*, follow daisy chains\***  
Repeat until all SUDs are zeroed out!

#### The Techniques:

- **Touch and Breathe** (T.A.B.) (No SUDs, no words, just touch and breathe)
- **The 9-Gamut** (No SUDs, no words, left brain, right brain balancing)
- **Sneaking Up on the Pain** (No story, focus on any fear or panic about the story)
- **Following the Feelings** (Sneaking up on the pain in EFT\*, Focus entirely on the physical sensation of the SUDs)
- **Tearless Trauma** (Think about talking about the story, guess the SUDs)
- **Talk and Tap** (SUDs and a guided, limited rant to let off steam)
- **Movie Technique** (Template, all aspects, SUDs and Verdicts)



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### Instructions for: ***The GENTLE Techniques*** **\*\* To Avoid Re-traumatizing! \*\***



When a client has experienced a major trauma, loss or change, their energy system will be in shock. Shock brings confusion, fear, anger and multiple layers of resistance.

The beauty of tapping is we can help them calm and quiet the mind and nervous system *without throwing them into the deep end of the pool* by forcing them to remember and relive the story too soon. To do so too early will absolutely re-traumatize them, increase resistance and pain and it may cause them to transfer their anger to you. (Blame you for all those feelings!)

Our goal is to always make the tapping sessions as gentle and comforting as possible. There is NEVER a need to press through the panic, pain or fear. Reduce the negative emotions as much as possible, one layer at a time.

Once the shock is reduced, the mind is much clearer, the energy is lighter and stronger and the client will let you know when they're ready to address the whole story.

Imagine a client has come to you for help because they're stuck grieving the loss of a child or spouse. The time that has passed is not important to focus on. The level of distress around the experience is.

The client may seem totally calm talking about it. However, they may have disassociated themselves from the story. If that's the case, you'll observe: monotone voice, blank stare, tight and controlled body language.

Or they may be highly animated and fidgety. In this scenario, their mind is "spinning." This can be calibrated when you observe that they're talking quickly – maybe loudly - jumping around in the story with what seem to be random thoughts and memories. Their eyes may be wide showing fear and panic and they may be still as a statue. Clearly their energy system is disrupted.

Or, of course, they may have any combination of agitation and stillness. It is always wise to lead them through as many of the gentle tapping techniques (which may take several sessions) as needed until their SUDs numbers are low enough that it is safe for them to go into detail about the incident(s) that caused such shock and trauma.

**Then and only then** do you want to bring in the **movie technique**.



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### The Techniques:

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### Touch and Breathe (T.A.B.) **Balance the Energy and Quiet the Mind**

This is good for someone who's **feeling high anxiety, pain, discomfort** or **embarrassment** when tapping. And, if they're really stuck in EGO PR, it stops the thinking mind altogether for at least a few seconds.

It is very soothing and meditative and can be used in all of your sessions at any time when the client is starting to spin out. Once they have regained composure, you can return to the technique you were using before they got triggered.

### HOW:

- **No words.** No story. **Slow and steady, touch each point and breathe.**
- Remember to just **hold each point and take a deep breath.**
- If they feel the need to say something, suggest that you pick a comforting affirmation like "I am safe," "it is over," "all is well," etc., and then have them exhale from the bottom of their lungs.
- **Repeat over and over until they are bored with it** and you can estimate that their SUDs is below a 5.



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### **The 9-Gamut Procedure** (triple warmer – all about survival issues.)

This process includes specific eye movements that calm certain parts of the brain while stimulating others. While it's one of the strangest looking techniques, when we use it can be swift and effective at calming the mind and EGO.

This point can be tapped at any time to calm when the **Fight, Flight and Flee** brain is engaged. Note that this is also a key point to employ when the EGO is raging and resisting change.

**This meridian dominates all others and it may hold the key to calming them down.**

Some practitioners **HOLD the 9-Gamut point for the client while the client continues tapping** the other points as a way of gently activating that point for them. I have rarely used this, but it can easily be done by placing your thumb on the non-dominant hand of the client and gently holding it or pulsing the thumb (unless that feels distracting or disconcerting to the client).

### **HOW:** (No story)

This procedure involves constantly **tapping the 9-Gamut Point** on the back of the hand while completing 9 steps to balance the brains hemispheres.

1. Close your eyes.
2. Open your eyes.
3. Hold head steady and eyes look quickly and hard down to the floor on your right.
4. Hold head steady and then eyes look quickly and hard down to floor on your left.
5. Roll your eyes from the floor all the way around clockwise as if following a clock.
6. Roll your eyes the opposite way (counter clockwise).
7. Hum the first line of *Happy Birthday* (or other song if the client chooses).
8. Count 1-2-3-4-5.
9. Hum the first line of the song. That is one round. Reassess for SUDs.



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### **Sneaking Up On The Pain** (Addressing the fear of the pain.)

Often times, the client has devoted so much **energy to resisting the feelings** that it has been simmering under the surface and has actually amplified the fear of the feelings. For them, **this feels like the "Big One" that might swallow them up.**

They may feel like this issue is too big to hope for change (major grief or trauma always have elements of this.) The challenge is that their EGO might try and convince them that the pain of avoiding it is safer than the pain of addressing it.

With the Sneaking Up on the Pain technique, **you'll avoid the story all together** and simply **address the "fear of what they might feel"** with no story.

- If they're highly agitated, don't bother with SUDs.
- Ask them for a CODE word (the big one or too big, too much, etc.).
- Tap on what it "feels like," ignoring all the story details.
- **Tap their code word over and over.**
- Watch calibration cues of relaxing, voice quieting and tone softening. They'll often take a spontaneous breath.
- This is a time to stay 100% general and not get specific until the resistance is down to a minimum.



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### The EGO Tamer® Tapping Template©

#### Sneaking Up on the Pain

Rate the current fear, panic or anxiety about doing this work. SUDs \_\_\_\_\_

Find the code word: \_\_\_\_\_ SUDs \_\_\_\_\_

Tap only the code word over and over: \_\_\_\_\_ SUDs \_\_\_\_\_

Test and reassess often to ensure the SUDs are reducing. If not, do you need to change or add more words?  
\_\_\_\_\_ SUDs \_\_\_\_\_

“Even though *I’m believing* that this is too much. I deeply and completely acknowledge, that I would like to be willing to see this differently. *Because it just feels like too much*.

Reminder phrase to tap over and over. *It feels like TOO MUCH!*



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### **Following the Feelings** (EFT's Chasing the Pain)

**This is very similar to the steps for addressing physical pain with the very marked difference that the pain is the EMOTIONAL discomfort!**

- Have the client **give you their SUDs** number.
- Then ask, "Can you tell me **where** you feel that 9 (number) **in your body?**" (This draws their attention to the realization that the SUDs is a feeling in their body.)
- Have them locate exactly "**where that energy is stuck in their body.**"
- Ask them to **describe the feeling with one or two words.** (Tight, heavy, etc.)
- You can also invite your more visual clients to get even more descriptive: "**If it had a color, what would it be?**" (Black, murky gray, etc.)
- Have them explore **what that color means.** (Black= evil or deadly, etc.)
- Next, you may invite them to tell you "**How BIG is that black, murky etc.?**" They may say as big as my body or this room or the house, etc.
- Notice that because this SUDs number and pain is emotionally based, IT **WILL MOST LIKELY MOVE** as you keep tapping. (This is fabulous. It proves that emotions are ENERGY in motion that cause pain when they are stuck. All we have to do is soothe that disruption of energy!)
- Each time the pain moves, **start the process over:** Gather the SUDs, description, color, size, etc.
- **Stay intently focused on the physical feelings as you tap.**
- **Test and retest often to track the movement.**
- Just keep tapping until the numbers for all locations are down or zeroed out.

\*Each one of these fabulous clues will help you track the tapping success. This is a great technique for you to begin to **practice gently using your intuition** to uncover and dissolve their EGO beliefs. Keep in mind that **there is a metaphysical or spiritual message in each and every one of these aspects.**

That being said, don't press that angle. When you focus entirely on a simple phrase like: "This \_\_\_\_ (heavy) feeling in my \_\_\_\_\_ (chest)."

The numbers will reduce. Once the numbers are reduced or dissolved, move to the next technique. Always be mindful of your time in the session. Take the leadership role as the coach and gently guide the client to bring up the highest distresses at the beginning of the session so



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that you have ample time to use the techniques necessary to ensure that the SUDs are reduced and the client is calm before they leave you.

If the client introduces a highly charged issue near the end of a session you can gently encourage them to give that the full attention it deserves in a follow up session.



### The EGO Tamer® Tapping Template©

#### Following the Feelings

Where exactly is the SUDs pain? \_\_\_\_\_ SUDs \_\_\_\_\_

Describe what it feels like in 1-2 words: \_\_\_\_\_ SUDs \_\_\_\_\_

If it had a color, what would it be? \_\_\_\_\_ SUDs \_\_\_\_\_

What does that color mean to you?  
 \_\_\_\_\_ SUDs \_\_\_\_\_

How BIG is that (blob) of color?  
 \_\_\_\_\_ SUDs \_\_\_\_\_

Tapping phrase would be each of the aspects.

Even though *I'm feeling* this, **big as my room, sharp** pain in my **chest**, I deeply and completely love and honor my body, *even though I don't like this feeling and I wish this pain would go away.*





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### **Tearless Trauma:**

**Client identifies an older bothersome memory, but they don't focus on the feelings or the story at all. They merely GUESS what the SUDs number would be if they were to focus on the issue.**

**This technique is great for group work to avoid abreactions in the crowd. And it is powerful for assisting a client.**

- **Identify the issue, at least 3 years passed and no longer active.** (By active I mean, for example, that if they have a parent who had a stroke three years ago – that would be the traumatic memory. However, if the parent is still living and especially if they are still caring for the parent, that is an active trauma that will not respond completely to this process because there will be unlimited experiences past and PRESENT that are causing them distress.)
- **Have them GUESS at the SUDs.** (Don't picture the story!)
- **Develop a gentle reminder phrase.**
- **Tap until guessed SUDs number is three (3) or less.**
- Then, time permitting, use the Movie Technique.



## The EGO Tamer<sup>®</sup> Tapping Template<sup>©</sup>

### **Tearless Trauma Technique**

Have the client identify the past issue: \_\_\_\_\_ SUDs \_\_\_\_\_

**GUESS** what the SUDs number is: \_\_\_\_\_ SUDs \_\_\_\_\_

Develop a reminder phrase: \_\_\_\_\_ SUDs \_\_\_\_\_

Tapping on just one simple reminder type of phrase:

### **"This Story."**

Tap, test and adjust the reminder phrase, if needed, but keep it GLOBAL and NOT specific to any of the aspects of the story until the guessed SUDs number is three (3) or below and then you can employ the Movie Technique.



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### **Talk and Tap:**

Let them talk (vent) while tapping from point-to-point, round after round, until they have let off some steam.

Let them rant, but NOT TOO LONG. If you let them get too wound up, it actually increases distress instead of reducing it. \* **I call this the "Dwell and Swell" Syndrome.**

You can track SUDs numbers or simply keep an eye on them and intuitively estimate when they might be ready to do more constructive focused tapping.

### **The Movie Technique:**

**Once the SUDs numbers are very low, break the traumatic incident down into manageable pieces and address them one-at-a-time.**

*Verbally narrate the movie and record all of the aspects on The EGO Tamer® Tapping Template:*

- **(WHERE- WHEN)** Date, space and time of the **incident**
- **Senses:** See, Hear, Smell, Taste, Feel
- **TET Tapping – "Dreadful" words?**
- **TET Tapping – Did you have intuitions before it occurred?**
- **How long** did the incident actually last? (If it's more than a few minutes, chunk it down even more into mini-movies:
  - ❖ The Day (tap only on the date and day)
  - ❖ The SHOCK of getting the news (clearly a mini-movie with where, when, who, etc.)
- Rate the SUDs level of *each aspect*
- Find where the emotion is 'living' in their body.
- TAP the aspects of each min-movie over and over, one movie at a time.
- Test
- Repeat!
- *Address Daisy chains, pop-up Aspects and boomerangs!*



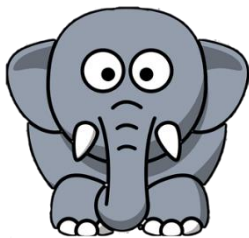
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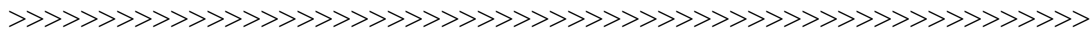
- Ask them to tell you the whole movie like you've never heard it before. Record new aspects and get a SUDs level on all Aspects, tapping as needed.
- Repeat to zero intensity.
- Final testing: Does that emotion still live there? Rate the SUDs (0-10)

With the **TET Tapping Technique**, we treat EVERY aspect that is a three (3) or higher on the SUD scale as its own story. It's astounding how many new stories and aspects we uncover doing this.

REMEMBER:



**The key benefit of using the Movie Technique** is that it helps us break the incident down into bite sized pieces and address it one step at a time.



### Meridians >>> Organs > > > Emotions (Update to page 22 in your original manual)

- Side of Hand or KC – Small Intestine – **sadness, psychological reversals**
- **Crown – (100 meeting point meridian) release EGO, open crown to Spirit**
- Eye Brow – Bladder – **trauma, frustration, restless**
- Side of Eye – Gall Bladder – **anger, rage, judgment**
- Under Eye – Stomach – **anxiety, fear, nervous, cravings**
- Under Nose – Governing Vessel – **embarrassment, shame, guilt, powerlessness**
- Chin – Central Vessel – **confusion, uncertainty, shame, second guessing self**
- Collar Bone – Kidney & Adrenals: **grief, anxiety, insecurity, indecision**
- Under Arm – Spleen – **anxiety, fear of future, obsessing, self esteem**
- Below Nipple – Liver – **unhappiness**
- **RIBS: Liver- Grief, unhappiness, Large Intestine – Self Worth, Guilt**