



Mentoring Program

Skills, Tapping & Coaching

011A - Case Study Template / EXAMPLE

Practitioner Name: Jan Luther

Date: 8.11.11 Client Initials MV

1. Pre-Session Rapport:

MV Signed Intake/Release form

F.O.R.M. Creating connection and rapport:

Conversational interview to find areas of connection and open-heart conversation.
(Affirming you are safe, I like you, we are going to work well together.)

Welcomed her by greeting her at her car and escorting her into my home office.

Family, where From and Occupation: Wyoming... lived there 51 years and then husband transferred to New York and the job was “horrible”
After some abuse from his boss, he quit (on a Tuesday)
They moved back to Wyoming.

Shared that I’m from Idaho – Love it out west and been to Wyoming many times.

Connected on many layers: Invited her to elaborate on moving and she expanded that they had been transferred many times because of husbands’ jobs. Connection that as a military wife, we’d moved 13 times and we commiserated on the sense of being told when, where to move—powerless—and other grief over moving.

Family: Her mother has passed. (Hard to lose Mom. I’ve lost both of my parents. TET Tapping is so powerful for releasing the grief.)

Making the client as comfortable as possible:

Showed her a bottle of water I’d set out for
Box of tissues should she need them
Explained we have a guest restroom should she need it
Invited her to remove shoes, jacket let me know if lighting, room temp okay

2. Explained session structure.

60-75 minutes for first session. Gather information on traumatic ‘incidents’- rewrite/rewire the brain. Remind her she is in control... I follow her and will use my own intuition and skills to check in many, many times. Affirm once again that we are going to do great work.



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3. **Building Bridges:** EFT is like acupuncture without needles, yay!
Drew the comparison between her experience with chiropractic—balancing, restoring and comforting and the fact that EFT addresses emotions where they live—in the body. Also added another layer of rapport—My history and training with and deep admiration for Chiropractic.

4. **Interviewing/ Gathering Clients History/ Discuss Presenting Issue**

62-year-old woman, **stress and trouble breathing**

Her mother passed away 5 years ago.... She stated she was at complete peace around her passing. (*I intuited that there was unresolved grief and some kind of guilt.*)

Had a dog BUFFY that she loved more than she could comprehend felt a bit embarrassed about grieving a dog so much. (*I celebrated that the love was genuine, open hearted love and that our four-legged furry babies often give us the most unconditional love in the world.*)

Son is 30 getting ready for Grad school, she has great concerns for his wellbeing in this economy

They moved to charlotte 2 years ago, she is still feeling isolated and alone.

Father is currently in a local nursing home and she is there daily. Is experiencing tremendous anger and concern that they are not caring for him.

Specifics include not monitoring his oxygen to unhealthy levels... her experience of apathy among staff when a patient was trying to leave the building and SHE was the one that got up to stop the patient.

The next step for them is to bring him to live in her home and she expressed feeling guilty that she wasn't sure she wanted all that responsibility.

5. **Getting Started: Introduce to tapping points & SUDS**

Explained Tapping and SUDS by walking her through the points. Reassured her that I will guide her every step and it will make total sense by the end of the session.



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Sorting the Laundry: Finding Story and Aspects

- Moved
- Husband job-New York
- Father... was going to move there with them and then 2 weeks prior changed his mind / she had to leave him there
- Boss- abusive- called yelling- it was a Tuesday- she told him to just quit
- August moved to charlotte
- "DAD" (confirmed not use title of Father) COPD, Heart
- They don't care for him
- Had to hire extra help to be there for him
- I have to be there
- Shaken faith
- Bringing him home????
- Angry with them
- Grief over Little dog, BUFFY
 - o Taught me compassion, sickly animal (*Need to revisit this)
- Broken wrist??? (Need to revisit this)
- Asked about her Spiritual and GOD language. Her husband is Catholic. She believes in God and in Past lives. Said she is more "spiritual than religious". (I affirmed her by saying me too and most of my clients as well.
- WHEN SHE WAS 12--- she met a psychic in MI—she was right on and it frightened her: (I felt the PING) **SUDS 10** (Explained SUDS)

Opted to follow the ping for the first round of tapping.

6. Used Movie Technique:

WHERE: In Michigan, a local fair

WHEN: She was 12 years old.

WHO: The psychic lady?

DID/SAID: "She would have the ability to see things others don't. Including knowing when things are going to happen."

FELT: **Scary: 10**

FELT: **Spiritually naked,** "how did she know those things?" **10**

WHERE SHE FELT IT: heart and gut

Tapped very generically just had her watching the movie in her mind, did 2 maybe 3 rounds.



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Retesting:

Scary 4

Felt Naked 5-6

Daisy chained to next emotion SAD: **SUDS 10**

Explored why Sad? Her mother used to have similar premonitions when someone was going to die. Sad that Mother's intuition only showed her death. **SUDS 8**

7. **Used Talk and Tap** (She couldn't find a specific vivid memory)

Phrases we tapped about her Mother

- sad that she only saw bad things,
- scary to see that as a child,
- sad I didn't want to believe her,
- guilty for doubting mom.
- Sad that Mother only got bad news
- Wonder if it was helpful information for her

Retest **SUDS 4**

8. Inching to a reframe tapping phrases

- Sweet little girl, I was scared...

I tested the soft affirmation/reframe phrase:

"It **would** be sad and scary to a child if the only thing you had psychic information about was death. (We both laughed)

Offered insights for reframe:

- Perhaps Mother didn't deal well with shock
- She had a gift and was parting the veil of heaven,
- Maybe she felt 'uniquely loved" that God would let her in on His plans ahead of time so she could be prepared?

Client spontaneously let out a BIG SIGH. We stopped tapping and she took a couple of deep breathes. She mentioned "How light that feels."



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Reviewed the story retesting key aspects:

The Psychic:

Scary 0

Feeling spiritually naked 1

Sad 2

Her mother's intuition 2

Calibrated client shoulders relaxed.

Noted she had laughed and took deep breaths spontaneously

Her own comments that she felt lighter

Her numbers all down below 3

Round 2

Went to my intuitive hit from start of session by asking a question:

I'm just wondering, and could be totally off here but, thinking about when your mother died; are there any lingering regrets? (My intuitive guilt hit from earlier)

She started crying---

Mother had been diagnosed with Cancer. She'd been through treatment. Had to be put into a rehab facility.

She had **BEGGED** me to let her come and stay with. **SUDS 22 (10)**

MV's son was her priority (I think he was 15-16 at that time)

She told her mother no; she couldn't come stay with her.

That was on a Saturday. Her mother passed the following Tuesday.

"She died 3 days later" **SUDS 10**

Crying – geyser of emotions. Using **Talk and Tap** Technique where I followed whatever phrase she gave me. Some of the phrases were:

- I am so sad and ashamed that I told my mother no when she begged to live with me....
- What kind of daughter does that?
- My (husband) didn't her want to
- Mad at him
- Will she ever forgive me?

Crying reduced each round, 2nd or 3rd round she exhaled and slowed down.



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Invited her to continue to talk and tap correcting any phrases that I offered that don't feel congruent to her:

Even though I have been feeling guilty
Feeling like I let Mom die in the hospital
I realize the situation was stacked against me
Had to think of my son
Husband didn't want her living with us.

(I had the thought I may need to do some forgiveness work around hubby saying no. SO asked her how she felt about that?)

Offered a test phrase: "And even though I felt relieved when Hubby said no and that makes me feel guilty now, too." (Forgot to ask for SUDS intuited it was 5-6?)

I could sense SUDS dropping simple because she was verbalizing all these deep trapped feelings so we just leaned into tapping and inching to reframe ideas:

- So, even though I may have felt like it was my fault. I didn't give Mom cancer. I didn't cause her death.
- It was a rough time for all of us.
- Did Mom know her time was short? (Does that change anything?)
- I wonder what I would think or feel if it were MY child and I was the one recovering from Cancer.
- Even though Mom begged me...I realize, she wasn't quite herself or in her right mind.
- Could it be that NOW I can forgive the unhappy situation
- I can imagine that Mom totally understands it now from her heavenly view
- It's very possible that even IF I had brought her home she would have passed on that Tuesday.
- Only God knows.
- I cannot undo it now
- Telling Mom that I am so sorry and I hope you can forgive me.

(Her tone of voice, her expression all softened – she was visibly relaxing too.)

We discussed how as parents we don't really divulge, share or expect things of our children. Wouldn't want to burden.

Continued tapping and talking through some phrases

- I can have peace now knowing that it was her time
- Maybe she knew it, too
- Perhaps it worked out exactly as it needed to...



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- I was with her when she passed...
- Maybe moving her in to my home would have extended her suffering...

Retesting:

Mother begged me **SUDS 10 to 2-3**

She died 3 days later **SUDS 10 to 2-3**

NEXT: I checked in to see if she was ready for shift gears from Mom and look at another aspect on the list. She was agreeable.

Reminded her to always let me know if I am on the right track or if we need to adjust.

She offered her own phrase

"Perhaps I feel guilty for considering letting my father move in when I didn't let me mother?"

A second and less intense GEYSER SUDS 10 (Talk and Tap)

Feel so guilty

Afraid my Mother would feel slighted if I let Dad move in but I didn't let her

Afraid It will be a mistake.... (if I let dad move in)

Afraid to bring him home...

Feeling guilty for knowing it will be challenging...

Feel guilty for being selfish

Connected to the CORE ISSUE --- GEYSER: 10++ Didn't need to ask SUDs

Feel like I can't breathe

Grief and overwhelm (anxiety)

Feel powerless. No win situation

Fear AND maybe empathy for Dads COPD,

*Worked Globally (**talk and tap** specific phrases and some adjusted phrases) for a couple rounds and then focused on **physical pain and anxiety**: (Then applied **Follow The Feelings**) tight, can't breathe, weight on chest: lungs and chest*

***Note: Chose not to sneak up on the pain because she was so overcome with the geyser that making her stop to guess the SUDs might have shifted her focus.**

Retesting:

Feel so guilty 3

Can't breathe 1-2

Powerless 3

Sad for Dad (COPD) Her phrase: I feel so sorry for him: SUDS 8



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We worked this one phrase multiple times until she spontaneously yawned and exhaled.

Intuitive—her EGO feeling sorry for herself, too. So, I added a phrase or two on “And I am sad for myself too. It has been really hard on me.” She received it well.

When she'd calmed down, we tapped on the feelings of overwhelm and sadness. She realized she isn't really powerless just needs to determine what if anything needs to be done about his situation.

Helped her clarify and simplify that there are really only 3-4 possibilities

- *Do nothing*
- *Speak to the supervisors and record her complaints*
- *Bring him home*
- *Or, ask him what he needs and wants within the parameters of HER life and boundaries*

She was visibly and verbally more at ease and confident. She was pleasantly surprised when we retested SUDS and funnily enough, she was trying to get the anxiety and ‘can’t breathe sensation’ back to 8 or 10 but the most she could claim was a 1-2!!

9. Retesting (Ready to tap them down more if it felt like best option for client closure!)

- 1: *Psychic* Scary: 10 -0
- 2: Felt naked: 10 - 0
- 3: Sad: 10 – 2-3
- 4: Mothers gift was only bad news: 8 to 1,
- 5: Mom begged me: 10 - 1? (.5)
6. She died 3 days later: 10 - 1 (Client said: “I wish the circumstances had been different.”)
- 7: Guilty: 10 -0
- 8: *Core/& presenting Issue “Panic, Anxiety and can’t breathe”: 10+ – 1
- 9: Powerless 1
- 10: I feel so sorry for Dad: 8 - 2



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10. Closing Session:

Asked client: How are you feeling. She was amazed at how effective this was.

Recapped the key aspects – she agreed there was a lot covered and a lot released. Celebrated all 9 or 10 Tapping points.

Asked for her biggest take away: “How much distress and grief was in there. No wonder she has been feeling so much anxiety.”

Discussed the connection between tension and anxiety to depression and overwhelm.

Reminded her that there **are many more potential topics to be addressed** if she chooses

- Loss of dog
- Her broken wrist
- Mother's death/ grief
- Husband's reactions and responses
- Decisions and adjustments around her Dad's situation.

Client opted not to schedule at that time. But did purchase a 3 package several months later once they had moved her father in with them.

Self-evaluation

Did client sign release form, confidentiality, and/or informed consent?

Yes, release form

How did you create rapport, build bridges, ensure comfort and safety of client?

Greeted warmly, water, tissue, trash, restroom, you are in charge. Discussed her experience with EFT (only on the internet short videos) Conversation about how much she is suffering and I can imagine. Share how much I want for her to feel better! Explained my version of why EFT works using mental folders and meridian points. Looked for many things we have in common. Constantly celebrated her.

How did you demonstrate *presence* with the client?

Constant eye contact... met her pace and tone, would soften my voice and slow my pace if she was experiencing higher distress. I checked in frequently, expressed joy and complete acceptance for her beliefs, opinions, fears and all experiences. Eager to help her find relief and hope.



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Was there a core issue underneath the presenting issue, and, if so, how was that discovered and handled?

Yes, multiple layers of hyper responsibility, grief, powerlessness and stress about her mother and now her father's living conditions in a retirement home where they are not caring for him properly. (Gently mentioned that it's interesting that her Father has COPD. Meaning, he can't breathe either?)

Session Closure: At the end of the session did you review with the client the presenting issue and how the work was related to it?

Yes, reviewed each of the 9 key tapping phrases. Celebrating each one. Celebrated her release of 2 geysers and the PHYSICAL relief she is now experiencing.

Mentioned remaining issues: Dog, Buffy death, Broken Wrist, Grief of Mom Dad etc.

Was very clear that I encourage SELF CARE with tapping and support if not by me with another practitioner regardless of the decision she makes around her dad's living situation.

Explained how she could schedule additional sessions and extolled the virtues of SKYPE.

Was client satisfied with the effectiveness of this session?

Yes. Client was bright and cheery at the end and spontaneously hugged me.

What, if anything, would you have done differently, what did you learn?

Invited her to drink water and possibly have her stomp when the geysers hit.