

The EFT Academy's

011A – Written Case Study Example

Stress & Grief

Practitioner Name: Jan Luther

Date: 8.11.11 Client Initials MV Score of 25

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

Small talk – interviewing and building rapport based upon shared life experiences:

- Where is she from: Was from 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...I’m from Idaho - out west and been to Wyoming
- Her moves - transferred b/c husband’s job - As a military wife, commiserated on the sense of being told when, where to move—powerless—and other grief over moving.
- I, too, have buried both of my parents.
- Ensured her comfort - water and tissues on hand, restroom should she need it.
- Invited her to remove shoes, jacket; let me know if lighting, room temp okay.

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 Chiropractic.

Explained the process – 60-75 minutes for first session. Gather information on traumatic “incidents” - rewrite/rewire the brain. Remind her that she’s in control... I follow her and will use my own intuition and skills to check in many, many times.

She was on board with all.

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2. The client's history and presenting challenge:

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

Her mother passed 5 years ago.... She stated she was at complete peace around her passing. I intuited that there was unresolved guilt.

Had a dog, BUFFY, that she loved more than she could comprehend; felt a bit embarrassed about it...I celebrated that the love was genuine, open-hearted love...

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.

Father is currently in a local nursing home, she is there daily and she was having 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.

3. Details of the actual work done in the session: **(10 points)** **(Phrase or Title / SUDs / Reframe Phrases / Retesting / Techniques Used)**

Primarily used the Movie technique
Used Talk and Tap when she hit a geyser

Story points:

- 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
- Boss- abusive- called yelling- it was a Tuesday- she told him to just quit

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- 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
- Little DOG BUFFY
 - Taught me compassion, sickly animal,
- Broken wrist??? (need to revisit this)
- Asked about GOD language and shared Catholic Husband but she believes in Past lives... with some hesitations.
- PINGED WHEN SHE WAS 12--- she met a psychic in MI—she was right on and it frightened her: SUDs 6

Used movie technique and tapped on it was scary, **SUDs 10** I felt spiritually naked, how did she know those things.... Retested SUDs to 4

Next was the emotion SAD: SUDs 10

Explored why Sad... Daisy Chained to her mother--- used to have similar premonitions --- when someone was going to die: SUDs 8 –

Phrases we tapped

- sad that she only saw bad things,
- scary as a child,
- 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

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- Sweet little girl, I was scared...
- Used a soft affirmation phrase it **would** be sad and scary to a child if the only thing you had psychic information about was death... (we both laughed)
SUDs 2-3

Began looking for ideas on reframe:

- Perhaps Mother didn't deal well with shock
- She 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 had a BIG SIGH--- took a couple of deep breathes. big breath--- commented on how light that feels...

Reviewed the story testing ALL aspects.... **SUDs 0-1-2**

Round 2 Went to intuitive question.... When Mother died.... Was there anything you regret? (My intuitive guilt hit from earlier)

She started crying---

Mother had been diagnosed with Cancer- been through treatment—had to be put into a rehab facility and she BEGGED MV to let her come and stay with her.... (MV's son was her priority...) she told her mother no, she couldn't come stay with her... it was a Saturday... her mother passed on the Tuesday after. **SUDs 10** ----

Crying – geyser of emotions so switched to just Talk

- 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 want to
- Mad at him
- Will she ever forgive me?

Client exhaled ---

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Gently approached phrases while just tapping to TEST PR:

- I wonder what I would think or feel if it were MY child?
- Could it be that as a mom she totally gets it?

(her tone of voice, her expression all softened – the SUDs was dropping!)

We discussed how, as parents, we don't really divulge, share or expect things of our children. Wouldn't want to burden. Did she know her time was short?

Continued tapping and talking through some phrases

- I had peace that it was her time
- Maybe she did, too
- Perhaps it worked out exactly as it needed to...
- I was with her when she passed...
- Maybe moving her into my home would have extended her suffering...

Retesting and **SUDs dropped to a 2-3**

NEXT: Checked in to see if she was ready for another topic and round? Reminded her to let me know if this fit at all or, if not, we would find another theme:

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

A second GEYSER SUDs 10—Talk and Tapping

- Afraid my Mother would feel slighted... I let Dad, but not her
- Afraid I make a mistake....
- Afraid to bring him home
- Feeling guilty for knowing it will be challenging---

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HIT A CORE that relates to her presenting issue:

- *Feel like I can't breathe,*
- *grief and overwhelm,*
- *powerless*
- *Fear AND may be empathy for Dads COPD,*
- *feel so sorry for him **SUDs 8 (worked this one phrase multiple times until she spontaneously yawned and exhaled.***

Tapped on the overwhelm and sadness. She realized she isn't powerless; just needs to determine what, if anything, needs to be done about his situation.

We discussed several possibilities

- *Do nothing*
- *Bring him home*
- *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, funny enough, she was trying to get it back to an 8 or 10, but the most she could claim was a 3!!

From my notes:

Retesting phrases

- 1: Frightened 6 to 1,
- 2: Naked 4 to 0,
- 3: Sad 10 to 0,
- 4: Mothers gift was only bad news 10 to 0,
- 5: Deep regret- powerlessness 10 to 2,
- 6: (Tested specific phrase) Told mother "no" - 10 to 1 (Reframed: That is NOT what caused her death; I begged, I did all I could!)
- 7: (The word) Guilty 10 to 1-2
- 8: Don't need to pity Daddy 8 to 3

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Self-Evaluation

Did client sign release form, confidentiality, and/or informed consent? (1 point)

Yes, release form.

How did you build bridges and rapport at the beginning of the session? (2 points)

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. Shared 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? (2 points)

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 make her feel better based on what that means to HER!

Was there a core issue underneath the presenting issue and, if so, how was that discovered and handled? (5 points)

Yes, multiple grief, powerlessness and including stress about her father's living conditions in a retirement home where they are not caring for him properly. (Her Father has COPD!!)

Closure: At the end of the session did you review with the client the presenting issue and how the work was related to it? (1 point)

Yes. Reviewed each of the 8 (or more) tapping phrases. Celebrating each one. Reminded her that there are many things that I think could use more TLC (Examples: Buffy the dog and broken wrist to name 2.) Explained how she could schedule additional sessions and extoled the virtues of SKYPE.

Were you content with the effectiveness of this session? (1 point)

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? (1 point)

More water and possibly have her stand when Geysers hit.