



NEWSLETTER – AUTUMN 2010

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1. Note from Mo

As a previous sufferer of PTSD (Post Traumatic Stress Disorder) myself, I felt it would be good to explore how EFT can help with this very common problem. EFT is brilliant for alleviating the symptoms of PTSD and releasing the trauma from the body. I would like to share with you my personal experience of this and also that of some of my clients.

My second article is on using EFT with children. This is something from which I gain a lot of joy from as children are very quick to learn the “tapping game” and receive benefits from it. In this article I’m going to look at ways to teach children EFT and also to explain to them how it works.

I hope you enjoy this newsletter and find benefit from it. Please don’t hesitate to contact me if you have any questions, as I would love to hear from you.

2. Featured Article 1: PTSD & EFT

As I mentioned above I would like to address the subject of PTSD in this issue. As a previous sufferer myself I am only too aware of how it can affect every aspect of your life sometimes without you even being aware of it.

Very briefly, my experience started when I was 9 as I was caught up in an IRA bomb explosion in the Tower of London. Although my family & I weren't physically injured we were naturally very emotionally upset. I would have been trampled to death if my father hadn't saved me by pulling me against the wall. However we put this incident behind us and got on with our lives. Jump forward 32 years and I'm at my first EFT course. The course tutor asked if anyone had suffered trauma at any time. As no-one else put their hand up I volunteered the Tower of London incident thinking that there wouldn't be much of an emotional reaction. I had told my "Tower of London Story" numerous times throughout my life with no reaction at all and was totally unaware that it was affecting me. I couldn't have been more wrong. The minute I started to tap on this event the emotional floodgates opened.

That day I recognized that that one incident in my childhood, which had lasted no more than 10 - 15 minutes, had dramatically changed me as a person and affected how I approached life. It amazed me the number of messages I'd stored in my subconscious from that one event. It was as if the jigsaw pieces finally fell into place and I realized why I had been living with a constant underlying fear, lack of confidence, mistrust of men and low self-esteem. I had been living with PTSD but had no idea of this as I'd totally detached from the incident which had caused it.

Fortunately with EFT and the skills of two good EFT Practitioners I finally managed to address all the various aspects of my PTSD and clear it from my system. This experience transformed me as a person and taught me a lot about this condition..

Another example of how EFT can quickly alleviate the effects of PTSD comes from my Client who lives in South Africa. She was desperate for help as her confidence had been shattered and she was unable to cope with life. She had been told by her Psychologist that it would take her 4 years to recover.

Her trauma had happened two weeks prior to her telephone appointment with me. Her husband was mistakenly identified as a criminal and their house was raided by armed Police in the early hours of the morning. She and her husband were held at gun point while the Police searched her home and her husband was then taken away in handcuffs. As you can imagine she was extremely traumatized by this experience. I began by using EFT to alleviate her immediate emotional upset. Once she was in her emotional comfort zone I then asked her to tell her story but to stop if she experienced the slightest physical or emotional reaction. We then worked through her story on a step by step basis at all times keeping her in her emotional comfort zone. It took two sessions to totally clear the trauma from her system including all the various aspects. At the end of her second session she reported feeling as she had done prior to the

incident, like it had never happened. We actually had to tap on her shock that the trauma had gone.

Another, simpler example is my friend who was involved in a minor car bump near her home last year. She was shaken emotionally and upset, but physically unharmed. She phoned me for help and I was at her home within 10 minutes. We immediately used EFT to address all the various aspects of the incident. This took about 30 minutes. We then settled down for a coffee and a catch-up. One hour later, as I was leaving, I asked her how she was feeling about the accident. She replied "What accident? Oh, the car I'd totally forgotten about that". She experienced no further emotional or physical reactions to the accident.

EFT is brilliant for alleviating PTSD and in my experience the sooner you address the trauma the easier it is to clear. It is also excellent in that unlike other PTSD treatment methods you don't have to relive your trauma. You can use EFT to gently and gradually work through your trauma while at all times staying in your comfort zone thus having the minimal amount of upset.

Please don't hesitate to email me if you have any questions about this or wish further information.

3. Featured Article 2 – EFT & Children

As I said in my introduction, I love using EFT to help children. Children are very quick to learn and to use EFT to help themselves.

For very young children I use Tappy Bear. This was a bear which has the tapping points marked on it. I tell the child that Tappy Bear is feeling sad and give it the problem the child has. I then ask the child to help Tappy Bear feel better by tapping on his points. They love doing this and the only problem I normally have is that they don't want to say goodbye to him. Once Tappy Bear feels better I then ask the child if they want to try the same thing on themselves. I then ask the child if they feel like Tappy Bear used to and tap along with the child as they tap on themselves. You can find more information about this at www.tappybear.com

For older children I introduce them to the tapping game. I tell them that by tapping on different places on their face and body they can help themselves to feel better. I then get them to trial this on how they're feeling at that time. Once they've done a tapping routine and relaxed, as they now know what's going to happen, I then address their problem.

EFT is a wonderful tool for helping children. I would like to tell you about Karen, a very intelligent 10 year old from the North of Scotland. Her mother brought her to me as she'd been getting bullied at her previous school and was having trouble settling into

her new one. She had become withdrawn and moody at home and wasn't getting on with her younger siblings. Karen very quickly clicked into the benefits of tapping and over the next few weeks we worked on her bad emotions, bad experiences and also her low self-esteem. The result was that Karen started to change. She made new friends at school, her school work improved and she started to excel in areas where she'd previously failed. Her mother emailed me a couple of months later and said that Karen had "blossomed". She was getting on much better with her siblings, her behaviour had improved and her teachers were amazed at the change in her. She had also received numerous awards for her achievements at school. She said she felt like she had given Karen a wonderful gift, by bringing her to see me, and that she intended to do the same with her younger children when they were Karen's age.

What better start in life could you give a child than to clear any wrong messages they may have about themselves or others and to clear any bad emotions they may be carrying?

Please don't hesitate to contact me if you would more information on this.

4. Recommended reading suggestions.

The book I would like to recommend to you this season is: Man's Search for Meaning by Viktor E. Frankl

In this book Viktor Frankl relates his experience during the Second World War in concentration camps. It is unique in that while he relates his story, rather than focusing on his suffering Viktor focuses on the human psychology. He provides valuable insights into human freedom, dignity and man's search for meaning. It is a very interesting and inspiring book to read.

5. Bach Flowers

As you will know, I am also a registered Bach Flower Practitioner and for this reason I would like to use this space to highlight one of the wonderful Bach Flower Remedies in each of my newsletters. I find that Bach Flowers work well in conjunction with EFT as they also focus on the energies in the body.

The spotlight this season is on Mimulus.

Mimulus is for known fears e.g. fear of the dark, fear of flying, fear of death. It is for when you know exactly what you're scared off.

Mimulus can also be good for shy retiring people who aren't comfortable in the company of others; they may blush easily or stammer. Mimulus can help these individuals to face and overcome their fears.

Personally I take Mimulus if there's something happening and I'm feeling apprehensive. I took it prior to meeting my current partner as I was nervous about meeting him and afraid that we wouldn't get on. Mimulus (along with EFT) helped to sooth these fears and we had a very successful first meeting.

So the next time you're facing something that's making you uncomfortable or one of your known fears arise why not try two drops of Mimulus in whatever you're drinking. Bach Flowers always help.

In conclusion, I hope that you have found this newsletter beneficial. I would love to hear from you, as always, if you have any thoughts or suggestions for future newsletters.

Wishing you love & light in your life.

Mo

Moira McFadyen

Counsellor, Bach Flower & EFT Practitioner

AAMET-adv, EFTCert-I, BFRP, Dip-couns

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