Using EFT with Children

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Values for Working with Children

- The child – like all of us – has innate ability to heal
- His behavior is not the problem; it is his best attempt at a solution
- We are only guides and resources
  - Look at a big picture – multi faceted problem
  - Help access their inner strength
  - Advocate – Teach skills and alternatives

We come into this world with all we need. We spend our lives learning to access it.
It’s all about R-E-S-P-E-C-T

R is for Rapport
E is for Empathy (not sympathy)
S is for Strength based focus
P is for Persistence
E is for Exploring all areas and Experimenting
C is for Catching them where they are
T is for trusting the child’s inner strengths and skills

Train ONLY when necessary and Thank frequently

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Rapport

• Used to build relationships quickly
• It is not necessarily trust – trust is a time thing
• Identify similarities – what are his interests
• Find something in common
• Can be very subtle, breathing, movement, tone, tempo, volume, using their words,
• Listen. Really listening is critical
• Accept where they are now

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Empathy

- A sense of feeling *with*
- Sympathy is feeling badly *for*
- Listen for and use their key words
- Recognize feelings
- You are an advocate, “on their side”
- Assure your words and approaches are age appropriate, involve his interests and fit within his cultural expectations
Strength

• Recognize and reinforce his strengths
• What does he do well? What other areas of his life are successful?
• Point out each time he uses a strength
• Reframe silence, opposition and other problematic behavior as a strength.
• Behavior is an attempt at a solution to his problem.
Persistence

- Realize that with serious behavior issues it will rarely be short or easy
- Recognize that EFT is a useful tool but more may be needed.
- If one thing is not working try something else
- *Ask the child.* He may already know what is needed but not have the resources.
- *Follow up!* When creating treatment plans make sure all involved parties are on board.
**Exploration**

- Explore *all* options
- Keep a *very* open mind
- What about exercise and nutrition and health issues?
- What about school and church and community influences?
- What is his relationship with key people in his life?
- What are the ongoing stressors?
- How can the stresses in his life be eased?
Courage

- Their courage to keep on keeping on is amazing. Respect it

C - Also stands for

- Catch them where they are
- Creativity – stand out from the crowd
- Children are not little adults. Modify EFT
- Recognize the Challenge and the Complexity of working with children
Trust

- Trust is created over time. What you say and do always matches. Speak the truth.
- Trust the process of EFT and the relationship
- Trust that the child is always doing the best he can
- Trust your instincts
- Totally be in the here and now
- Training - there are times the child needs skill building. We all need a helping hand at times.
- Thank frequently, appreciate the small things

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Ann Adams’ WEB Sites

Download interview with Ann about using these values with children: 
http://blogtalk.vo.llnwd.net/o23/show/2/249/show_2249125.mp3

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