



Using EFT with Children

Ann Adams, LCSW

www.EFT4PowerPoint.com

www.FromtheDeskofAnnAdams.com

Follow me on





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



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. It's critical to really, really listen.
- Accept where they are *now*

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



- Use a **Strength** base approach
- 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** for keeping 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**



Ann Adams' WEB Sites

Interview with Ann about using these values with children:

http://blogtalk.vo.llnwd.net/o23/show/2/249/show_2249125.mp3

www.FromtheDeskofAnnAdams.com

Blog site holds all articles by Ann

www.EFT4PowerPoint.com

www.EFTDVDoftheMonthClub.com

www.MarketingYourEFTPractice.com

List of helpful EFT learning tools

www.EFT4PowerPoint.com/store