

## **Miracle after Mentoring.**

by Enid Welford

I attended a mentoring day with Gwyneth Moss and then had an astonishing breakthrough with a client with whom I had been unable to establish a connection.

The system Gwyneth suggested is designed to unstuck stuckness between therapist and client. The first stage is that the therapist role plays their client and another supporting person from the group worked with them to identify and tap for issues. The supporting person identified issues with the 'client' and tapped away as we would normally do. When some new awareness came to the surface the two changed chairs, so that now the supporting person continued the role play of the client and the therapist was back to being themselves. Further tapping work was then done with the awareness that had emerged in the first set of work, again until the therapist really experienced their client in a new way.

Mary (not her real name) had been a client with whom I had walked on eggshells. She had not come to me for EFT, but for therapy from my other modality. She had been very critical of me, and I had spoken about her with my other supervisor on a regular basis because of the problems in establishing a relationship. She had made a lot of changes in her other relationships. I had suggested a review of progress in the session prior to the mentoring day, and it had emerged that she believed I had said various insensitive things which I would never say to anyone! It was clear that the transference issues were very strong. However, in that session I felt we had cleared the air. I was rather amazed in the session following the mentoring day that she said she wanted to stop therapy. I saw afterwards that she was attempting to hold back the tide of feelings that wanted to emerge.

I told Mary that she had various options, among which was to walk away and never deal with the issues of trust. She began to cry (her expression had always been deadpan. The following is a much abbreviated version of an amazing session. She recalled a memory of being hospitalised in an isolation ward when very small, and recalled deciding people could not be trusted, and she would not tell people anything about herself. It was clear she experienced her isolation as profound trauma, and I suggested she might like to work with EFT on it. She said with great clarity (in a direct manner I had not seen before), "I would like that".

Mary was already re-experiencing a knifelike pain in her chest which was clearly part of the trauma. She was too distressed to tap for herself, and with her agreement I tapped on her. I had never dared touch her previously! She recalled various aspects of the trauma and issues around it. I felt immense empathy for her in a way I had not done previously. It was a very intense session, after which she looked softer and more vulnerable and approachable. Following sessions were used to work with other profound traumas, and I have felt very tender towards her as a result of understanding the vulnerability which underlay her defences.

I believe that the aspect of the mentoring which caused such a shift was my walking in her shoes. I became aware of the terror of connecting to another human being which underpinned her apparent hostility to me. I have told many people about this mentoring/supervision system and it had always had good results. What is interesting is that I was challenged by one of my other supervisors to do it with a peer without the tapping! The peer in question reported a similar amazing breakthrough with his very disturbed client. I am a supervisor and have used the system in my supervision groups. The supervisees all love it.

The beauty of this system Gwyneth had pioneered is that there is little need for discussing detail or diagnosing the client. The whole issue in the therapeutic relationship emerges immediately, which changes the dynamics between client and therapist. I personally prefer to use the tapping, and am experimenting with using the system with and without the tapping. Since some of my supervisees are attending EFT training I should be in a position to conduct some minor research! However, I can say that this is a wonderful and effective tool for breaking through the deadlock with resistant clients!

Enid Welford  
EFT Level three practitioner.