



10 Steps for Tearless Trauma Technique

TRAINING IN EVIDENCE BASED EFT



10 Steps for Tearless Trauma Technique

WHEN TO USE

Your client has a specific traumatic event to work on and indicates, or you suspect, that they would be too triggered to work on the specifics.

For example, the client might start to tell you about it but you can see they are struggling.

Or, the client says something like, "I can't even think about it..." "I don't want to think about it..." or "I can't go there."

HOW TO DO IT

- ❖ Assure your client that they don't have to think about it/go there until they want to. In the meantime, you can work on it "at a distance."
 - Help them to come up with a distancing metaphor that has meaning for them. Like:
 - "In a vault on Mars"
 - "Behind a heavy velvet curtain"
 - "Over the mountains"
- ❖ Ask your client to estimate (on the SUD scale of 0 to 10, with 10 being the most intense) what the emotional intensity would be if they were to imagine the incident. Tell them not to imagine it, but simply to guess what the intensity would be if they did. This estimate is useful, while allowing the client to avoid the emotional pain inherent in full memory. Write down the client's estimate. Make sure the client's eyes remain open, so they can see they're in a safe place.
- ❖ Suggest an innocuous reminder phrase such as "the incident at the lake" that allows a layer of dissociation from the terror experienced in nearly drowning. Make sure the phrase is not too provocative, such as "I almost died." Sometimes even the most general reference to the traumatic event is too triggering. In these cases, you can call the event "the thing" or "what happened" or anything else the client is comfortable with. The client's unconscious knows exactly what you have put in the box, behind the curtain, or over the mountains.
- ❖ Get the client tapping as you reinforce the distance and safety of what they have chosen.
 - "Even though I have this by the lake event, I'm putting it in a steel vault on Mars..."



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- ❖ After the round, ask the client to estimate again what the intensity would be if the client were to imagine the incident. Compare that rating to the original one. It is usually a significantly lower number.
- ❖ Do more rounds of EFT, with new intensity estimates between each one. Three or four rounds bring most clients' estimates down to between 0 and 2.
- ❖ When the client's intensity is 2 or less, ask the client if they are now able to imagine the event - or whether they prefer to try bringing the vault closer than Mars...or making the curtain a bit less thick... or bringing the event to the backyard, etc.
- ❖ Work with the client to gradually lessen the distance.
- ❖ Repeat the process as needed - reducing the distance, tapping the guessed intensity down as many rounds as needed until it's a 2 or less, then reducing the distance again, tapping the guessed intensity down as many rounds as needed until it's a 2 or less, until the client feels ready to directly imagine the event.
- ❖ Now ask the client to rate the emotional intensity of the incident. Address the remaining aspects of the incident with the Movie Technique/Silent Movie Technique, Tell the Story Technique, or Basic Recipe as appropriate.