# 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

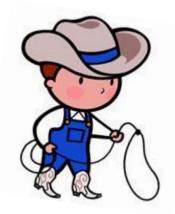
- **R** is for Rapport
- **E** is for Empathy (not sympathy)
- **S** is for Strength based focus
- P is for Persistence



- **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

#### 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*

#### **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

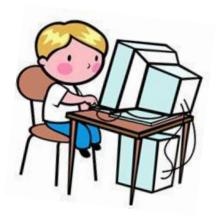
- What does he do well? What other areas of his life are successful?
- Point out each time he uses a strength
- Reframe silence, opposition and other problematic behavior as a strength.
- Behavior is an attempt at a solution to his problem.





- 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?

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- Their courage to keep on keeping on is amazing. Respect it
- **C** Also stands for
- Catch them where they are
- **C**reativity 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**

Download interview with Ann about using these values with children: <u>http://blogtalk.vo.llnwd.net/o23/show/2/249/show\_2249125.mp3</u> Download free children's book: <u>http://www.eftmastersworldwide.com/newsletter/1210\_freebies/sally\_and\_the\_bully.html</u>

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