

Speaker 1 ([00:00](#)):

Hello everyone and welcome back to our eighth episode of the intro to conscious EFT. Now we've learned over these last seven episodes, we've learned bronze tapping and the methods to do that. We've learned silver tapping and we've done lots of examples of that. And finally in this episode we're going to bring it to the near the end here and teach you what is gold standard tapping. Now, one of the things I loved the most about doing this interview with Nancy and then again about editing it is that Nancy is directed this or she's created this method because she's been doing this for decades because she's made all the mistakes. And we actually get into that, how this came about. And you know the sometimes painful parts of her past work and why she wanted to create this safer and easier and faster way to help her clients out and how now you can use this, you can learn from her. She is your shortcut to helping yourself in your life. And if you're someone who works with others to helping them out in this safer, faster, easier way. So I'm super excited to introduce you guys to this wonderful episode where we get into gold standard tapping. So let's jump straight in.

Speaker 2 ([01:35](#)):

Welcome back everyone to our introduction to conscious EFT. I am your host Jensen Zarek and I'm Nancy Forrester and I am thrilled that you're here and thrilled to be talking with you again, Jen. Yes, yes. So today we wanted to touch base on, before we jump into our topic with all of you listeners out there, because now we've had the chance to do a bunch of silver tapping right over the last couple of weeks we've done some peak performance stuff, we've done food cravings. We want you to think a little bit about how is it working for you as you're tapping along with us. And now we've told you some places to explore online as well. So to get the ball rolling, I want to say that everyone, I am still not craving jelly filled donuts.

Speaker 2 ([02:18](#)):

Hard to believe is moot. Yet I am an even, I was having a stressful day and I wanted the sugar and I that just wasn't gonna do it. I can use other things but I'm not that. So it's an example of how in EFT, once you can work on a few major issues then all of it will crumble. So I fathom, and Nancy you will have, I'm sure something to say about this. If I work on a couple of my other cravings around sugar, like one of my other favorite things are really probably a handful more of these and boom, the sugar cravings will be gone in general. In general. Yeah. And I had an interesting experience too this past weekend I was off to another city to do a training

Speaker 3 ([03:00](#)):

professional training. And normally what I do in the, these times I'm staying in a hotel. So I have room service and of course if one has room service, one must have French fries there. Just as an unwritten rule in my brain that that's what happens. And so I got to the first evening of the training and I'm got the room service menu out and it's like there was not a part of me that could actually order those French fries. It's like I ended up with salmon and rice and grilled vegetables, like what the heck? And I had not tapped directly on the French fry thing, but I'd been tapping all day in this training and it just came out that way that there was no uh, no urge for the French fries anymore. Hmm. That's very interesting because you know, I've done several trainings with you and I know that that's one of the things you really like.

Speaker 3 ([03:52](#)):

I know this is new, very interesting. Like just as I look over my history with training, it's just one thing after another that drops off my radar. You know, first it was red licorice and then it was chocolate almonds and then it was these mozzarella cheese sticks that I was all about for a couple of years. Those, those are gone and now they're like, the French fries are gone. But the key is there's no, there's no grief, there's no suffering because I don't want them in the first place if there's no deprivation going on, which I think is a really key point to remember. The energy of deprivation is so strong and is the driving force behind these cravings, right? Yeah. So just to remind everyone, it's not like doing a diet. We are saying, Oh no, I'm not doing this. And it's all willpower and you miss it.

Speaker 3 ([04:42](#)):

You just don't miss it. I think of the donuts and I think, no, it's just gonna taste like the floor of the coffee shop. That's what this is what comes to mind for me. And same with the French fries. They just weren't appealing to you. So it's not like, Oh, I no longer have my crutch and I'm so sad and I get it. We just talked about that two weeks ago, how I didn't want to give it up. Yeah. Yeah. And then it changes. And it's a and such an interesting process. I remember somebody saying to me a few years ago after we had, she'd come to the, uh, the training and she'd done some tapping on a craving for some sort of a thing that you would pick up at a drug store, right. In a, you know, a candy kind of a section of a drug store.

Speaker 3 ([05:22](#)):

And she emailed me the day after and said it was the strangest thing, Nancy, like I got in my car and I went to the drug store. I had every intention of purchasing that thing and eating it, but I found myself in front of that section, like in front of those candies and unable to actually put my hand out and put them into my shopping cart and I said, that's exactly what it's like to, to change a habit is that it starts off in such little bits that you know, it's like, wow, I've got a real routine. I have had a real routine of eating French fries. Just call room service, order the fries. There they are, right? But then all of a sudden it's like you're in that same situation and you find yourself behaving differently without trying to at any way, shape or form.

Speaker 2 ([06:09](#)):

And what you said there I thought was really interesting because it highlights how it's not just that you crave French fries, it's that you're in a hotel room, you're on a training, you're ordering room service. Like there are many parts to that, right? Many ways that your brain connects to that. And same with her probably in craving the this candy that she craved. And while I'm at this store and I'm standing in front of this section, so of course I'm going to do this thing there. So many parts there that have shifted. So when you think about it, everyone, we've tapped on pain, we've tapped on cravings, we've tapped on performance issues. Sometimes it's not even the exact thing, you know, it's not even tapping on the craving and you can see how as you're tapping on all of the other emotions that go around it, how it would help the cravings because it was never just eating the candy.

Speaker 2 ([06:54](#)):

It was all of those things that led up to it. [inaudible] beautiful. Now for everyone listening as we're talking about this, how has it been for you tapping on the pain, tapping on the cravings, tapping on the performance issues, what have you noticed? It may be that something else in your life is a little bit different, even though it's not exactly the food or even though you were tapping on the food or tapping on the pain, what's come up for you? What do you notice? We can't talk to you one on one, but we want you to think about it.

Speaker 3 ([07:26](#)):

Sometimes it just slips by our awareness and it's important to just kind of stop and reflect around, okay, I've been doing this tapping thing for a little bit of time. Now what am I actually experiencing differently? It's so important to celebrate that, to notice and to celebrate the changes in life, to pay attention to them, to focus on them. Because you know, we know both from law of attraction and brain science that what we focus on expands.

Speaker 2 ([07:55](#)):

Absolutely. So think about it everyone. What's changed for you? What habit or behavior or you know, repetitive thought. You feel, Oh that may be is a little bit different for me. So today we're going to take all of that juicy work we've been doing and bring it full circle and tell you we've done bronze. We've done silver, and now we want to bring you into gold. So Nancy is the queen of this. So I think I'm going to let her have it and sort of explain to you the flow of the bronze silver into goals here, so that you know what it is that you can do with your life and how to do the more specific work with the gold training. [inaudible].

Speaker 3 ([08:32](#)):

Great. And Jen, if you would just kind of pop in with things that I'm forgetting to say and you know, and interweave your experience with this, that would be great. So we, yes, we've talked about bronze, silver, and now we're moving into gold. So the first piece I want to say is that gold standard EFT incorporates everything. It incorporates bronze and silver. So here's where we really start to use the phrase emotional freedom techniques, EFT, when we're doing the bronze, when we're doing the silver, uh, we like to call that tapping in order to differentiate it from EFT itself, which is a very powerful coaching and therapeutic modality. So as we move into the gold, we're really moving out of the area of self-help more into the area of the kind of modality that a coach or a therapist would use or that client's patients would go to a practitioner to use.

Speaker 3 ([09:35](#)):

So I think that's really, really important to say. Uh, after you've taken some professional training and gold standard, then I think yes, there's, there's a lot of self-help work that you can do because you've had the professional level of training. The other thing that I want to say about gold standard as it's taught by Canada's national EMT training Institute is that it's very much a phased approach to working on our nervous system. So we've talked in different episodes about the nervous system and about how we're factory built to have defense systems built in. We've talked about the sympathetic nervous system, the fight or flight. We've talked about the dorsal vagal nervous system, which is really our freeze a place and our desire to live life from what we call the social engagement system or the ventral Vegas system. And so in conscious EFT and the gold standard approach, we're really, really focused on what's happening in the nervous system at any point in time.

Speaker 3 ([10:54](#)):

And let me say right off the bat here, not just the patient client nervous system, but particularly what's happening in the practitioners nervous system because we're all energy because we're all connected because we're influencing each other at every point in time. What's happening in the practitioner's system is going to be a very strong influence on what's happening in the client's nervous system is that your experience to Jen as a practitioner that it's the extent to which your in your social engagement system, which makes a really big difference in terms of the client work. Yeah. It's very interesting for me

when I'm doing a session with someone because sometimes I will feel I'm not where I want to be with my nervous system before I jump in and help this other person out. So while decent person at work. But I also know

Speaker 2 ([11:54](#)):

that as I'm going, I'm regulating my own nervous system the whole time we're working together. And I know that say something happened in my day where I'm not feeling my best when I go into a session. So I do my best to put myself in a great place. But I know that when I come out of that session I will be, because I will be regulating the whole time too.

Speaker 3 ([12:15](#)):

[inaudible] [inaudible] exactly. Yeah. You know specifically we're saying that practitioners are tapping, you know, tap and talk at the very least tapping all of the time that they're working with this client. Whether you're working with the client in person or you're working with the client a over video, right? You're still doing your finger tapping or making sure that your tone in your energy system all along in order that your contributing rather than destructing the energy in any way, that the, the energy connection is what we call constructive rather than destructive.

Speaker 2 ([12:53](#)):

[inaudible] absolutely. And I think we've brought up before some stories of practitioner who had serious issues with what they were about to work on and then they were able to get over their own issue as they were in session helping their client like thinking, Oh my goodness, how am I going to help my client out with this when I have a phobia or whatever of it? And then they were able to work through their own issues right there.

Speaker 3 ([13:15](#)):

Yeah. And of course there's discernment involved, right. As as a practitioner you need to know, you know, if that say trauma from your own life is still active enough, it would not be a good idea to actually work with a client who had that similar kind of a trauma. You know, it would just be too difficult on the practitioner's nervous system and therefore on the client's nervous system too. Yeah. Great thing to bring up. Yeah. As we move into the more kind of professional approach to this, those are the kinds of things that, that you automatically begin thinking about. So let me talk a little bit about the phased approach then. That is consciously ft and it, it's all based on this idea of the state of the nervous system, uh, at any given point in time. So the phased approach would, uh, there's four phases.

Speaker 3 ([14:09](#)):

Let's just call them phase one, phase two, phase three, phase four, just to make this easy. Okay. So the point of phase one is that we're really staying in the here and now about what the client's experience is of life. Right now we're all subject to the influence of the traumas in the past painful events that we've had as children and adults. And we currently live in a mental health field that believes that healing requires OK. capital R capital E capital healing requires going back into the past and resolving those traumatic events. Now the challenge of that is that work is very emotional. It's very energetically dysregulating. It's difficult work to do. And so in conscious EFT, the approach is let's leave the trauma resolution work to one side until we have evidence that the client and the practitioner quite frankly, have nervous system that had nervous systems that can actually hold the requirements of doing trauma resolution work.

Speaker 3 ([15:40](#)):

And in actual fact, it may not even be necessary to go to those past events to actually resolve the traumas. So in the first phase of this work, we're in the here and now and we're working on what is the legacy of the trauma. So the energy, the energetic legacy of all of our experiences show up in the here and now. So we in phase one, we're working on that legacy. What is the impact here? And we're really working to keen to improve the quality of the client's life in the here and now. So one of the ways that early trauma can show up in the here and now our relationship issues, right? It could be relationship issues with your here and now children or it could be relationship issues with your here and now partner. But that is in the here and now and in phase one.

Speaker 3 ([16:45](#)):

By working on those issues, we're chipping away at the legacy of the trauma without working directly on the trauma. Does that make sense, Jen? How that is a safer nervous system approach rather than trying to take that portal overwhelmed and nervous system right back to where the trauma happened, where it doesn't have the resources to be able to deal with that effectively yet. Yeah, absolutely. It's like seeing a new patient or new client and taking them way too far too fast and then they're flooding in and they never want to see you again because that was really upsetting and traumatizing or it was, they don't want to go there. And that's a really important point that in a lot of ways when we follow this convention that we, we've all been part of in this mental health field, when we follow that convention to just go there, like let's just go there.

Speaker 3 ([17:41](#)):

Right? So clients and patients come in and they want to go there because they've been trained in that mentality that that's the only way to, the challenge of course becomes when they come in with that energy of desperation to go there, right? I have to go there in order to be healed. That's the energy of desperation. And when you try to heal trauma through that energy of desperation, that is going to get a pretty darn Rocky road for that patient or client. And that's going to have an enormous impact on their life today. So we really do as you say, need to really discern about going too far, too fast, too deep, and rather let the nervous system inform us of what it's ready for. Okay. I have a bunch of questions here about phase one. Okay. So first off, I love that line. What is the legacy of the trauma?

Speaker 3 ([18:33](#)):

Because in a sense then they are getting to go there. They're going, now you're taking a trauma and what it's birthed as now in their lives and working with it. So it's not like they're not going there. Um, but my second question is, can you give me some examples of when you've helped someone work with something that's trauma from when they were younger resolve that is through something you're working on right now that's present in their life, like working on that legacy right now? Absolutely. All the time. Because we've spoken about borrowing benefits. So in phase one your borrowing benefits on your own earlier trauma work. So fun. That's a really fun way to put it. Yes, exactly. So it's like every tap you take in phase one is relieving the pressure of the trauma from the past. Okay, so everyone who's been listening to us the last couple of weeks as we're doing peak performance, as we're doing pain, as we're doing cravings, you're borrowing benefits, right?

Speaker 3 ([19:37](#)):

You're not tapping specifically on your own, you're tapping along with us. So what your saying right now Nancy is that say something is going on at work for all of you listening and you want to tap on some

situation that's gone hostile at work. Maybe it very well does link back to this time when you were four and you got yelled at or had a conflict with someone but you didn't have to go back. Your four year old self is tapping along so to speak. Borrowing the benefits from your present day self. Who's tapping on this person who sits next to you who is making you crazy? Yes, because the belief is the same. So part of what we're doing in phase one is so you know, let's take the example of a, I'll be working with a woman client and she's working on her relationship with her male partner and uh, she shows up in her dissatisfaction in that relationship is he never listens to me.

Speaker 3 ([20:34](#)):

So in the end, gold standard, in phase one, we're going to start pulling, pulling on that thread basically to, uh, look at what the different aspects are of that. W you know what that's really about the upset is about for her. And part of that is we're going to identify what the limiting belief is. What does that woman feel is true about herself, about what's possible for her in the world. And that belief say it's a say, the belief is just something about, I have nothing of value to say, right? Well that's a core belief that's going to have formed between the ages of zero and eight. I have nothing of value to say, but trying to go back to that age four and work on a belief of, I have nothing of value to say with a four year old is really, really going to upset that four year old, right?

Speaker 3 ([21:28](#)):

They don't have the perspective to be able to actually hold that work in in a way where they can resource themselves. But this adult woman in front of me right here, right now, she's got resources around her. She's got a perspective, she's got a cognitive mind that can go, Oh gosh, yeah, well really I see that. I've been believing that, but I also see that that's not necessarily true. And so he in the here and now using the relationship with partner as a vehicle, we can begin to chip away on that belief that says, I have nothing of value to say. So you can see how that belief in the here and now could show up in a relationship with a partner. It could show up as you're trying to build your entrepreneurial business, right? That same belief could get triggered. And so working on it in the here and now and uh, at releasing some energy around it and then starting to move into an inspired action around it is going to help the whole system begin to relax around that belief.

Speaker 3 ([22:30](#)):

Very succinct example. And I wanted to ask one more question, which is prior to you using EFT, did you see this where you felt like you had to take clients there and it turned them off or it was really hard for you? Everyone can't see Nancy right now, but she has her head, her head in her hands like, Oh yes. So sorry to all of those clients I was do, I'm tapping. I was doing the best I could. I was doing the best from what I knew. I'd been trained by a system that just said, you're not doing your job until you're taking them to the deepest, you know, we even an EFT is Gary. Craig gave us EFT. It came with this mandate of a curious question to as soon as possible, ask that client, when is the first time you remember feeling that way?

Speaker 3 ([23:19](#)):

When is the first time you remember being abused that way and so much suffering that I was part of and unnecessary, but we didn't know. We didn't just know what we know now about trauma. But the other point that I wanna make this is really important to me is as I said, there's two nervous systems. The room, there's the client's nervous system and there's my nervous system. And when I was taking the client to too fast, too far, too deep, too soon, their nervous system was seriously dysregulating right into

the dorsal frozen, immobile part. But guess what my nervous system was doing too. And so I was paying an enormous price for the work that I was doing with my clients when I was following that mandate. You know, when you just look around our helping professionals, there's not a single version of helping professionals that isn't suffering from the work that they're doing with their clients, whether it's first responders, whether it's social workers, it's therapists, the rate of burnout, the rate of chronic disease.

Speaker 2 ([24:38](#)):

I would add teachers to that as well. Teachers as well. But this is really hopeful though. And I hope that everyone out there who is a doctor or a nurse or another health professional or a coach or a therapist of any sort or a teacher is seeing here. It's not even that you should never go to childhood issues. Like, I'm sure it happens in your practice. It happens in my practice. We do. But you can help them out and get to a place where it's okay to be there. And you might not, as you're saying, even have to go there. And this is coming from someone who used to go there all the time as a mandate, you said. And now over time and over experience your teaching us hold, hold up everyone. You can get the results without exhausting yourself and exhausting your clients. You can get better results.

Speaker 3 ([25:31](#)):

You can get faster results, you can get safer results. You know, I'm thinking of a client, um, that I'm working with right now, and she's the mother of two young children. And she came to me and she said, you know, I have this horrendous trauma background. Her words and my last therapist told me that I have to go right to when that happened and it happened when I was six years old and I'm terrified of going there and, and I said, Whoa, like that's, you know, let me just explain my philosophy here. And it's like that's that six year old is not ready yet to relive that experience. There's a lot of work that we need to do here. I call it porch work. It's another way I talked about phase one, it's porch work, right? That little six year old is inside inside the house and they've got the doors and the windows barricaded for good reason.

Speaker 3 ([26:27](#)):

It's not safe for them. And if we go and we just pound on the door and we open the windows, open the windows and we said screaming at this little kid, let us in, let us in. We're going to help you. Like how much sense does that make? Let us see and we're going to help you. I don't think so. And so there's a lot of porch work to be done to actually build the capacity of that nervous system to work with a six year old that's been traumatized. So the other important piece here is that you brought it up, Jen, thank you, is that it's not always required. Remember people come to us as coaches and therapists because they want a change in their experience of their life today. You know, the entrepreneur wants to be able to get on a stage in front of a thousand people.

Speaker 3 ([27:15](#)):

The woman wants to be able to feel the love that she feels for for her children, her partner, the somebody wants to give up, they're leaning on a crutch like alcohol or whatever the, the addiction is. They want that today in the here and now. Nobody comes to us asking to resolve trauma for the past. It's always in order that I can have an improved quality of life today. And what we're saying is that using a phased approach allows us to help that client improve their experience of life today such that they may never want to or need to go back and resolve the actual trauma, right? Because they've been borrowing benefits and it's a plea. They did resolve it and in the same way as you're saying, Oh my gosh,

you know, I don't want those jelly donuts anymore and I'm noticing other changes, other decisions in my life, and I'm saying, wow, like all of a sudden I just didn't want the French fries.

Speaker 3 ([28:17](#)):

It's that same kind of approach all of a sudden, it just doesn't seem important to me to go back and actually do trauma resolution work on those earlier days and I have a feeling that if you did go back to that younger self that she'd be fine. You've got it, you've got it. As you do the phase one work and the phase four, which we'll talk about in a sec, and you do this oscillation between phase one and phase four or phase one in phase four. Then if there comes a time where you, the practitioner and the client both decide that the early trauma work is required and is desired, then you can actually have a conversation with your client, which is about informed consent I think is the therapist and, and even a coach. I mean, you know, coaches don't do the early childhood trauma work, but they can certainly do the, the more adult trauma past painful event work.

Speaker 3 ([29:15](#)):

So the therapist or the coach needs to have a very solid conversation with a client to make sure the client understands what that work would be like and what's going to be required of them. So, you know, I was talking about this client of mine though, the mother of two young children and before I would ever even suggest to them that we go back and we look at that early six year old trauma. I have to let them know what trauma work is like in the here and now and that it has the potential to disregulate her life for a period of time in the here and now. And so she needs to know that in order to make a decision in the here and now about is this her time, does she have the resources to be able to do this? Does she have the support that she can keep her here and now children's safe even as she does that kind of trauma work.

Speaker 3 ([30:07](#)):

So, so it needs to be required, you know, both the practitioner and the client need to understand, you know, we think this is a required piece. We know we've done a lot of phase one, phase four work, but we still, there's still something that feels like it needs to be done. So it's required and the nervous systems are in a place that they can handle it safely. Uh, and then the client's in a place where they can actually give informed consent before we go there. Okay. So I feel like we need to take it to phase two, three, four so we can fully understand everything that you just said. Yes. Beautiful. Well, let me do phase four first. Phase four is so exciting. It makes all the difference. You know, the therapists and coaches that I've trained have been conventionally trained. And then they find out about phase one, phase four, they're like over the moon excited because this is where the transformation really happens for their clients.

Speaker 3 ([30:57](#)):

And as you know, Jen, it's all based on what we know now about the brain and the neuroplasticity of the brain. So what we're trying to help people do to improve the quality of their life today is to literally help them prune off the new networks in their brain, which have been conditioned by the past and which are limiting their experience of life today. So you know, from our previous example of the woman who has that neural network that says what I have to say is of no value, that's not helpful today. And so what phase four does is literally put the focus of that client on what the desired change is they want today. So what does that client want? They won't go the rest of their life with a belief that says what I have to say

is of no value. So in phase four it's opening the possibility that they could actually hold a belief which says what I have to say is of enormous value.

Speaker 3 ([32:02](#)):

It's a brand new belief system and, and we've given lip service to this idea that beliefs are fundamental and drive our lives, but we've never really known how do we actually support the brain in making that a new neural pathway and strengthening it and strengthening it and strengthening it such that it makes the decision to prune off the old pathway. And so the key here in phase four is about recognizing in phase one we're relieving suffering. And phase one, there's dissatisfaction, they're suffering, there's upset, there's pain, there's tension, and that's all stuck energy. So in phase one, we're liberating that energy such that it is now available to be focused toward what the client wants to create. So phase one is absolutely necessary, right? That we know that when you try to go to two phase four, which some people would say, Oh well that's just the positive stuff Nancy.

Speaker 3 ([33:19](#)):

But we know if we try to do that phase four work without relieving the suffering. And recapturing some energy, liberating some energy. The phase four work doesn't take because you just do, you're doing the bandaid approach to it. That's so first week, right? We do phase one, we liberate some energy and then we take that energy and we focus it toward what the client wants to experience in their life. Okay. So just as an example, then I want to go back to that episode we did where we were tapping with the cravings for myself and everyone else. So we did that. I wanted, I want and I want it, but by the end we were doing very positive. Yeah. Tapping rounds about feeling great about knowing what I need and it was a very positive experience. It was, we talked about you wanting salads and what that was going to look like.

Speaker 3 ([34:10](#)):

Exactly. So that's, you know, we were, we've been building phase four into every podcast we've been doing. Right. Because I can't, I can't not now does that come across? I can't. Not now. I can't. Not now do phase four because I know how absolutely vital it is. And I'll tell you why. Because if we do phase one, so whatever our modality is, if we relieve suffering and we liberate some energy and we don't focus it toward a desire change, then what happens is that energy gets reabsorbed by the system and it strengthens the situation as it was before. It strengthens the self sabotaging habits of thought, of emotion, of behavior. So for example, you know, we take the weight loss industry and somebody, uh, you know, loses the 50 pounds they wanted to lose, but the percentages are astronomical as to regaining that weight. And in the process they, they really destroy part of their metabolism, right?

Speaker 3 ([35:28](#)):

It's stats are like 10% of the metabolism has actually slowed down, thus making the desired positive change more difficult to achieve than it was before. So is this also tied into what we have talked about, you and I inside this series, which is that let's say you help them, they do the tapping and we'll use the weight loss episode. They do lose the weight, but you don't get to do that phase four work with them. Let's say they do indeed keep the weight off, but the relationship goes down the tank. Is that the same thing? It's the same idea, right? Energy has been liberated and it needs to be put towards the desired positive change. Well, so for example, let's take a, let's take a male client and the male client comes in with, with serious, uh, post traumatic stress. And so there's alcohol involved and there's anger

management issues and, and, and the legacy of the trauma is showing up in all of these here and now ways.

Speaker 3 ([36:29](#)):

Okay. And so conventional mental health would say, so you know, focus on the addiction, focus on the, on the anger management issues and, and the way it's all showing up in the relationship with his, with his wife. So then what I'm saying is that's not enough. If we're focusing on that and focusing that and focusing on that without any attention to phase four, that client is just going to exacerbate those same behaviors and enter into a cycle then of shame and guilt and hopelessness around any change being possible, which is then going to actually make those behaviors worse. Those self sabotaging behaviors worse. So instead, what about bringing in a phase four approach? We're right in the very, very early days. First session, we're talking to that client about the desired positive change. Who do you want to be in this relationship with your, with your wife?

Speaker 3 ([37:37](#)):

Who? What's the experience of yourself that you want to have in that relationship with your wife? What sort of behaviors will that person, would that person be doing that would bring that experience? And so maybe this client says, well, you know, I want to, I want to experience the love that I have for my wife. Okay, great. What does a person who's actually experiencing the love for their wife, what do they believe about themselves? So we bring in this new belief that we want the brain to actually begin to create. The neuropathway and, and what would that person who believes that they're a good man, that they deserve the love of a good woman and has that experience of warmth and vitality in the relationship? What sort of behaviors would that person be engaging in? And he might say, gosh, you know, that person stops at the grocery store and gets flowers every Friday for his wife.

Speaker 3 ([38:37](#)):

And so you see how that gives us something to work toward in phase four. Every time we released some of the energy and phase one, then we can move it and shift it toward this new belief about I'm a good man. I deserve the love of a good woman. We can really reinforce these elevated emotions of, uh, of that experience of, of love in the person's body where that shows up in their body. And then we can begin to build momentum toward that behavior of stopping at the grocery store on Friday nights to pick up flowers. So we're slowly changing the identity as we're releasing, kind of like changing a little bit of the way the brain was wired and then slowly, slowly helping them develop the new habits that will create the new pathways in their brain. Yes. So we call this safe, significant and sustainable change safe because we're not taking the nervous system any further than it's capable of moving significant because we're looking for, you know, this is meaningful change that the client is looking for.

Speaker 3 ([39:47](#)):

Right. But it's sustainable because we're going in small steps and we're making sure that not just the emotion is elevated, you know, just, you know, it feels good for the session, but then it's gone by the time you get to the end of the driveway. Right. So the emotions are elevated, the, the belief systems are elevated as we're building new neural pathways, but we're also building the behaviors which sustain that experience of life bit by bit by bit by bit the lovely titration back and forth. Yes. Yes. And so then that then lets us talk about phase two and three. Uh, in phase two, we, and again, we're only going to phase two as it is required and you know, a good idea, but phase two is all about adult trauma. And, and, and for us at the national Institute here, adult means age 20 and above.

Speaker 3 ([40:43](#)):

And we say that in order to differentiate it from phase three, which is the early childhood attachment and developmental traumas, which are from enraged zero to 20, and would also include all the epigenetic intergenerational, uh, pieces as well there. And then the other distinction for us is to separate, uh, both in phase two and phase three, the non-relational traumas from the relational traumas. Okay. You have to break that down. Yeah. The traumas that happen, uh, that don't have anything to do with relationships. So an adult, you know, my example as an adult would be the, you know, the great flood of 2013 in my basement. It was a trauma, right. There was a lot of stuff to tap through there, but it wasn't a relational trauma because there was, it didn't happen in my relationship with anybody. I mean, yes, it happened in my relationship with my house, but I'm talking about human relationship because human relationships are so fundamentally important to human beings.

Speaker 3 ([41:51](#)):

So when trauma happens in relationship, it's much more significant than if it doesn't happen in relationship. This relationship is so protective. Right. What helped me get through the great flood of 2013 was the fact that I had people that I could call on that would come into and help me through that and hold me through that. Right? Whereas, you know, an adult trauma where there's a, where there's an ending of a significant relationship, that's something that takes more focus and more attention and takes a greater ability to regulate in a nervous system. So then if we extend that into childhood, childhood non-relational trauma again would be, you know, maybe car accidents, those kinds of things, but everything else is going to be relational. That's why the childhood work needs to be done with health. So sacredly and with such a sense of preparedness and readiness to go there because the reality is children aren't able to take care of themselves.

Speaker 3 ([42:52](#)):

They're dependent on these relationships. Yeah, absolutely. So phase one, just to sum up for everyone, phase one is where we're working on the legacy of the trauma. So like what is uncomfortable? What are you unsatisfied with in your life right now? Yeah, so it would be stress management, self-regulation, symptom management, right? Kind of things we've been doing. So a pain and emotional stuff and cravings and phobias and yet then all the areas of current life where we're not sitting at a place of peace and acceptance. And so we've asked laid back and forth between that and phase four, which is we've released a little this, this bit of this energy from the dissatisfaction or unhappiness in life. Now what do we want to create with it? And doing more positive tone tapping and actually instilling maybe some lifestyle habits and changes based on this tapping that helps them to develop the brain science and that new identity.

Speaker 3 ([43:53](#)):

Yes, and the key piece here that I didn't mention so important is we do that a new behaviors within the constraints of the amount of energy that's actually been released. Because what happens traditionally in coaching and therapy is you get to that place, it's like, Oh, let's have a change in behavior, but now all of a sudden the person's going to this person who's never been inside a gym before is now going to go to the gym seven days a week. That's right. Right. It's a setup for shame and guilt because there hasn't been enough energy liberated to be able to move to that level of behavior. Great distinction. Then that

Speaker 2 ([44:32](#)):

step might be for the gym example that they are going to peruse which gym they're going to use and maybe someone who's totally sedentary goes for a walk twice that we for 10 minutes or some step that is doable for them. It might be as small as I will put my running shoes on tomorrow. Right, so it's a set up for success because you're working realistically within the energy available in that system. Yeah. That makes a lot of sense. Especially calling it energy available because then it takes, like you said, a lot of the shame and blame off someone else. They just have more energy available for that. They're not held up or stuck around that they probably have other things that they're working with. Absolutely no need to judge or compare. Right. What can you do with the energy available? So that's the one and for the back and forth there.

Speaker 2 ([45:21](#)):

Phase two is then say we need to, and you would know this as a licensed professional, we need to get into, there's a tie somewhere else where this is coming from. What are the adult ties? Yup. Phase three is, okay, this goes back to before the age of 20 we need to help them out and all the time keeping in our minds. Was this something that was tied into a person or a relationship versus was this something that just happened that happened to be a really crummy thing that happened and to know a vast majority of our traumas and painful events are relationship based [inaudible]. Yeah, and the key is that in phase one, in phase four we're working on trauma recovery. That's the quality of life. Whereas phase two and phase three if it's actually required and if it is a possibility, then we're working on trauma resolution and EFT has some beautiful strategies for trauma resolution, which themselves emphasize safety of the nervous system.

Speaker 2 ([46:32](#)):

Well that is beautiful because it leads us right into what we're going to talk about in our next episode, which is how do we then integrate this work for all of you listening because you want to use it in your life somehow, right? So what are all the ways this can be integrated? Because we teased you with our intro podcast saying, look, if you're any sort of helper, if you're a teacher, if you or anyone in the medical field, if you're anyone in the helping counseling field, you're going to be able to, or coaching field, you're going to be able to use this. Anyone who is a leader in any way, any, if you're managing a team inside of corporate, you're going to be able to use this not just to help yourself but everyone else, right? So next time we're going to get into how do we integrate this work now into what it is that you do in a way which is safe for both you and your client.

Speaker 2 ([47:27](#)):

This has been really, really useful and I hope that everyone here is able to think about the work that we've done now over the last few episodes because all along you are silver tapping, right? Because you are tapping along with me. But what Nancy was doing with me was a version of goals tapping specific to me. I was with a practitioner, we were going, we didn't even go back too much into history, but we talked about the situation and we could have, that's one of the things I was very amused by when we did our donut tapping was that I have lots of memories tied to it and I've tapped with those before, but we didn't go there and we didn't need to go there. We didn't need to come there. I still am not craving donuts. Everyone. There we go. Thank you. Trauma recovery phase one, phase four.

Speaker 2 ([48:16](#)):

That's what we've been doing all along. Yeah. Okay. So is there anything else you want to say, Nancy, about gold tapping before we wrap this up and you know, move them into the juiciness of next week?

Yeah, well I think it's so exciting where we're going next because one of the, the questions that I always get, you know, from whether it's a teacher or whether it's a coach, it's like there's so much confusion about, well where are the limits to what I can do. You know, teachers in particular, the, the, the phrase they say is, well, like I'm not a social worker. Right? And so they, they hold themselves back from, from being of this fabulous service to their students because they're so terrified of this trauma resolution work. And so phase one, phase four, we'll talk about next time how teachers, teachers, anybody, coaches, you know, athletic coaches, all of us can be doing phase one, phase four.

Speaker 2 ([49:10](#)):

Absolutely. Because we're not digging into that trauma per se. Right? We're working with the legacy of it. Exactly. Exactly. Fantastic. Okay. So everyone, I hope that you are able to soak up so much for this and you know I've known Nancy for a couple of years. I've taken in several of her trainings and other trainers she's brought in and I still had some new fun moments today, so I hope that you did as well and so stick around for next time because we're going to tell you all the different ways that this fits in with the myriad professions that we've been talking about and we're going to tell you how you can get your hands on learning this so that you can do it and change your nervous system and the nervous systems of everyone you're interacting with. Beautiful. Thank you, Jen. Thank you.

Speaker 1 ([49:58](#)):

Wow. Okay, everyone, what did you think of this one? Every time I listened to it, I'm so blown away by that wonderful analogy about working on the legacy of the issue that's showing itself in your life today. And that by working on that legacy, the younger version of you or that the part where the original trauma came from, that one is getting to burrow benefits. Just like we've been borrowing benefits. Tapping along with me over these last few lessons. The younger version of you gets to bore the benefits of you working on the current day strategy. So if the issue that you're unhappy with is say where you are financially or what's going on with your relationships or something about your health, whatever the case may be, that's okay to go there because the younger versions of you that are tied to that, if there are in fact those, they're getting help at the same time.

Speaker 1 ([50:57](#)):

So relieving and so helpful. So what did you think of it this week and next week? As we said, we're going to bring it to the end of that full circle and show you how this goal tapping gets integrated in the work that you do. In any, I'm using air quotes here, helping professions, but I know that if you are doing this program, and here we are in the second last episode, that it doesn't matter if you are an a technical helping profession or not. Clearly you are someone who is helping others in life. So thank you so much for joining us and for doing this personal work because the more that we do this work, we are changing the world around us, everyone. So stay tuned for our final episode coming up next.