

## “The Big C”

### Using EFT to support people through the experience of Cancer

#### Introduction:

- Cancer is a very common experience.
- We don't have to be experts to be able to work effectively with it.
- Meet the client where they are, question, listen deeply, reflect well
- Working through the cancer process is a roller coaster ride. Borrow Benefits as you go!



#### A Personal Journey through the cancer process – There and back again!

- The first Trauma – diagnostic stages
- Choices and the Treatment stage
- The Post Treatment stage.....everything needs to change.....Help needed!
- Don't be daunted by the scale of the task.
- Don't be put off by your own fears about cancer.
- Don't be put off by the thought that your client might die anyway.
- You don't have to be an expert to do this work.
- Begin exactly where the client is in each session, Apply EFT as cleanly and carefully as you can and see where the journey leads you both....

#### Where does cancer come from?

- No one knows for certain, but we all develop cancers at times.
- Mostly the Immune system deals with them before we are even aware.
- Is the cause Chance? Environmental factors? Genetics? Epigenetic factors? Trauma? The Writing on the Walls?
- Creative triad: Thought>Word>Deed. What if we change our minds?
- Don't waste time trying to sell theories to the client.
- Start where they are and see where it leads you.

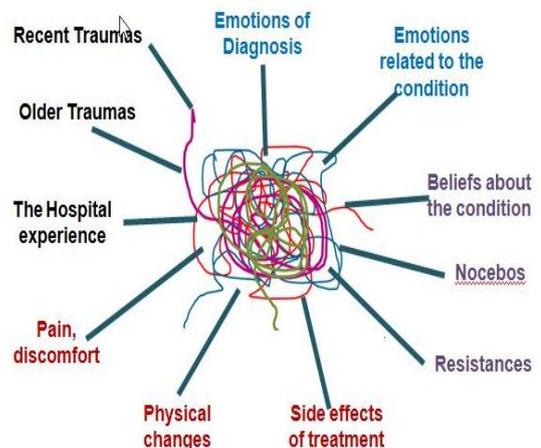


## So, Where to begin.....

- Here and Now. First stage work.
- The Working relationship – Legal and Ethical Implications
- Self-tapping – empowering.
- Choices about medical treatment.
- Perspectives and safety
- Length and Frequency of sessions – flexibility, be realistic with expectations.
- Second Stage work – roots and consequences

## Areas of Work – A Complex System

- Reactions to the word “cancer”
- Traumatic events
- Physical effects including Body shock
- Insomnia, Nightmares and Restless Legs
- Strong emotions – Fear, Phobias, Anger, Resentment, Betrayal
- Issues with altered Body Image
- Nocebos and other Limiting Beliefs



## Roundup

- There may well be other aspects as well – each client has their own personal array.
- Ask the questions, hear the answers, and follow the inner awareness as it unfolds.
- It is not the practitioner`s task to do the work for the client. They are In-cure-able.
- Don`t be afraid. Just begin and see where the session goes.
- As with any complex system the underlying aim of the practitioner is not to “cure” the problem but to resolve fear and restore awareness and connection with Love.
- This is definitely not quick-fix work - there is no such thing as the one session wonder. Much can be achieved, but it is the client`s journey, not the practitioner`s....If they don`t want to continue we have to let them go!

## A quote from Albus Dumbledore:

*“Happiness can be found in the darkest of times, if one only remembers to turn on the light.”*