

## **Womb Twin Survivors and EFT**

**Womb Twin Survivor** – the born baby of a twin or multiple pregnancy; Alpha

**Vanishing Twin** – the one that doesn't make it to term, or dies soon after; Beta

**Dream of the Womb** – the trauma that happened in utero when Beta died, remembered by the surviving twin, and constantly re-enacted in born life in a search for healing.

### **How EFT Practitioners can help clients who may be Womb Twin Survivors: My Top Tips**

Bear in mind that Womb Twin Survivors are born grieving.

#### **If you suspect you/your client may be a Womb Twin Survivor:**

- Look for core language – unusual phrases, words that stand out, persistent thoughts
- Look for core emotions and behaviours – eg sense of
  - *'something missing'*
  - *'doesn't fully make sense'*
  - *'always been there'*
  - don't seem to have a start or an explanation
- Explore any unhelpful patterns that you/they may have been running
- Use Althea's medical checklist and questionnaires – see website/books
- Ask for any family stories around your/their pregnancy or birth

#### **If you know you/your client is a Womb Twin Survivor:**

- Accept whatever they say/feel – however unverifiable or vague
- Focus on the Core Issue, ie what happened in the womb
- Use Inner Child or Parts work, Matrix, PTT or any other variant that seems appropriate
- Play with opposites, try rambling – to tease out the 'nuggets of gold', the truths – separate out 'then' from now, 'alpha' from beta traits
- Tap very thoroughly through all the aspects and emotions/sensations presented
- Tap using any 'memories' that arise – however vague or incomplete

- Offer options – eg naming the beta twin, some sort of ‘letting go’ or healing ritual, a symbol/place of remembrance, whatever feels right to them
- Support in rebuilding their true Alpha identity – and tap for any resistance
- Address and/or refer to specialists for other/remaining specific problems, eg clinical depression, suicidal ideation, eating disorders, addictions or compulsions, as appropriate

## Resources

### **Althea Hayton:**

*A Healing Path for Womb Twin Survivors*; 2012

*Womb Twin Survivors*; 2011

*Untwinned – Perspectives on the Death of a Twin before Birth* (Editor); 2007

– includes photocopyable questionnaire

[www.wombtwin.com](http://www.wombtwin.com) – free manual, downloadable medical checklist and leaflets

### **Mark Wolynn:**

*It Didn't Start With You* –

*How Inherited Family Trauma Shapes Who We Are and How to End the Cycle*; 2017