

011 Case Study Template

Jan Luther, The EGO Tamer®, EFT Master

Practitioner Name: Jan Luther

Date: 8.11.11 **Client Initials** MV **Score** _____ **of 25**

1. The client's history and presenting challenge: (2 points)

62 year old woman, stress and trouble breathing about her father's living conditions in a retirement home where they are not caring for him properly.

Interviewing:

Was from Wyoming... lived there 51 years and then husband transferred to New York and the job was "horrible"

After some abuse from his boss, he quit (on a Tuesday)

They moved back to Wyoming...

Her mother passed 5 years ago.... She stated she was at complete peace around her passing. I intuited that there was unresolved guilt.

Had a dog BUFFY that she loved more than she could comprehend felt a bit embarrassed about it... I celebrated that the love was genuine, open hearted love...

Son is 30 getting ready for Grad school, she has great concerns for his well being in this economy

They moved to charlotte 2 years ago

Father is currently in a local nursing home, she is there daily that she was and having tremendous anger and concern that they are not caring for him. Specifics include not monitoring his oxygen to unhealthy levels... her experience of apathy among staff when a patient was trying to leave the building and SHE was the one that got up to stop the patient.

The next step for them is to bring him to live in her home and she expressed feeling guilty that she wasn't sure she wanted all that responsibility.

2. Details of the actual work done in the session: (10 points) (Phrase or title / SUDS / Reframe phrases/ Retesting/ Techniques used)

011 Case Study Template

Phrases I took down:

- Moved
- Husband job-New York
- Father... was going to move there with them and then 2 weeks prior changed his mind / she had to leave him

- Boss- abusive- called yelling- it was a Tuesday- she told him to just quit

- August moved to charlotte

- "DAD" (confirmed not Father) COPD, Heart
- They don't care for him
- Had to hire extra help to be there for him
- I have to be there
- Shaken faith
- Bringing him home????
- Angry with them

- Little DOG BUFFY
 - o Taught me compassion, sickly animal,

- Broken wrist??? (need to revisit this)

- Asked about GOD language and shared Catholic Husband but she believes in Past lives... with some hesitations..

- 1. **SUDS 6** WHEN SHE WAS 12--- she met a psychic TMI—she was right on and it frightened her:

- 2. Used movie technique and tapped on it was scary, I felt spiritually naked, how did she know those things.... **SUDS to 3**

- 3. Next emotion: **SAD SUDS 10**

Daisy Chained to her mother--- used to have premonitions --- when someone was going to die ...stated to her that well, that would be both sad and scary to a child if the only thing you had psychic information about was death... both laughed

Tapping phrases—

Sad that Mother only got bad news

Wonder if it was helpful information for her

Perhaps Mother didn't deal well with shock

Parting the veil of heaven, maybe she felt 'uniquely loved" that God would let her in on His

011 Case Study Template

plans ahead of time so she could be prepared....
SIGH--- big breath--- commented on how light that feels...

4. **SUDS 3**

Went to intuitive question.... When Mother died.... Was there anything you regret? (guilt hit from earlier)

5. **SUDS 10** ---- she started crying---

Mother had been diagnosed with Cancer- been through treatment—had to be put into a rehab facility and she BEGGED MV to let her come and stay with her.... MV's son was her priority... she told her mother no... it was a Saturday... her mother passed on the Tuesday after

Phrases —

Even though I am so sad and ashamed that I told my mother no when she begged to live with me....

I had peace that it was her time

Maybe she did too

Perhaps it worked out exactly as it needed to...

I was with her when she passed...

Maybe moving her in to my home would have extended her suffering...

6. SUDS to a 2-3

Jumped in to tapping while in the flow.....*** Perhaps.... I feel guilty for considering letting my father move in when I didn't let me mother????

7. SUDS 10

Afraid my Mother would feel slighted... I let Dad but not her

Afraid I make a mistake....

Afraid to bring him home

Feeling guilty for knowing it will be challenging---

8. Feel like I can't breathe may be empathy for Dads COPD

Retesting phrases 1: Scared 1, 2 Naked 0, 3 Sad 0, 4 Mothers gift was only bad news 0, 5 & 6 told mother no- 1 7 Guilty 1-2 8 Don't need to pity Daddy

011 Case Study Template

Self-evaluation

Did client sign release form, confidentiality, and/or informed consent? (1 point)

Release form

How did you build bridges and rapport at the beginning of the session? (2 point)

Greeted warmly, water, tissue, trash, restroom, you are in charge. Discussed her experience with EFT (only on the internet short videos) Told her I could promise she will feel better! Explained my version of why EFT works using mental folders and meridian points.:

How did you demonstrate *presence* with the client? (2 points)

Constant eye contact... met her pace and tone, checked in frequently, expressed joy and complete acceptance for her experiences. Eager to make her feel better.

Was there a core issue underneath the presenting issue, and, if so, how was that discovered and handled? (5 points)

Discovered the resistance and worry about her father was actually related to her guilt about her experience with her mother. Outlined the discovery path above
Also discovered that she is hungry for a safe space to have a broader faith.

Closure: *At the end of the session did you review with the client the presenting issue and how the work was related to it?* (1 point)

Reviewed the work, invited her to tap with the audio I will mail her, gave her a brief training using my Phraseology tapping sheet. Encouraged her to book 2 additional appointments and explained that I think we could do additional work around the moves, the New York Experience, and grief over her lost pup.

***Were you content with the effectiveness of this session?* (1 point)**

Yes, 8 phrases reduced, vocal confirmation that she felt shift and lighter, conversation also expressed that she had 3 or more insights that were helpful.

***What, if anything, would you have done differently, what did you learn?* (1 point)**

Power points: Fathers breathing affected her

Guilt and shame for mother—felt her Mother actually joined us and we did touch on that possibility

Interesting connection between feeling guilty for saying no to her mother living with her and her resistance to accepting her father now.

011 Case Study Template
