

# Values Workshop DVD Set

## Disclaimer

Both SET and PET are still considered experimental techniques with no guaranteed outcome in any individual. You must take complete responsibility for your use of these techniques and should consult your physician or mental health professional for assistance with emotional and physical issues.

## Purchaser's Declaration

I hereby declare my responsibility to ensure that the DVDs I have purchased will be used only for purposes of learning and study of Simple Energy Techniques (SET) and Provocative Energy Techniques (PET) and that the therapeutic confidentiality and anonymity of the individuals shown on the DVDs will be kept.

Furthermore, I explicitly declare that no additional copies will be made or passed on in any format and that I will not produce transcripts of these DVDs for the purpose of publication or any other purpose without the explicit permission in writing of Steve Wells.

## Introductory Workshop Outline

### Disk: 1 Introduction to Simple Energy Techniques (SET)

#### Tapping O/View, SET group demo – physical

- Introduction to tapping
- Development of TFT, EFT, and SET
- **Demonstration** – SET for physical issues

### Disk 2 (part 1): SET for Emotional Issues

- Questions from demonstration (physical issues) and tapping in general
- Aspects and beliefs
- **Demonstration** – SET for emotional issues
- Questions from demonstration
- Set up statements, humming etc vs. fluid SET style
- Treating layers/aspects of the story
- Continual tapping, energy toning
- 1:1 session with Helen: "Worry about kids"

### Disk 2 (part 2): Questions and feedback

- Quick fix myth/many aspects of the problem
- Tapping in counselling and therapy
- Imagining the tapping
- Energy toning – direct vs. indirect work

# Values Workshop Outline

## Day 1

### **Disk 3: Introduction to Values Workshop**

- **Exercise 1** – “What’s most important to me?”
- **Demonstration** – Beliefs: Anna – “I’m not good enough”
- **Exercise 2** – Negative beliefs

### **Disk 4: Values Lists, Values Tapping**

- Feedback and questions from Exercise 2
- **Exercise 3** – “What’s most important to me?”
- **Demonstration** – Values List: Jenni
- **Exercise 4** – Values list hierarchy
- **Exercise 5** – Treating values events

### **Disk 5: Treating Values Events**

- **Demonstration** – Treating your values: Jenni
- **1:1 session** with Theresa: “My way”.

## Day 2

### **Disk 6 Treating Values Conflicts**

- Questions and feedback from Values day 1
- **1:1 session** with Megan: Freedom vs. Family Commitments.
- Questions and feedback
- Provocative style, getting into their reality, therapy with cultural groups
- **Demonstration** – Conflicts in Values: Roxanne - “Achievement vs Acceptance”
- **Exercise 6** – Conflicts in values
- **Demonstration** – Values Quadrants: Roxanne
- **Exercise 7** – Working with Values Quadrants

### **Disk 7 (part 1): Feedback & Treating Values, Conflicts**

- Feedback from Quadrant exercise
- **1:1 session** with Rachel: “Don’t overdo it”
- Feedback and questions, parental indoctrination

### **Disk 7 (part 2): Negative Values Exercise + Feedback**

- **Exercise 8** – Negative Values
- Feedback from exercise
- Question and Answers
- Feedback on workshop

## Simple Energy Techniques (SET)

Simple Energy Techniques (SET) is a collection of simple and user-friendly energy techniques, which can provide significant relief for a wide range of emotional problems, and some physical problems. Although the techniques are simple to use, the results of using them can be quite profound. Many of the techniques and strategies used in SET are adapted and modified from Emotional Freedom Techniques (EFT), Thought Field Therapy™ (TFT), and other energy psychology approaches, although SET also has several elements that make it uniquely different from those approaches.

The main component of SET is a simple process of stimulating energy meridian points on the body for emotional and physical relief. Typically this involves tapping on the points, although rubbing or simply touching the points can also be used. We also encourage and teach a form of continual tapping for “energy toning”. This continual tapping is the cornerstone of SET and the main element that makes it different to EFT and TFT. Additionally, SET almost never uses set-up or reminder statements as does EFT.

The energy points used in SET include the same upper body and hand points as used in EFT and TFT (see diagram). The comprehensive points on the top of the head and wrist points taught to us by Acupuncturist Dr. Michael Gandy are also included.

### SET within Coaching, Counseling and Therapy

1. We teach a form of continual tapping where the client and counselor/coach tap on any of the meridian points in a continual fashion throughout the session, even when not specifically focusing on the problem (i.e. even when just “chatting”). We find that the increased amount of meridian stimulation is a key factor in improved results and aim to get as much tapping as possible into every session.
2. In addition to tapping on the upper body and hand points with the dominant hand, we also teach clients to tap on the finger points of the hand using the thumb of the same hand. This is easy to do, non-fatiguing, easy to integrate into your routine, and can be done in public (under the table or behind the back if you prefer). We incorporate the ring finger point, even though this isn’t a traditional point in EFT or TFT.
3. Any blocking beliefs or thoughts, or problems that won’t shift are treated as “The next problem”. If we are not getting results, we seek to identify the blocking thought or belief and apply the tapping to that. Usually we are able to proceed at that point.
4. We encourage our clients to focus on “*whatever you are aware of*”, mind (thoughts, beliefs, memories, worries) or body (feelings, intensity, bodily location) while tapping.
5. Whilst we see the value of working specifically – focusing in on the problem aspects and working through them systematically to produce relief – we have also seen a benefit from working non-specifically – where relief comes from simply stimulating the meridian system even when you aren’t focused on the problem (see below). We thus use and encourage a lot of continual meridian stimulation as a form of “general energy toning” and we have seen this produce disproportionate positive results
6. We find that it is just as useful to tap or rub the points, either is fine. (See also Dr. John Diepold’s “Touch and Breathe” Technique) Rubbing the points is particularly useful out in public where it is not as attention-getting as tapping.

7. *We encourage our clients to “Just add tapping”* to any problem routine – without trying to think too much. Apart from the beneficial effects on the energy system the tapping can act as a pattern interruption to “bad habits” or obsessional thoughts or behaviours.
8. If we are focusing on the mind (thoughts) and things don’t seem to be progressing, we will switch to the body (feelings) and vice versa.

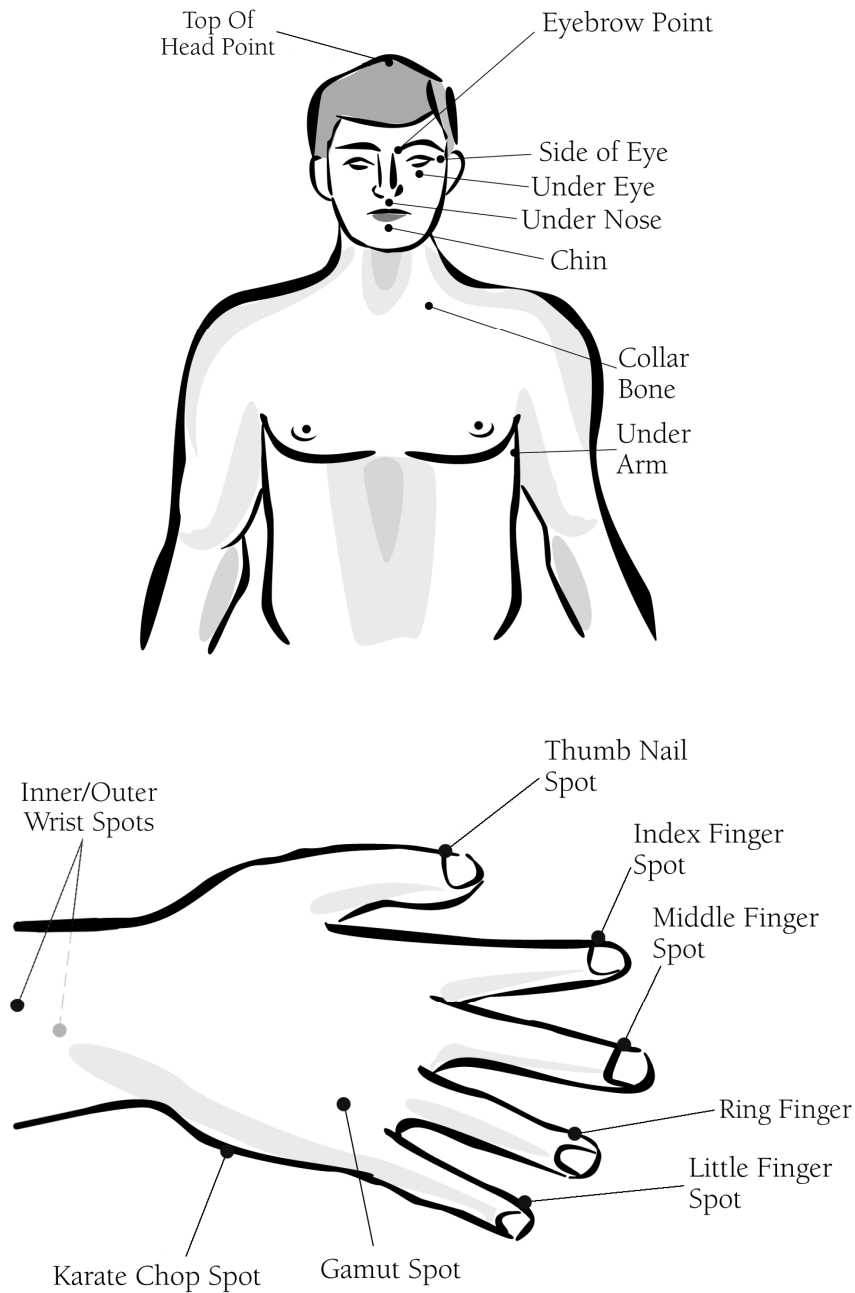
### **SET Processes for Self-help**

1. Focus SET on any emotional or physical problem and while focusing on the problem simply tap on any of the points *in any order* until you feel relief. If you prefer you can rub or hold the points - Just get some meridian stimulation happening. The actual sequence you use doesn’t matter very much, although it does seem necessary to include at least 3-4 different meridian points in the sequence.
2. Even when you aren’t specifically focusing in on the problem, just tap on the points continually. This appears to have the beneficial effect of “toning” your energy system. It works even if you are not actually concentrating directly (although directly is ideal), or you don’t know consciously what the problem is. Part of you does know.
3. Get some meridian stimulation into your day wherever possible without worrying about having to say or do anything specific. Most people who do this on a daily basis report that their optimism and positive energy levels increase over time and their general stress levels decrease. We now believe that sufficient meridian stimulation may cause a shift in your nervous system such that your negative problems cannot take hold in the same way.
4. We recommend linking continual tapping of the SET points to other habits such as watching TV, talking on the phone, or going for a walk. Make it a beneficial habit.
5. Don’t just wait for a problem to arise to start tapping. By tapping on a more continual basis (say 30 minutes to 1 hour per day) you will be increasing your positive energy and decreasing your stress levels automatically.
6. It is fine to also do focused sessions where you aim to specifically identify the aspects of your problem and apply energy stimulation (tapping or rubbing or holding the points) to them. Consider working with someone else if you have trouble identifying parts of the problem to work on. In the meantime, continual tapping without specific focusing can still be beneficial.
7. Let your thoughts and feelings come while you tap. Accept every thought and feeling and allow even negative thoughts to come but add tapping to their presence.
8. Take a deep breath after a sequence of tapping, or when you notice a 'shift'.
9. Be willing to consult a professional therapist or physician for more complex issues that don’t shift, and especially for undiagnosed physical issues.

#### **Note:**

SET is not a therapy in itself and all of the descriptions of treatment and advice in this handout that refer to self help are not meant to imply that everyone will benefit in a particular way. A lack of result or progress may mean you need professional assistance. If you consider that you have long-standing or severe problems you should consider treatment with a qualified therapist.

# Tapping Points used in SET



## SET Tapping Process

1. Tap on each of the points shown while focusing on the problem in your own way.
2. Check your emotional intensity and repeat the sequence if there is remaining negative intensity or if other issues have come to mind. Be prepared to persist with the procedure, and realise that some problems may have several aspects, each of which may need to be addressed for full relief.

For more information on SET see: [www.eftdownunder.com](http://www.eftdownunder.com)

# Enhancing Effectiveness of SET

## 1. Aspects

Some problems have many aspects to them and each aspect should be handled with a round of tapping as if it is a separate problem. When several aspects of an emotional problem are present, you may not experience complete relief until all aspects have been reduced to zero intensity.

**Feelings** - Aspects may be a set of *related feelings*. For example, we may feel fearful about something and at the same time be embarrassed and angry with ourselves for being afraid. Each of these different feelings may need to be treated in order to experience complete relief.

**Events** - Aspects may be a set of *related events*. For example, you may have had several experiences that relate to the problem you are treating, or experienced a number of traumatic events. Use the “Run the Movie” or “Tell the Story” Technique taught in the workshop to treat these. If you have had many such events, treating a few of them very well usually means the treatment effect generalizes to the others.

**Thoughts or Beliefs** - Aspects may be a set of *related thoughts or beliefs*. There are often underlying subconscious beliefs blocking our getting over the problem. Ask: What do I/you think about this problem – or having this problem – or about my/your ability to get over this problem? When you have identified any negative or limiting beliefs, simply focus on the belief while you tap on each of the points. (See below for a list of the beliefs which are typically present).

**Bodily Sensations** - Aspects may be a series of *bodily sensations*. These may shift or vary in intensity as you apply SET/EFT. The process to follow here is what Gary Craig calls “chasing the pain”. Simply continue to apply SET/EFT to whatever body sensations arise in turn until you experience relief.

**A Combination** - Aspects may be a combination of the above.

We recommend to our clients: Think “around” the problem—where your *reactions and associations* take you. Be prepared to **follow whatever comes up** and **persist with the SET/EFT process**. Sometimes you may “tap into” an emotion or situation that is more intense than the one you started with. If this occurs, continue the tapping process on this new emotion and persist until it reduces.

## 2. Blocking Beliefs

There are many typical blocking beliefs that can inhibit progress and prevent you from obtaining complete relief. These include identity beliefs (e.g. “I am not good enough”); beliefs about the problem (e.g. “This problem is too big”); beliefs about safety (eg. “I will be unsafe if I get over this problem”); and beliefs about deservingness (e.g. “I don’t deserve to get over this problem”).

Once identified, the simplest way to treat blocking beliefs is to:

1. Conduct SET tapping whilst focusing on the belief statement.
2. Seek to find out where the beliefs were learned and conduct the treatment on those specific events using the “Tell the story” or “Movie” techniques.

### Adapted from:

- Lake, David & Wells, Steve New Energy Therapies: (2nd Edition), 2003
- Wells, Steve & Lake, David, Pocket Guide to Emotional Freedom, 2001

Available from: [www.eftdownunder.com](http://www.eftdownunder.com)