

Abstract:

BSP practitioners are familiar with the challenges of managing BSP session setup across diverse client populations, establishing the requisite resourcing within each session, and overcoming client apprehension as they engage in a new therapeutic technique. As an evidence-based therapy, EFT Tapping promises to greatly facilitate this work by seamlessly setting up BSP sessions, providing clients with the means to self-resource, and helping them feel more comfortable by providing an additional avenue for therapist/client attunement. In this experiential session, Certified Advanced EFT Practitioner Jennifer DeLorenzo, LICSW will demonstrate how smoothly the two techniques can be integrated to accelerate the process of uncovering and treating trauma. With a focus on how fellow practitioners can use this blending of techniques to advance their own practices, Jennifer will provide an overview of the EFT Tapping protocol, discuss its origins and history, and demonstrate how it can be used in conjunction with BSP. Most importantly for the therapist, she will discuss how reflexive cues in the body exhibited by the client while tapping, can directly identify brain spots, thus providing an effortless setup for BSP. Client's value tapping as a means to self-soothe, thus providing ongoing resourcing during the BSP session. Finally, by engaging in the actual activity of tapping with their clients—a standard part of the protocol—therapists can use EFT to deepen attunement and enhance the results of BSP sessions.