

# EFT Booster # 11:

## If you saw me . . .

## Would you love me?

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## Learn How to

Learn how to:

- Flush out the silent collusion that blocks healing
- Hold space for your clients emotional experience
- Identify interventions that aid in moment to moment processing
- Work with View of Self to create emotional healing live in session

*Why do we do this work?*

*It is all about the powerful healing  
moments*

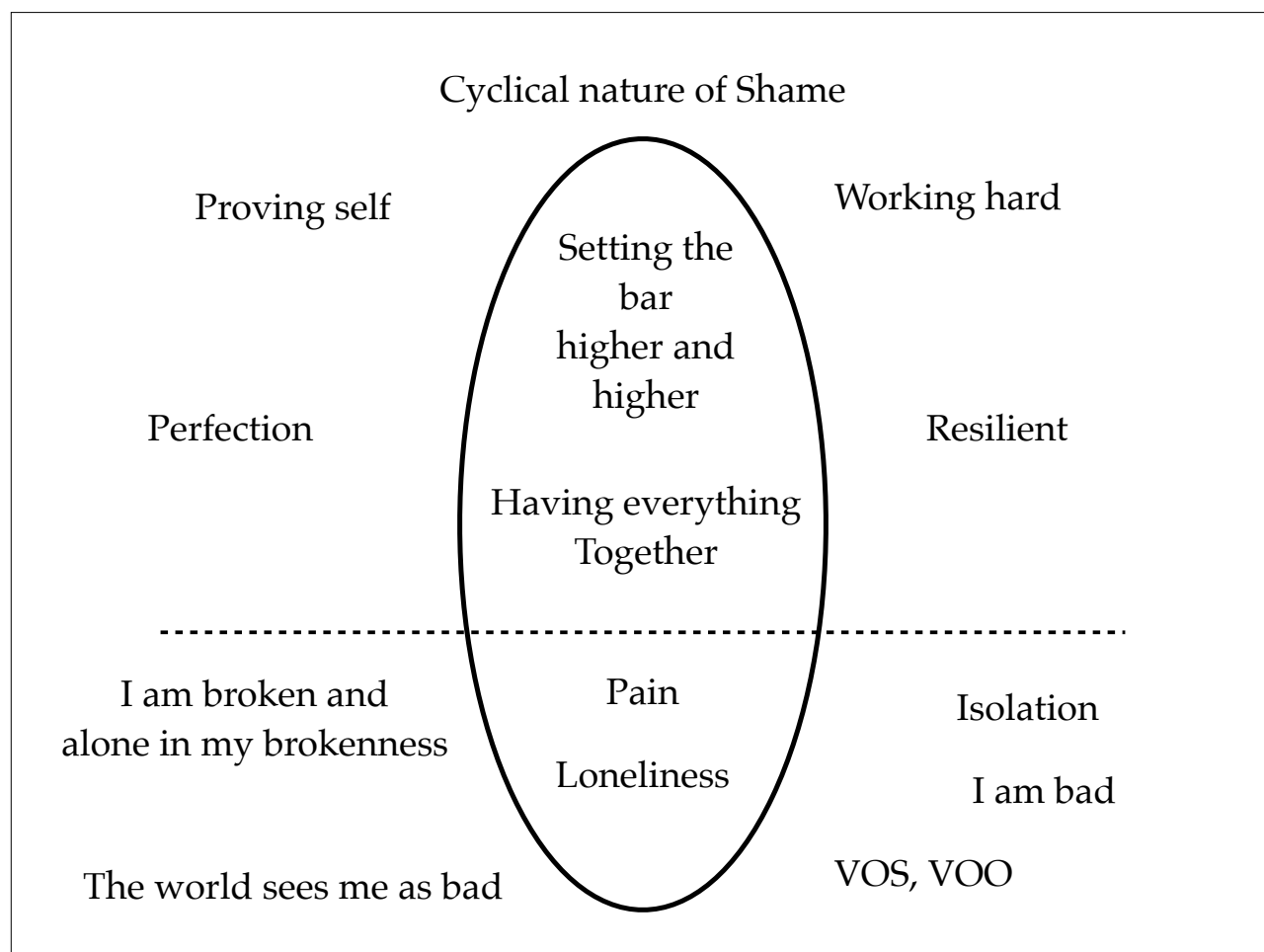
Silent Collusion Maintains Suffering

# What to look for in this video

Experiential: Making explicit tiny moves that have a huge impact

Moment to Moment Processing / Freeze Frame:  
Stretching out experience / not a deep dive

If you saw the shame booster this cycle of shame will look familiar and a great description of what happens for Sarah



## Sarah and Matt

- ◆ Sarah: dad was physically abusive, high conflict between parents, would hide in the closet to get safe: She became a people pleaser and was going to prove to the world she was good (internalized View of Self (VOS) I am bad / damaged)

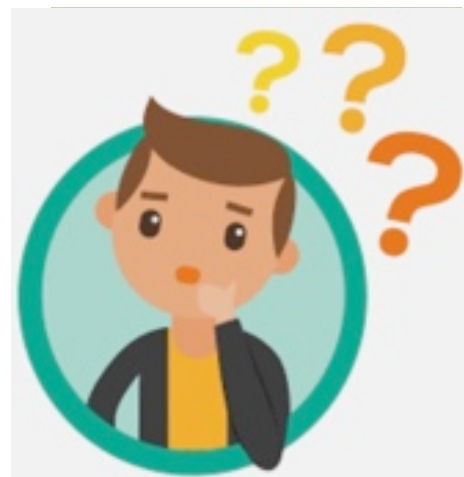
# Sarah and Matt

- ◆ Matt: Father had a second life with another family, he learned to stuff his feelings and do it alone. He had emotional affair. VOS I am a failure. Fear she will leave me
- ◆ This couple relationship is the result of an affair they had with each other.

## Self Reflection

Be curious about ourselves

- ◆ How willing are you to touch your own pain?
- ◆ Have you ever walked around in your internalized VOS?
- ◆ When you think about being hurt deeply by your attachment person, what happens to you?
- ◆ What do you notice inside as you watch the video?
- ◆ **\*\*\*WHAT DO YOU BELIEVE about healing?\*\*\***



# Key Points

- ◆ It is the tiniest moments that we catch that can create the biggest change in session
- ◆ Freeze and unpack
- ◆ Stretching out the clients experience in the now moment is key in creating healing

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(Working with Blocks, Forgiveness, The Tango)  
Just to Name a Few

Recordings are available for 1 year from  
purchase date