

ZACH'S FEAR OF DOGS

(This was in Gary Craig's newsletter on January 11, 2003.)

Gary,

Here is an example of working with children.

Zachary is 5 years old and had an experience where a dog almost bit him. Ever since then, he has gotten more and more scared of dogs. Just before I met him, he had seen a dog and just jumped off his bike and ran across the road without looking to see if a car was coming.

His mother was afraid that he would get hurt because of his fear of dogs. I spent about 10 minutes with Zach who couldn't even think about a dog-- at least he said he couldn't. I tapped on him anyway as I was talking to him. Then he went outside to play. We needed to prove to him that there was not a dog in the fenced yard first.

I worked with his mother regarding her fears for her son for about fifteen minutes and they left. After they left, I did two rounds of EFT pretending I was Zach. I said, "Even though I have this fear of dogs, I totally and completely accept myself."

GC COMMENT: An interesting use of surrogate tapping.

I had asked Zach's mother to test the work and they did that later in the day. Zach was not afraid of dogs later that day and hasn't had any fear of dogs since. Mom also reported that she didn't worry about Zach anymore. The session was about four months ago.

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