



A Linguistic Tip for Tapping to Support Fertility Treatment (for the therapist)

There is a difficult balance between installing false hope and keeping positive and focussed on a successful outcome to fertility treatment. Fertility issues are naturally going to be anxiety provoking and stressful and the therapist's role here is to find as many ways as possible to help the patient keep calm during and between treatments.

In the same way that the aboriginal witch doctor points a bone at a tribe member and he dies, so the patient may unconsciously obeys what she hears the doctor/therapist say. The aborigine gives the power and authority to the witch doctor. The patient often gives the same to the consultant and/or therapist. It is important not to underestimate the effect of the 'white coat'. The consultant/nurse/therapist's words are like gold, highly valued.

One of the most important areas to focus on is client safety. If a client is calm and comfortable with the process, particularly the medical procedures, it will make the chances of success higher. We are all aware of the long term effects of stress on the immune system, and in turn the negative effect of a weakened immune system on fertility.

We have many talented, caring and brilliant people working in this field yet despite our best efforts, often stress increases in the consulting room. Often patients will feel like a number, even in the private system, like they are on a treadmill and can't get off. They feel disempowered,

people are doing things to them and they often feel out of control. They will cling to information, positive or negative, but as humans we do tend to give the power to the negative. They need to feel held and understood and the simplest way to do that is to use their language, notice what they say and pick up on it when you answer. This will help them feel 'heard' and ease the process both for you and for them.

The client will form beliefs around what is possible for them as a result of meetings with clinicians and the information given. Whilst it is essential to be honest and factual, if you stress the possible positives, that someone has to be the 1 in 10 and it could be them, that is far more empowering than saying there is only a 10% chance of success. It is simply a case of turning the same facts around in a positive way yet that will be enormously empowering to the patient.

Turning Negatives into Positives

Because of the way the brain works the unconscious mind can't process negatives immediately, even if disguised as positives, such as:

I want to feel less anxious
I don't want to be in pain

without accessing the anxiety or pain. You have to think of it in order not to think of it.

Try not thinking of Elvis juggling twelve purple monkeys.... What happens?

Think of squeezing fresh lemon juice onto your tongue... Did you wince?

Be aware of this when talking to clients and guide them towards what they want in a more positive way, using Pat Carrington's Choices protocol with phrases such as:

I choose to feel calm
I choose to be OK and healthy
I choose to enjoy a successful healthy pregnancy this cycle
I choose for it to be possible to enjoy a healthy pregnancy to term

Use the facts to support what you want to happen for the client. The unconscious will hold on to the truths and the wanted truths will slip in unnoticed.

For an in-depth training in the use of effective language patterns please see our IET Diploma/NLP Practitioner Certification:

http://www.theftcentre.com/iet_diploma.html

Emma Roberts

www.theftcentre.com theftcentre@googlemail.com