



## TRANSCRIPT OF INTERVIEW WITH BARBRO BRONSBERG & HORACE ONGILI OSOK FOR THE TAPPING IN SCHOOLS SUMMIT (OCTOBER 2022)

**ELENI VARDAKI:** Barbara, Horace, thank you so much for being here.

**BARBRO BRONSBERG:** Thank you for having us.

**HORACE ONGILI OSOK:** Thank you, Eleni, for having us.

**ELENI VARDAKI:** I'm excited for us to dive in here and talk about this incredible project that you guys have been doing and collaborating on. Sweden -Kenya collaboration. Would you like to explain, you know, why did you decide to bring EFT into these 20 schools in Kenya?

**BARBRO BRONSBERG:** It's amazing. The project started in August, 2019. I was surfing on Facebook, and I saw information about the school in Kenya. Started chatting. That was with Horace who was a teacher at the school. And I started talking, who am I, and I am a Life Coach. I help people with phobias for public speaking, and I'm using tapping. And I explained to him the benefits of tapping.

**Then he just almost froze and said, "Please teach me. In the school, we have 300 traumatized children. They...:**

- have very little to eat.
- are in poor health conditions.
- might be orphans (their parents have died in AIDS)
- have HIV
- hardly any food, not good grades and they don't smile."

So, "Yes, I can teach you of course!" I was thinking it will take me 3 times, and that's it.

**But it transformed into a wonderful project that today has:**

- 4,000 students (different ages).
- 20 schools.
- 35 instructors.

We also had to create a food project for 60 of these poorest people that didn't have any food when the pandemic hit. So we are very proud and we have very, very small fundings - I collect money with my friends and on Facebook - but we have made enormous progress with this money.

Horace, will talk about how we implemented it into schools?



**HORACE ONGILI OSOK:** Very well coach Barbara.

Thank you very much once again, Eleni, for hosting me this afternoon.

Being a teacher in Kenya and teaching those children that Barbara has talked about, I faced those challenges one-on-one. Because you look at children who are very dejected, children who are gloomy and always sad. Children who come from very bad backgrounds. So they're always unhappy because of:

- gender violence
- going without meals
- lack of proper self-esteem (their esteem is always low)
- and they fear speaking in front of people.

And things like that. So when tapping came, I said, "We have a solution in place". So I got trained.

Personally, I had to try it on myself, because I also used to have migraines that couldn't go away. I wanted to have that personal experience with tapping, before I gave it to the others. So I tried it out after training, and the migraines disappeared. So I was satisfied that this thing works.

So I immediately embarked on how I can introduce it to schools, because children face problems such as the ones I've mentioned across the schools. But just like Barbara said, we can't reach all of them because, you know, it needs funds. So I singled out 20 schools within the rural areas where life is not very easy.

The first thing I did was to call teachers - representatives from all these 20 schools. And then I organized a workshop, and I want to thank Barbara once again for making this happen. I had a very successful workshop, and I trained them on tapping. And then I sent the teachers back to their 20 schools, and told them to go and trained the others who they had left there. And then they would later train the children on how to tap.

We are very proud to announce today that we have over 35 Tapping Instructors who are very well trained, and so many other teachers back at schools who seek advice every day from these Tapping Instructors on how to even do tapping better.

So I have been visiting those schools, making follow-ups, taking to them any tapping materials, be it pamphlets, be it videos, be it anything that they could read to better their knowledge on tapping. We also have social media platforms like WhatsApp and Facebook where we interact, ask questions and answer questions depending on what challenges teachers are facing.

Thank you very much. It has been a wonderful journey since 2019.



**BARBRO BRONSBERG:** I have one thing that I forgot.

**I want to explain that we are using a combination of three tapping methods:**

1. **Thought Field Therapy (TFT)** I started with TFT (Thought Field Therapy) because I was, I'm a social worker, and I was searching for a self-helping tool. But I found it too complicated. I tried to simplify it.
2. **Emotional Freedom Technique (EFT):** But then, then I found EFT that I find much easier. So that was where we started with the combination of two (tapping methods).
3. **Trauma Tapping Technique (TTT):** But then, we were privileged to cooperate with Peaceful Heart Network that have a fantastic, simple method that is called TTT, that is Trauma Tapping Techniques. I reached out to them as I know Gunilla Humne, also Swedish, and asked her, "Do you have anyone closer than Sweden that could go to them, and teach them?" So she sent their best Instructor that even spoke Swahili. So then we added three (tapping) methods. And I think the benefit of TTT is it's a silent method. You don't talk so much. There's a lot of children in the room and Horace and I have also been talking about, it gives a child privacy. You don't have to talk about what's difficult at home, or what burdens your heart. You can just tap and heal.

So we have these three (tapping methods that we teach), and as always tapping is growing and expanding into new things.

And then, Horace, if you please talk about our results with this mixture of methods - the effectiveness that we have noticed?

**HORACE ONGILI OSOK:** Absolutely. I want to touch something, very briefly, still on "how". How do we ensure that the children develop interest, a lasting one, you know, on tapping?

We have created groups. Each group is placed under the charge of a young tapping instructor. We call them our Tapping Champions. In a classroom there are a mixture of learners. There are the fast learners who, train them on something and they go with it. And then there's this group that takes it slowly to learn. And then there's the third group that just simply ignores. So we take the advantage of those who learn very fast and put them in charge of the others. So they demonstrate tapping to the ones who are still learning slowly, and the ones who are totally ignorant. And we see that working very well, because we are building future Tapping Instructors as well as building the interest of learners in tapping. So that is the bit I wanted to add.

Then we go to the results. I mean, "the experiences" I call them. We have, over the period that I've worked with teachers, been observing the behavior change in the learners as we teach them tapping. So we have learners who are very happy these days. You can see them all smiles. Learners who could not smile in class, when we were beginning this program. I mean they were facing the most difficult of



times in their lives. Tapping has restored hope in them. I mean they now know that at least they are wanted, they can make it in life, and they can be people in future. So we have children who are very happy nowadays.

We have children who could not face their peers and talk in class, because of embarrassment or just being shy or something like that. Teachers have used tapping to build them, and nowadays they can confidently face audiences, both in class and outside, and do very well and we are so happy about it.

We have learners who are very afraid of the examinations. We call it "Examination Fever". They would literally shed tears, you know when you give them exams, because they could not believe in themselves. Tapping has really helped build on their confidence. They now can face examinations with a lot, a lot of confidence. And looking at the results that they have achieved so far in their National Examinations, we can only say that tapping really works.

Another result that is quite amazing that I must talk about is that there are adolescents who for one reason or another, especially on matters to do with how they were created, they are ashamed of their bodies, something like that. So usually it's that low self-esteem. But you know, through tapping teachers have encouraged them that they should concentrate on their strengths, and appreciate their weaknesses. You know, "If you can't change it, leave it." You know? So we had them also accepting that that's how they were created. I mean there are things they can do, there are things they can't do, but they really need to build on their strong points and just live with their weak points. And that has made a lot, a lot of contribution in their wellbeing going forward.

We have children who they had hidden talents but they are not discovered because of lack of self belief. Tapping has really helped the most to come up, be active, and contribute in being creative in class and things like that. So we have had amazing, amazing results. One thing that I must underscore, and it makes us happy also as Tapping Instructors. Yes.

**BARBRO BRONSBORG:** Can I add one thing that makes me so happy? (Absolutely). When told me that the presence in school is much higher. Children that did not attend school now go voluntarily. They are happy, they have fun, and they study, and they get good grades.

And that is amazing to get drop-out children or teens to come back to school, only by tapping and supporting them. That's amazing. It's amazing.

**HORACE ONGILI OSOK:** Yeah. We have registered a great number of children who come to school every day because they have a reason to wake up every morning to go to school because they want to learn.

When their minds are now open because of tapping, they want to learn as much as they can.



**And they enjoy the fun of tapping every day because we tap...**

1. **...in the morning** (before they begin their classes)
2. **...around midday** (when concentration is going down)
3. **...and then later in the evening** (together at the assemblies when they're going back home).

That gives them the excitement, the reason, the drive to come back tomorrow and continue with the process.

**ELENI VARDAKI:** Anything else you'd like to add before we wrap up?

**BARBRO BRONSBERG:** I would like to say that I see tapping as a tool for a better world on the planet. The future needs grownups, and children, that are harmonious, caring (take care of themselves), and can cooperate.

We won't have a future without us cooperating all over. We are preparing, like Horace said, for coming generations. And so our youngest instructors are 7 years old and above, and we also have a plan for them to follow them all the years in school.

So they study, they get a job, they become better parents, better grandparents. So we have a long vision, and we are patient. Tap by tap, we see the better world. We want to expand to as many schools as possible in Kenya, over the borders, and hopefully to Sweden. We don't have much tapping in schools here.

Our biggest obstacle is lack of funding. We have a tiny, tiny budget. But we use all we can, and we have expanded in spite of that.

We have a link you can click on and get to a webpage with more information form. Or you can get in contact with us, maybe donate (see <https://www.barbro-bronsberg.com/tapping-project-in-Kenya-that-I-started.html>).

So what is your conclusion, Horace?

**HORACE ONGILI OSOK:** I want to make a conclusion by sharing one of the photos that shows our children tapping (shares photo).

That is one of the schools that is in our program. So those are children that we trained on tapping, and you can see them tap, and they are among the children whom we have registered amazing results with.

As I conclude, I want to tell anybody who would like to introduce tapping for the first time in class, that it's not always success, success, success. There must be challenges.



**Some of the challenges that the teachers have observed is that you have different learners in class:**

1. **Fast learners:** There are those who are called fast learners. You would train them on something and they pick it and they fly with it.
2. **Learners who take time to learn:** Then there's this other group that really takes time to learn, and they need a lot of encouragement.
3. **Learners needing more time to learn:** And then there's third group that you tell them something and they are like, "Yeah, we have heard about it."

They are all our learners, and they're in the same class. So for you to overcome such challenges, the solution is very simple. Just work with them at their own pace.

Don't force them. Work with them at their own pace. They will build interest, bit by bit. And then when you put other learners in charge so that you become an observer and you let them do it, you let them own it, then it becomes theirs. And will register success.

Apart from the classroom, we also work with different groups. For example, we have a group in Eldoret (Kenya) consisting of refugees who left their country in southern Sudan and took refuge in Kenya.

Some of them were child soldiers (abducted from their parents to be forced to fight) in the war that happened in that country. They are people who had a lot of trauma, and they couldn't sleep very well because of the things they saw in their country.

When we met them, we trained them on tapping, and we went back there to share experiences. We received very amazing results. They can now sleep peacefully. They are building on reconciliation. They want to forgive those who did wrong for them. They want to be happy. They want the world to be a happy one. So peaceful for everyone to live in.

We are very free to offer knowledge on tapping. So anyone who is interested in our workshops - this knowledge is unlimited, and we want to share it as wide as we can.

So you can always click the link that will be provided, and then you will fill a form. We shall get your request for training, and then we organize and we share this wonderful knowledge together (see <https://www.barbro-bronsberg.com/tapping-project-in-Kenya-that-I-started.html>).

I think it's good if everyone is happy.

Thank you very much once again for hosting us this afternoon. I am very, very happy.



**BARBRO BRONSBURG:** Yes, me too. Thank you very much for inviting us.

**ELENI VARDAKI:** Learning even more about the work you're doing has been so moving. I'm in awe and, and just speechless at the incredible work that you guys have been doing. It's very, very inspiring.

And I encourage people to go click on the link below and support and help donate. It's just amazing, you know I'm honored to have met you and to have learned about this incredible work. Thank you.

**You can learn more and donate to help support Barbro and Horace's team of teachers and tapping instructors as they continue to expand this tapping project over at:**

<https://www.barbro-bronsberg.com/tapping-project-in-Kenya-that-I-started.html>