Kate Moryoussef: EFT tapping for ADHD, anxiety & limiting be...

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SPEAKERS
Kate Moryoussef, Katy Weber

Katy Weber 00:00
I can’t wait to hear all about your coaching business and your podcast because I know both are ADHD related. And you work with women who have ADHD. But first, let’s talk about your own story. And you know how you first came to suspect you had ADHD and kind of what led up to your diagnosis. And when that was,

Kate Moryoussef 00:20
so I so I grew up in a family where I have two brothers, and my two brothers have ADHD. And from a very, very young age, I knew all about ADHD. And I saw it in my brothers and I knew about it and boys, I’d never met any girls with ADHD, it was always boys. And it was always the telltale signs. And that was just, you know, what I grew up with what I knew. And I saw the difficulties my parents went through, back in, I guess it was like the late 80s, early 90s, where Ritalin was like prescribed as like, straightaway, that was, you know, the go to. And I guess there wasn’t loads of maybe narrative research is the right word, but I think it was sort of quite a one dimensional diagnosis. And then fast forward many, many years. I’m a mum, now I’ve got four kids myself, and I never really suspected I had ADHD, like I grew up and I was quiet, I was well behaved. But I did Daydream in class, and I did struggle. And I guess a lot of my work was always handed in, you know, late. And, you know, through university was a very similar path, I changed degrees, because I didn’t like it. And lots of little telltale signs, you know, peaking up. And then it was only when my daughter who is nine, and she’s my middle daughter, and she, I recognized there was something going on with school. And I was recognizing that it wasn’t dyslexia quite, it wasn’t dyspraxia, but there was hints of both. And I started researching and all the signs were pointing to ADHD and girls. And when I started reading about her, I started seeing lots of telltale signs and myself growing up, but also reading about ADHD as they get older in hormones and women, in parenting in building businesses. And I suddenly realized that so many of the things that I believe have held me back or have troubled me, over the years have been related to ADHD. So I went and got diagnosed, you know, literally the same week as my daughter. So we both had the diagnosis together from different doctors. And that’s been, it’s been really good for us both. I’m really happy that I’m able to support her and I’m able, I’m able to give her I hope, insights and help and support that, you know, I wasn’t able to have no faults, my parents, they were busy doing other things with my brothers. And I hope that I’m able to, you know, to help her succeed and achieve, you know, without having to feel like it’s a massive hurdle for her. Wow.
Katy Weber 03:00

Yeah, I mean, I feel like that is such a common story among women. I've heard so many others who had brothers who were diagnosed as children, but it was overlooked in them. And then also, you know, seeing some of these telltale signs in your child. And then looking over the this list of his laundry list of symptoms and realizing Oh, my goodness, this is my childhood. And then all of those connections, like you said, like, wow, school, well, relationships, work, mothering, oh, business, you know, all of it is just like ping, ping, ping all of these light bulbs going off? How did your family react when you told them?

Kate Moryoussef 03:40

So I have only been officially diagnosed for about three months. And about two years ago, I started having a few suspicions I kind of thought you know, I am I do flit from things to things. And I get you know, likes really been focused on something, love it, love it, love it. And then kind of like the attention dips away. And I started thinking God, maybe maybe that's a symptom. Perhaps I know, women don't get you know, it's not really a thing that women get. And I would have known about it if you know if I'd had it, I would have known about it by now. I'm 40. So I kind of dismissed it. And so when I went and had the diagnosis, I was really, really valid validated. I started joining Facebook groups and really being able to recognize so many little things like the quirks and the things that you know, my husband would laugh at me about all the things my friends would laugh at me about the anxieties, I would feel about things that other people wouldn't feel anxiety over. So that I took a bit of time to kind of get that validation and to feel like wow, okay, this has been in my life for a really long time. And you know, there's been it has been a bit of a journey, accepting and acknowledging at all. So I told my parents and I did, I was worried about it because they've gone through quite a difficult time with you know, the My brother's you know, they got divorced, and there was a lot of huge amount of pressure on their relationship. So for me, I didn't want to come out and be like, Oh, you know, there's another one kind of thing. But my mom knew straight away too. And oh, it's from me, you know, the ADHD comes from me. And I was like, No, Sherlock. Yeah, I can see that how we kind of like recognize that, and she definitely has it, you know, I can see. Potentially my dad in some way I can see, you know, certain things as well. It's funny, I can see on both sides of the family. So yeah, it's been, I'm still going through that process of talking about it. And there's no shame there. But there is a stigma attached, and having to explain yourself to people when they see ADHD is one thing. And we understand ADHD to be another thing. And so without meaning to be patronizing to people, it's kind of like, well go and do some research, go and do some reading. And then come back to me if you've got any issues. So I kind of like talk to who I wanted to talk to about it. And you know, some people are just like, Oh, yeah, okay, cool. Yeah, I can see that. And some people are like, well, I can't see that at all. Look at what success you've made it yourself. And it's, and it's very much I will do you know, what's gone on in my head all these years, do you know how difficult certain things have been? And I think I'm quite good at holding things in, you know, we're like the masking side. And I've been sort of been known to be the capable woman and my husband understands me, but I don't really go on about it to lots of other people. So I think I'm definitely in a product process. And it's been amazingly validating an eye opening, and I'm excited to see where it takes me.

Katy Weber 06:47

Yeah, there is there is such a, an immense sense of validation, and relief. But with that comes that grief as well, like you said, realizing how when people say things like you can have ADHD, you're so put together or you know, you're so accomplished. And you're sort of like yes, but you don't understand like, how I work 10 times harder to to sort of keep that together. One thing I loved when in our correspondence would see when you were talking about that you finally have a box for the jigsaw puzzle. I thought that was such a beautiful little metaphor for so many levels, you know, of just like not only feeling like your life is all the pieces that have just been tossed on the table. And having but just, you
know, having a way to kind of rein it in having a way to contain it having seeing the final product almost, you know, has been, I think we have such a hard time seeing how all of these pieces can amount to something. And so there was a beautiful description of that feeling.

Kate Moryoussef 07:51
I think it was it was funny, because when I said it, I was like it was almost, it just kind of came out. And it was it is very much like that there's been so many different pieces that I've not been able to, can bring it all together to understand I just thought I was like super quirky in certain things, and really flaky and other things and really anxious in and I just felt like it was just part of my personality. But now I can understand it more. And I can almost bring it together. So hopefully I can work with more ease, you know, you know, for the next chapter of my life, but that's what I hope.

Katy Weber 08:31
And I love what you said about helping your daughter to I think that has been something that you know, I was diagnosed also during lockdown And so much of my own interest in in it had been suggested to me over the years by my therapist who also has ADHD, but it was really like when we started doing remote learning, and my business fell apart because I was trying to hold my kids up, you know, and help out my son and he was really struggling, he's also nine and in fourth grade and he was really struggling and so it's been you know, I have so much gratitude for this realization and this and this diagnosis because of how much I can help both my kids with with some of the things that they are struggling with in school that I struggled with so much that I can kind of look at an explain and see like, Okay, take a breath, this is what we need. And and if Honestly, I don't you know, none of this could have happened without the without remote learning. So

Kate Moryoussef 09:33
I think I completely I mean exactly the same situation. I wouldn't have noticed my daughter behaving the way she did like wriggling and not sitting still not being able to focus even though we'd had these conversations with teachers through the years, but because I hadn't seen it with my own eyes properly and have been able to sit for longer than 15 minutes. Yeah, and I was seeing it all but you know before my eyes that is I think what you just said then is really beautiful that you have so much gratitude, because I think you can kind of go down a bit of a rabbit hole of berating yourself and, and making it worse, almost exacerbating it, but actually to look at it with gratitude, you're right, because we are able to support our children, and we have more awareness than perhaps our parents had, where, you know, it might have been dismissed, we might have been, you know, pushed, you know, to one side, you know, we're not academic, we're not clever, and we're not able to focus and wizards have just left, whereas now we can understand them, we've got tools to help them and, and I hope, as you know, time goes by, and there's more awareness, there's going to be more and more tools. And maybe by the time they get to college, or they go to, you know, start work, they won't struggle with the many things that we may have struggled with, you know, 2025 years ago. So I think that's really a lovely way to reframe it,

Katy Weber 10:54
right. And I really hope for the next generation that asking for help, is not considered a fault, the way somehow it has become for our generation, you know, especially for women, there's such, there's such resistance and so much stigma around asking for help. And that's one thing, I think, since my diagnosis I've really embraced is how much I require help in certain areas of my life, and how there's no shame in that. I really, I really hope that that's something that I can carry on into adulthood.
Kate Moryoussef  11:25

I think that’s so important. I think, well, first of all, I noticed that women with ADHD are very good delegates. And if you move past the shame of wanting help, then we are very good at knowing where our weaknesses lie. And we you know, and funnily enough, I did a podcast episode about asking for help, I normally interview with a guest, but I didn’t like a solo one. And I literally just spoke for about 20 minutes about removing the shame of asking for help, and how I actually think it’s an amazing feeling for someone to be asked to help. So if a friend came to me and asked me for help, I’d be so honored. That me that they chose us me that if you flip it that way, it’s a really special thing to set, you know, go to a friend or speak to someone and it shows the vulnerability, it shows that you’re human. It’s a way to connect with someone else. So I think asking for help is vital. And yeah, and I think it’s something that I’m learning more and more to do, and it’s helped. It’s helping me so much have recognized how much better my life is when I asked for help.

Katy Weber  12:29

Right? Yeah, that’s a great point, reminding the you know, that you’re giving a gift to the helper, in a way. Yeah, that’s beautiful. So now you started this podcast before you were diagnosed, though, right? So it must be interesting for you to look back and think about all these sort of ways in which you’ve intuitively come to help yourself and help each others without realizing kind of what the label was on all of that.

Kate Moryoussef  12:54

Yeah, very, very much. So. So my podcast is called the ambitious mum. And I literally thought of the name in like, two seconds, because I wanted to speak to other women who were mothers who had ambition, that perhaps felt they weren’t being fulfilled, perhaps their talents weren’t being used, maybe they’d been at home for a while with their kids. And I wanted to speak to other women who had those, like, harbored dreams or passions, and they’ve made a go of it. So these are either women that, you know, hadn’t yet started a business while they’re being a parent or speaking to other women that can support women who are perhaps going through that right now. So I think it was definitely my way of being able to speak to people that would inspire me and empower me. And I definitely have learned so much from all my guests. And it’s kind of taken a bit of a journey on itself. Like the first series was very much speaking to women who were ambitious mums themselves are built businesses and services and around their families. And then the second series is very much more about speaking of the women who build the women up, inspire them, empower them, help them, support them, and give lots of practical advice and insights, but also lots of sort of spiritual well being advice, and to be able to kind of almost nurture them. So they have got that inner strength to, to do what they want to do to pick up their passions to, you know, fulfill themselves through their career. So I’m on a bit of a series break now going into series three, due to homeschooling. I’ve just kind of thought I need to reduce my load and what is that kind of where can I do that? And that is through the podcast. So I’m on a bit of a break with that. And hopefully that’s going to pick up probably about end of February. But yeah, I very much intuitively ran before my diagnosis of how can I help myself who can I speak to like, who’s going to be You know, inspire me to take the next steps. And it’s been a, it’s been a really fun journey. I love it. I would say it’s a hobby, but it’s really helped me with my career as well.

Katy Weber  15:11

This podcast here that I’ve created was really just an excuse to talk to others. Because I realized, you know, I made the connection that I, I learned so much about myself and my own life from having one on one conversations with
people. Really, I mean, that was one thing I really, really missed with lockdown, and the pandemic was those like coffee dates, you know, and, and having those opportunities to have really sort of intense, intentional one on one conversations. And so, you know, I was this, this all came from this sort of selfish hobby, excuse to talk to people about, about things that I'm interested in things that I'm struggling with. And I think, you know, when you talk about when you talked about lockdown, and quarantine, and women and entrepreneurialism, and I mean, all like, I can't be the only one who's just felt like everything fell apart. I mean, I know, there's so many of us who who feel like, you know, we, as women, as mothers, were who suddenly we were running our businesses, our kids were going off to school, we have these very, like, well carved times, when we were doing our work. And when we were doing our parenting and partners, and then all of a sudden, everything just got thrown into a bucket together. And you know that and then I think that's when we sort of fall into these traditional roles of like, having to, you know, we become the one who do who does all of that at home labor. And we were the teachers and the housekeepers, and all of these things that we had been able to kind of farm out. And, and suddenly feeling like, oh, my goodness, I'm not only am I doing all these things, but I'm doing a terrible job at all these things. And so it's been fascinated with especially talking to women who have who were diagnosed during pandemic, because like, of course, you know, all of these, all of my symptoms just escalated so much. So

Kate Moryoussef 17:11
true. I actually built a Yeah, thinking back you right, because I did notice, I mean, I kind of thought, well, everyone's anxious, and my anxiety is going to be worse. You know, my anxiety, yeah, but I knew I wasn't and I knew I didn't have like severe anxiety. Growing up, it was just certain situations and certain things that would give me anxiety. So I felt that even though I was diagnosed, during the pandemic, it was more about the looking at the bigger picture, like you say of it, you know, having the kids the cooking, the housekeeping, the homeschooling the work, and recognizing how difficult it wasn't for me to plan or where I got overwhelmed, or where I just felt like my head was gonna explode. Yeah, I think it must have highlighted, you know, the ADHD symptoms. I wonder if I would have been diagnosed? Otherwise? I don't know. And I don't know if my daughter would I don't know. It's funny. But I think if there is a theme, isn't there of women being diagnosed recently? And maybe it's because we've all had a bit of time to look inwards, or we've been at home? I don't know, I think there's definitely a theme going on, of being at home and recognizing ourselves more, for sure.

Katy Weber 18:30
And so you had you touched a little bit on things from your childhood, where you look back and you think, oh, my goodness, that was of course, that was ADHD was how did you? How did it present itself in your childhood in terms of your schooling, academics, or emotional regulation and that sort of thing? And do you see that now in all four of your children, girls,

Kate Moryoussef 18:53
it's about three girls and one boy. And I think my son has got it mildly. So academically, he's okay. But he's kids, lots of other things. His source of executive functioning isn't the best. But he's okay. And at the moment, you know, we don't need to go down that route. But you know, we never say never. My other two daughters, I can't see it the same way. I saw it with my nine year old daughter. And her emotional regulation can go up and down. And she's very, very sensitive. And I look back and I think, yes, I was sensitive, but I also had lots of different things thrown into the mix. We had that we move countries, we moved, I moved school many, many times. My parents got divorced. We move back again to the UK, and my parents got remarried. So there's no I wouldn't call them traumas with a capital T but they were very small little traumas that kind of kept happening. That I don't think would Things would have been picked up on because it was bigger things going on. So academically, you know, I'm not saying that I'm would
have been like a doctor, but I know I could have done better. And I know I could have done better at university and I know could have focused better university. I could have probably done a different degree, had my academic side been better supported, very sensitive, overly, overly sensitive, which is, you know, the RSD side. So it's, I look back, and I think, yeah, I wasn't, it wasn't detrimental at all. But it did show its head in lots of different ways. So I've met other women who is it's really kind of like difficult and they and it's hard for them to function. I also got married young, and I really put the two and two together, I got married at the age of 23. At the time, I was working in PR in a fast paced consumer PR agency. And I loved it because it allowed me to be very creative. But then the other side of things where there was lots of keeping to deadlines, and it was very time sensitive and things that would overwhelm me, I could feel the anxiety. So when I got married, I thought, right, this is a perfect opportunity, I'll go like somewhere quiet. And I'll work in a smaller company. But at the same time I was limiting myself, even though I could have done so well, in this big, bright, successful company. I think the ADHD took over in that capacity, even though I wanted to be really creative. And when I got married, my husband took away a lot of the things I've struggled with, because he is very efficient and very good with numbers and great with filing and great with money and things that I know I would have struggled with if perhaps I hadn't got married at a young age, and perhaps he wasn't as good. So there is an element of guilt there. Or maybe shame that if he hadn't picked up on all that stuff for me, how would I have coped? You know, would I have you know, made all the mortgage payments? Would I know how to file all our financial stuff? Would I be able to have done all the things that he sort of just easily as taken over. But I guess these are coping strategies I instilled, you know, I did the same with my well being. So I think we are quite resourceful ADHD women, and we know, you know, how we can hopefully seek out help or cope with different situations. And it is what it is. And I'm working on that. My husband is like, why you? Why are you you know, guilt shaming yourself. Why do you make yourself feel bad that this is what I enjoy. He says, I don't enjoy cooking, I don't enjoy, you know, doing the interior of the house, I don't enjoy going off and playing with the kids and nature, like these are the things that you do. But when you're ADHD, you only see I think the things that you're not very good at. And that's why I try and help my clients with is, yeah, we're sometimes not great at stuff. But we're also really, really good at other stuff that other people can't do. And you know, if you're in a healthy relationship, you know, that you know, your partner pick up different things and you blend together and create a good family home. And I just seem to have braced myself for a long time that I wasn't the one that, you know, sorted out all the spreadsheets out and things like that. That's what he does. That's his job, you know, so he's happy to do that.

Katy Weber 23:36

That's such a great point. I relate to that so much. My my husband also we've been together 20 years. And when we met I was just financially a mess. I mean, I've sort of joke about the fact that he one of our first dates, he was at my apartment, and I had creditors and lawyers who had been who were calling me because I've gotten so bad with my credit card debt. And, you know, we're talking and my phone rings, and I sort of pick up my phone and put it back in the cradle. And I'm like, Yes, and where were we? What was that? What did you just do? And I was like, Oh, that's the creditors calling me and I burst into tears. And I always joke like, why this band did not just get up and run for the door in that moment, I will never understand. But he is you know, he's something he's really good at. And so he really like helped me out and sort of took on all of the finances. And that's something I don't deal with right now. And I'm so grateful for that. And you know, it's just in so many ways in which we compliment each other. But you're so right, we tend to take on this narrative of failure and shame, and we're so have so much I'm so grateful for all of the competent things he does, but I was never able to see what I brought to the relationship and so I used to always say, you know, I know why I married you. But why did you marry me and and now since my diagnosis of huge thing that has shifted in my relationship is is how I, how I talk to myself and how I think of myself and my worth. And I feel like it must be such a relief for my husband to not have me always bringing that shame and that guilt into any sort of conflict or argument or anything, but you know, actually see realizing like, Oh, now I, you know, now I'm able to see quite clearly why you've been with me and all the things that I am good at. And I can have gratitude for all the things that you do and how we can compliment each other. And I think that's been that's so important. And also, I lost my second point or timeout partners and marriage. And what we do, Oh, God, Oh, well. Anyway, it
Kate Moryoussef  25:48

happens to me, you kind of on a roll, and then it just goes,

Katy Weber  25:52

No. And I was like, do I edit that out? I don’t know, maybe we should keep it it’s about maybe,

Kate Moryoussef  25:57

I think keep it writing it, keep it because it’s gonna come to you in like two hours, and then you can add it. But I, I agree with you. And I had exactly the same thing. It was almost like an epiphany of once I had the diagnosis done, and so much more research of recognizing the symptoms, especially in women have that guilt and shame, of feeling that you don’t bring anything to the relationship? And why would anybody want to be with me. And I always used to say to my husband, like, you bring so much like you do so much. And you know, you’re constantly building me up, and I’m like an emotional, you know, like baggage to you and all these things. And he would always say to me, look what you bring, like I’ve had enough of this, like, how can you not see what you bring to this family and you bring to this relationship. But because I put so much onus purely on the financial side, purely on the admin side, and I never kind of thought, Well, you know, I do all the food shopping, and I do all the food prep. And, you know, he’s actually since we’ve been at home locked down, he’s actually right now currently making dinner, which is a new thing. And we all really 5050 and that’s how it should be. But I kind of was like, I shouldn’t be 5050 you know, like he earns, like, the better way to I shouldn’t be doing way more. But he likes it, he enjoys it. And he’s like, stop telling me all these bad things about you. And I think it did add like a bit of a pressure to the relationship. And since we since I got the diagnosis I have been I he can keep saying to me, like you’re so much more chilled like you are. Your emotional regulation is like karma. Like, it does feel very much like I have accepted and acknowledged who I finally AM. And that’s just who it is. And I’m not in this resistance with myself the whole time. And so I feel less exhausted, like less mentally drained, because I’m not constantly trying to figure out what’s wrong with me, like I have an answer. There’s the answer. And so it just feels a lot easier now, and it just feels a lot more aligned. And that’s why I’m so happy to be able to help other women, with with ADHD because I feel it’s a massive burden to carry if we aren’t maybe doing some work a bit of self development work with it, and, and helping are easing ourselves into this kind of almost new existence. So I feel definitely lighter in myself. And I really hope to bring that to other women as well.

Katy Weber  28:38

Right? I completely agree. And I also pivoted my coaching business very quickly to helping women with ADHD because we see those, you know, we recognize the same struggles and we see how we were able to get from point A to point B, and we’d so I think it’s, you know, we have that incredible amount of empathy for women who might still be struggling and haven’t made those connections yet, and how can we help them? I remember my other point, I want to throw it in there before we move on to your coaching, which is oftentimes I think we’re we’re unable to see what we bring into the relationship. We like you said, you know, we put so much power and emphasis in the things that we’re not able to do. And I felt like for me a lot of the time that led to a very, like crippling fear of being alone of being left, you know, like having this big fear that my husband was going to drop dead or leave me you know, and then how was I possibly going to live you know, like, like putting so much stock in these other things that you aren’t able to do because you you stop seeing all the things you are able to do.

Kate Moryoussef  29:45
That is unbelievably profound. I just got like goosebumps because that is something that I do worry about and have worried about for many, many years of, you know, obviously God forbid that happens. I’d be heartbroken on every level. But also from like a very practical level, it’d be like, Oh my god, like,

Katy Weber  30:06
I wonder if that’s, I wonder if that’s common, I wouldn’t be surprised. Especially when you found you know, when we understand how important it is to have a good partner and a good support system. Okay, so let’s move on to your coaching business, I want you to tell me about the Emotional Freedom Technique and tapping. I’m very fascinated by all of this. And so where do you want to start?

Kate Maryoussoff  30:31
So I guess, before I was diagnosed, I was kind of like helping women, I would say, I kind of targeted women who were like me, and I get any kind of, you know, articulated it as overworked, overwhelmed with women with busy minds, and I guess as an ADHD woman, but I didn’t have the language to explain that. So it was busy mums overwhelmed, women were trying to juggle it all, who weren’t looking after their well being who were feeling stretched, burnt out, overwhelmed in, you know, lots of capacities. And I then went and did training with EFT with Emotional Freedom Technique, which is the tapping. And since I, actually had a session of that about 10 years ago, when a massively helped me, and I, I’ve always had held it in the back of my head that if I would love to help other women that way, and I just was the time was right, that’s how I trained in it. And ever since I trained in it, I have not been able to go back to the original way are coach, I just use tapping with my clients now. And it helps really break down lots of blocks helps people get unstuck in their thinking and you know, the ruminating, we can, you know, really kind of have shifts in perspective, there’s a lot more clarity. So, it for me, it’s an amazing tool for, you know, small things that brings anxiety, but also like really big and life affirming changes we want to make. And I found that EFT and ADHD go hand in hand so beautifully, because we have got very busy brains. And lots of the time, it is hard to quiet that down. But the tapping on the meridian points, so we’re tapping away, and it has a physiological reaction, it actually calms our nervous system down. It’s it’s reducing the cortisol in our minds, in our bodies, sorry. And so even though we’re sort of talking about things that potentially might be quite triggering, the tapping is calming our bodies down. So we’re able to get through things easier, we’re able to kind of pass the intensity, it’s almost like bringing things up, and we’re releasing it. So the healing is quite quick and efficient about certain things. So it’s also very intuitive. So I work I being ADHD being very prescriptive, and contained in a very specific therapy is not really what how I would like to work. So I can kind of roll with my client, and we kind of get go down like little, you know, different aspects we call it. And so I use tapping on myself, I use it on my kids, especially my daughter with ADHD, it really helps calm her emotional regulation, especially if she’s like, really lost, you know, her control, I guess she takes she’s having a big tantrum, and I’ll tap with her and it’ll really calm her down. I do it in so many different ways that I don’t know how I would function without tapping now in my life, and I really enjoy seeing the difference it makes to my clients as well. And how they can empower themselves with a tool that they can use on a very baseline level. So you can literally just tap on the points and learn that in like 10 minutes. But to be a practitioner and to coach with it, there’s lots of different techniques that we learn but, you know, if you are prone to anxiety, the homeschooling You know, I’m telling people just go into the toilet and just do five minutes tapping and breathing and, you know, just kind of bring that kind of intensity down, and then go back into the room when you’ve kind of controlled yourself. So, you know, there’s not a big flare up in the family. So yeah, I love it. And I really feel that I found something that I’m not going to get bored of which is really important to me.

Katy Weber  34:29
Just watching you have some videos on your Instagram feed or videos or reels of you tapping yourself and even that is calling to watch even if you're not doing it. Right just watching you tap. I mean I'm learning so much more recently about the ways in which we are overstimulated and the ways in which we have sensory issues. I never would have said I have sensory issues or or or sense auditory processing issues, I never was in tune with any of that. And until my diagnosis, and now I'm starting to realize much more how many sensory processing issues I've had, my whole friend didn't have a name for. And there is something so intentional about the tapping, it's, it's, it's almost like, I imagine has the same effect as fidgeting, you know, or I don't even have the words for it, because I don't really understand it. But you're saying in terms of it intuitively making sense and the way in which you can kind of bring a lot of chaos into one focused point. And tap that, you know.

Kate Moryoussef  35:45

Yeah. And that's what's so great about it is that you can come in with something really focused. So it could be something really, like my husband's breathing at night really annoys me. Something like that, or my kid, the way she uses her knife and fork at the table drives me mad. So you can be really focused, and or you can come in to a session, and my client would say to me, I'm feeling so anxious, and she won't know what she's anxious about. And then we'll start the session with just the big anxiety. And then I'll say, where are you feeling in your body? And where do you think that's coming from? And can you remember the first time you felt this anxiety and, and then we really pinpoint. And so it's a very, it's an empowering technique, because we get to understand ourselves better. And we get to recognize it in our body. So we can have like pain in our shoulders or palpitations in our chest, or like tightness, North roads. And it's just there. And we don't know why it's there. And we do a bit of investigating, and there's curiosity around it. And we can really pinpoint lots of different things that have been with us for years through the tapping. So it's actually a really incredible journey to go on. Because we get to know ourselves better, we get to understand the triggers, we get to understand how we can maybe heal ourselves or what hasn't been healed. Very much. A lot of the work is behind, you know, repressed emotions, repressed trauma, things that have happened to us back in childhoods that is affecting us still, you know, as adults, and you know, a lot of limiting beliefs that we hold on to, we don't really understand where they come from, until we begin to tapping and some, you know, very often I have clients that will say, to me, I've not thought about this memory in 30 years, and I'll take you know, it'll go back to being a kid in class and being ridiculed by the teacher. And ever since then they don't want to speak up, they don't want to use their voice, they feel embarrassed to, you know, to have an opinion. And that's carried their way through, you know, up until now. So we we work about clearing a lot of stuff from a long time ago. So we can feel more empowered, and emotionally free in the present tense and also be able to look to the future with a lot more positivity. So, yeah, it I find it a very effective tool for women, especially with ADHD.

Katy Weber  38:20

It listening to you talk about it reminds me a lot of EMDR therapy. Yeah. Which I imagine there's a lot of crossover there in terms of I also don't really understand how EMDR works or why it works. It seems like one of those things that psychologists stumbled upon accidentally. I used it with the the alternating pulsating sort of eggs in my hands, but I know people use it with light or Yeah, so tapping. It was amazing, amazing therapy that I went through for childhood trauma. How did you discover tapping?

Kate Moryoussef  38:59

So he was about 10 years ago, and I went to what I thought was just a therapist, and I needed some help. I'd was in a situation where I couldn't get past I'd had a miscarriage. And I couldn't get past one going. And trying again, for another child. I was so scared that it was going to happen again. Even though I wanted another child. I was so fearful. And I was so stuck in this fear cycle that I didn't know where to go. So I thought I'm going to get some help.
And she obviously was a very experienced EFT practitioner and she straightaway went to me, you know, I'm going to try something with you. Just roll with it. And I had no idea and I felt really strange doing all this tapping. By the end of the session, I was so calm about trying again from the child that it just didn't. I was like, I can't even believe that. I know I was so hurt by it. It's like the miscarriage. It wasn't the miscarriage. I was. So I was obviously very upset about it, I've kind of accepted that. It was just the fear of getting past that. And maybe being told, you know, from a sign from the universe, I wasn't meant to have any more children. And so she helped me just move past these, these limiting thoughts and beliefs. And that's helped stuck in my head. So much of how affected that session was that when I came across it again, I thought that Yeah, definitely. And, and yeah, so now I'm at this point where I've been doing it for quite a few years, and I love it. And I believe that there's a lot more help to be done in the ADHD arena with EFT for sure. And because I understand ADHD, so well, so when I see a client come to me, and they don't even understand themselves that we're, we explore, and we get curious, and and I never put words in my clients, now they come to me, and we use their own words, and they find it very validating that they can come to this acceptance of their situation, because they are moving through the emotions that I guess are stuck within them. And so the tapping helps release it. So there's very often there's lots of tears, you feel kind of emotionally, very exhausted by the end of the session in a good way. So like, someone will come to me and they're like, their shoulders are like totally hunched up, by the end of the session, you can see they're like, the shoulders are down, they're tired, they want to go and lie down, they feel that they have more access to a guess what we're all looking for, which is a piece of just being able to recognize that things can get better, like there's hope there that you don't have to carry around this burden for the rest of your life, you are you are able to release it and move forward and change and choose to believe that things can get better. And that's, you know, something that we talk about a lot is cheap making those choices. And that's why I find a very empowering way of working with people.

Katy Weber 42:06

I think also, you know, we spend so much of our lives, not understanding what is happening, I mean, you know, there's so much of the the way in which we, we feel like everybody else got the manual, but we didn't. And you know, we don't understand why we're not able to do certain things, and feeling yet at the same time feeling overwhelmingly responsible for that thing, and getting it done. And so I imagine, it's, when I was listening to you, I felt like, there is such incredible power in recognizing the ways in which you were already taking care of yourself without knowing it. So like thinking about when you're talking about the miscarriage, and how like you were protecting yourself from that grief that comes from such a traumatic experience in your life. And so we you know, you do things to protect yourself from things that cause you pain, and so you're actually doing a really great job of taking care of yourself. And you know, it might be in a direction you don't want to keep going in or it might have have lost its efficacy. And now you need to try something else. But it's always amazing to me, like how I look back, just in my own work with my, with my clients as well. Like, let's have a moment of gratitude for the for what you have been doing for yourself. And, and how you have been really taking care of yourself, even if you're frustrated at what's happening. And you know, especially like I work with women who binge eat, you know, and sort of breaking down like bingeing and that process of like, why do we do it, and we get so frustrated at why we're doing it, we want to like jam ourselves into the square peg into the round hole, feeling of like just fixing it and fixing it without really kind of taking a moment to take to deconstruct why you were doing that behavior in the first place. And often behavior came from a place of self love without you realizing it and just caring for yourself.

Kate Moryoussef 44:06

That's interesting that you say about the binge eating because there's a huge connection between ADHD and big thing

Katy Weber 44:20
Katy Weber  44:11
I know this now. Yeah.

Kate Moryoussef  44:15
And funnily enough, I've worked with women who have been, who have been jeton. And however you want to, you know, describe it. And it's very, the the tapping has also been really helpful there. And I was really worried to kind of go down that route with the tapping. And actually it was it's been an amazing experience to see how women have held on so many things from the past which have contributed to lightly say like, it's a self-protection mode right now. So we kind of go back to maybe the very beginning stages of why they started the binge thing, and we help with that. So they can maybe use the techniques moving forwards, but it was only up until recently that I realized I just saw the connection between ADHD and big thing and it's really quite profound. There's, you know, once you realize it,

Katy Weber  45:07
oh, I know it is, I mean that I think has been so fascinating to me looking back at all of this sort of my own life path and all of the things that I now associated with, with my ADHD and also in saying with my, you know, like you had said, the clients I was working with, were working with me for the same reasons they still are now it's just a matter, you know, so they probably had ADHD, if somebody is attracted to me and my message, then they probably have ADHD. And so it was a very easy, it was very easy for me to pivot my business to working specifically with those women. And I think it's, it's when you can pick up, when you can pick up with a client who has already gotten to the point where she knows she has ADHD, then you can start making these connections a lot faster. And you can start saying, Okay, this is why we do this. And so even though I was nervous about only, you know, intentionally saying, I'm only going to work with women who have ADHD, I felt like, I'm gonna lose all of these clients who don't realize they have ADHD yet, I brought on this, you know, we're working on such a higher level of understanding now it's been, it's been so empowering to, to focus in on that, and hopefully more women will start to see relatable themes or recognize themselves and our behaviors and start to realize and make these connections to,

Kate Moryoussef  46:32
I think it's a lot more common than a lot of people realize. That's what I've recognized. I really recognize that because I can, I'm on this like radar now. So she's definitely got it, you've definitely got it. For sure. Like I had a client who didn't tell me she had ADHD. And you know, by the end of the first session, I was like, Oh, I feel like I need to say something to her because I can recognize all these things. I asked her, I said, you know, have you ever thought about perhaps that you might have ADHD, if there's anyone I've talked to you about that? And, and she went, Oh, yeah, I was diagnosed like five years ago, but I just didn't think I needed to tell you. And I was like, Okay, that makes lots more sense. Now we can kind of go a bit deeper. So I'm glad that you've, you know, you've told me that and because now we're we understand that I could recognize you know, everything she was saying to me, she just not really kind of done much about it, she'd have the diagnosis and kind of just thought I'm just gonna put that to one side and just carry on life is as normal. So now I hope that you know, the fact that I've flagged it up again for her. You know, it is it is something that she can work on. But it is you're right, it's very interesting to see who comes forward, that presents a with ADHD. And it's lots of people that you'd never consider, like very highly successful and accomplished people in inverted commas, that you just would normally say, No way. But we now understand that so many people can have it and still live their lives. But we don't know what's going on, you know, literally behind behind the mask,
right? Yeah. I meant to ask, did you ever take medication or have you tried it?

Kate Moryoussef 48:21
So I’ve not tried it yet. And I’m not saying not I’m just saying at the moment I’m not taking medication and hopefully managing it the way I always have done through lifestyle and well being and you know, that’s something that’s I’ve really got, you know, passionate about, I am totally for meds if that’s what’s right for you. And perhaps, you know, who knows, in a year’s time I will be on medication if I’m sort of finding these harder on a with women with hormones as well that as we get older, with perimenopause and halt and menopause that, you know, loads of other things thrown into the fire. So, at the moment, I manage it through trying to look after myself and through the EFT. But, you know, who knows what’s going to happen in the future?

Katy Weber 49:10
Yeah, I know, I asked every woman because I’m really just sort of crowdsourcing. Because I’m fascinated because so many people have said, it’s been life changing, and it’s been wonderful. And I but I also sort of felt like Well, I’ve just turned 46 I’ve been spending a long time you know, setting myself up for dealing with what the symptoms were you know, so there are certain things you know, like diet and exercise that I realized now or I think like, Oh, these these are things that I intuitively came to that I know help me and help my symptoms and manage my symptoms. So I’m very fascinated by what when people say it’s working for them what exactly they need by it’s working, you know, and what it’s doing for them because I am curious, and I actually ended up going on vyvanse for a couple weeks and After, after about two and a half weeks, I stopped because I just wasn’t noticing any different lenses. And again, I’m sort of like, I’m not sure what I’m even looking for. But I think it’s such an ongoing journey of tweaking and figuring out, you know, what are my symptoms now? And what’s causing them? And yeah, in my environment and all of that.

Kate Moryoussef 50:21
I agree. I think it’s like if, as long as we don’t kind of like limit ourselves, and we were happy to kind of, like you say, tweak it along along the way, then at least it gives us options. But yeah, I mean, I’m kind of used to operate in the way I operate. But, you know, if I feel like something in my business isn’t quite working, or, or something home not quite working, I would definitely consider it. So I feel that women, it’s an amazing choice that we, once you diagnose that you’ve got this option. And to never feel shamed, or never feel that, you know, you shouldn’t take that option. I think you’ve got to the point where you’ve been diagnosed, then definitely have you know, make sure you explore these options and don’t stop at the last hurdle, because you’re worried about what people might think. So I think that was important.

Katy Weber 51:13
Okay, so we talked about the ambitious Mum, that’s where people can find you. And for you, Americans, it’s m mu m. How can people reach out to you? How can they work with you?

Kate Moryoussef 51:23
So I’m on Instagram. So if you follow me, it’s a coaching by Kate again on Facebook and coaching by Kate, my website is coaching by kate.me.uk. So if you just kind of I guess Instagrams probably the best place to find me, that’s where I’m most kind of like active. I’m hoping to do more workshops around EFT and ADHD, where I can talk about
different subjects. And then I hope, you know what, you know, my kids are being homeschooled at the moment. So I'm just trying to manage my time. But I have a few slots with one to ones but I'm hoping to expand on maybe some online group workshops, like, you know, courses and things like that. So, yeah, if you just keep in touch, I've got a mailing list of my ADHD clients. So I send you all my details of stuff that I'm working on to keep you up to date. But yeah, I would love to hear from you. Thank you. And I work with lots of Americans in different time zones. So that's not a problem either.

Katy Weber  52:25
Now that we're all stuck at home, though, it's like, we're all when you know, it has been it has brought us it has brought the world together in a strange way of broadcasting ourselves from our living rooms, or wherever we are.

Kate Moryoussef  52:38
Exactly.

Katy Weber  52:39
Well, thank you. It's been so lovely, chatting with you and hearing more about your life and your insights. It's been really delightful. Thank

K Kate Moryoussef  52:46
you. It's been a pleasure. Thank you so much for having me.