**RECORD OF EFT CASE STUDY SESSIONS FOR PRACTITIONER LEVEL**

**Name of EFT student :**

**Date of session:**

**Length of session:**

**Client ID (if applicable):**

**Gender:**

**Case Study No:**

**Session No:**

**Notes (for more detail please read the Case Study Guidance Manual)**

* Each session should include how you got to the core issue, what techniques were used and how the SUD rating changed.
* Examples of techniques include, physical tension, tell the story, movie technique, fears and phobias, cravings, limiting beliefs, keyword, surrogate tapping, working with children and teenagers, tearless trauma, stepping stone, getting creative and sneaking up.
* What set up phrases, questions and tapping sequences used
* What specifically made the difference in the one to one session
* If you have any testimonials or client feedback you can include them.
* Most importantly add you learning’s at the end – what did you learn about yourself, the process and your client
* Focus on the process and what you learnt rather
* Consider yourself as a facilitator creating a space of safety, allowing, non-judgement, listening and compassion staying focused on the reason your client came to see you

**Case study notes**

1. **Background Information (about the client)**
2. **Description of the Presenting Problem (the reason the client came to see you)**
3. **Assessment (your assessment)**
4. **Explanation (how you explained what would happen during the session)**
5. **Desired Goal or Change wanted (from your client)**
6. **Intervention (what you facilitated during the session)**
7. **Outcome (what happened at the end of the session or client feedback during or after the session, including any testimonials)**
8. **Future planning (what you would propose in your next session)**
9. **Post Session Review and Learning’s (your reflections and what did you learn)**