

EFT Mentoring & Supervision Questions & Answers 22nd May 2021

- 1. You need to do 30 hours annually after certification, how can one monitor that? Is it left to you or is there a monitoring body?**

You monitor it on your own. The way you engage and ask questions, the feedbacks that your clients provide shows us the amount of time you're giving.

- 2. Right now, we're sending the record consent form as well as the intake form. One of my clients said she's okay with filling the form, but not with video recording. What do I do?**

You could ask them the reason for not wanting the video recording and then ask them if you could just do audio recording, because you need to make notes. Honour the client's wishes and comfort zone.

- 3. What if the client is done and happy with the session in 45-50 minutes? What do I do after that?**

For an adult, you need a minimum of 1 hour, and for kids the sessions could be around 20 minutes. You could make use of positive affirmations with the client. You can write this as a learning in the case study form: the client moved very fast and was done very quickly. However, make sure it's an exceptional session with lesser amount of time.

- 4. If the client is at peace, do we need to wait for another aspect to come up?**

No, you don't need to pick up another aspect; you could do the positive affirmations, self-care and reflection with the client.

5. What would be a good time frame to review the progress with clients? What do we ask them?

Progress tracking is mandatory after 3 sessions. Be mindful that boundaries are maintained. You could ask them, *“What worked for you?”*, *“Is there anything I could do better?”*, *“What do you think helped you most?”*, etc.

6. What is Building Bridges?

Sometimes, clients might not be comfortable with using the EFT language. So, you will have to use layman language, so that they are not pulled out of their comfort zone and it will be easier for the client to understand you. Build a bridge to meet them where they are in the present moment, at their level of comfort.

7. Sometimes, clients have a sudden reaction outside the session, and they really need you. What do I do then?

You do not want to get into a process; instead, you could send them a voice note on WhatsApp, giving them the Triple Point Calmer, the Box Technique, or whichever other technique that might be most appropriate based on their reaction. Leave them a positive tapping sequence as well, to calm them down. I would also consider moving their next session to an earlier date than what was decided.

8. Sometimes, people have a laid-back attitude to filling the intake form and are very reluctant. How do we get it done? This makes them miss sessions too.

Since, these people don't give you enough commitment to work with them, don't get attached to them. Move on to someone else and work with more committed clients.

- 9. Usually, we start working with our close friends and family, but there's always a layer of judgement there because of privacy. There's a lot of resistance that comes up, would it be nice to approach them?**

It would be for you to judge, but you can explain this exchange on the WhatsApp group and let them know that, *"I have a relative, could someone please take over?"*

- 10. Can I submit one case study as an example or for review?**

Yes, you can show it to your Senior Practitioner and discuss it during your one-to-one sessions.

- 11. Keeping in mind the current knowledge I have about EFT, what if a client comes to me with deep trauma? How do I assess it?**

Take the client for 6 sessions, and take your time with it. Address the one aspect that is really alive; instead of working on the full-blown trauma, work only on one aspect of it.

If you are unsure about how to deal with it, you can also let them know that you are not the right person, and refer them to an EFT 3 Practitioner. Emotional and sexual abuse are severe trauma and take a lot of time. If you get clients who have gone through severe trauma, refer them to either your Senior Practitioner or Dr Rangana, and they can take it from there.