



Record of Vitality Living College CPD and Mentoring

To stay approved to be submitted to your Trainer either voluntarily or when requested.

Full Name: Trainer's Name.....

Date	CPD/Mentoring Activity	Hours	Reason for inclusion (see below)	Trainer's comment

Suggestions for CPD hours

One to one Mentoring for Practitioners, Trainers & Trainer of Trainers

- Face to face, phone or SKYPE session with your trainer discussing your development plan, case load/workshops, challenging cases or seminar attendees and personal peace progress.
- Mentoring session with a nominated EFT Facilitator (a more proficient and experienced Practitioner who also conducts mini workshops and seminars and is an EFT Ambassador and also hosts EFT Momentum Groups) or your Trainer or the Trainer of Trainers discussing your development plan, case load/workshops, challenging cases or seminar attendees and personal peace progress.
- Role Play Tapping swap session with your EFT buddy (taught at EFT 3)

Group mentoring for Practitioner, Trainers & Trainer of Trainers

- Repeating EFT 1 & 2 & EFT 3 Trainings as part of the Assist team and participating during the daily morning mentoring sessions with the Trainer would qualify 2 hours of Group Mentoring hours or 1 hour of Face to face Mentoring hours
- Attending face to face, SKYPE or phone group mentoring sessions, reunions or Momentum groups. A Group Mentoring session is always with a Trainer or a nominated EFT Facilitator (a proficient and experienced EFT Practitioner who also conducts mini workshops and seminars and is an EFT Ambassador and also hosts EFT Momentum groups)

General examples of CPD & Mentoring include (but are not limited to) the hours spent on:

- Carrying out ANY personal or professional development that could reasonably be expected to add to a practitioner's competency, including:
 1. Attending or delivering ANY professional training (EFT oriented or otherwise) that could reasonably be expected to add to a practitioner's competency
 2. Repeating EFT training and/or preparing for further professional accreditation
 3. Writing up your own personal learning and development plan which includes reflections on your EFT case load and Personal peace procedures
 4. Writing up and reflecting on the Practitioner's own case studies and/or theory and philosophy of practice

5. Staying upto date with developments in EFT, reading relevant books, clinical papers and newsletters
 6. Regular use of the Personal Peace Procedure and other forms of personal therapy, with or without the help of others
 7. Participating in discussion groups or teleconferences relating to EFT, including Participating on the EFT VLC Facebook Community
 8. Establishing a practice and/or documenting the integration of EFT into an existing practice
- Carrying out ANY activity that furthers the interests of the EFT community and/or VLC, including:
 1. Taking EFT into the community for example by conducting FREE EFT introductions or becoming an EFT Ambassador
 2. Developing a specific application of EFT (e.g. for sports or business)
 3. Translating EFT material into another language
 4. Developing a new EFT product/approach with wide application
 5. Carrying out and publishing a relevant research project
 6. Writing and publishing or contributing to a relevant book, e-book or newsletter
 7. Writing up the achievement of a major life ambition with EFT
 - As an EFT Facilitator or Trainer you are also able to gain Mentoring/ CPD hours by
 1. Moderating EFT tapping or discussion groups or teleconferences
 2. Hosting EFT Momentum and Mentoring groups
 3. Delivering mini EFT workshops and Seminars as agreed with your Trainer and writing up your learning and development plan as a result
 4. Creating a development plan from hosting any of the above and discussing with your Trainer or Peer Group

The latest list of Nominated Trainer of Trainers, Trainers & EFT Facilitators can be found on