



**RECORD OF EFT CASE STUDY SESSIONS FOR  
INNER CHILD MATRIX PRACTITIONER LEVEL**

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<b>Name of EFT student:</b>	
<b>Date of session:</b>	
<b>Length of session:</b>	
<b>Client ID (if applicable):</b>	
<b>Gender:</b>	
<b>Case Study No:</b>	
<b>Session No:</b>	

**Case study notes** – for further details please refer to the Case Study Guidance manual

Each session should include:

- How you got to the core issue
- What techniques were used
- How the SUD rating changed
- Examples of techniques used taught at EFT Practitioner (Level 2)
- What set up phrases, questions and tapping sequences were used
- What specifically made the difference during the one on one session
- Any testimonials or client feedback you have
- Most importantly, add your learning at the end; what you have learnt about yourself, the process and your client
- Focus on the process and what you learnt
- Consider yourself as a facilitator creating a space of safety, allowing non- judgmental listening and be compassionate by staying focused on the reason your client came to see you.



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**Background Information (about the client):**

**Description of the presenting problem (the reason the client came to see you):**

**Assessment (your assessment):**

**Explanation (how you explained what would happen during the session):**



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**Desired goal or change wanted (from your client):**

**Intervention (what you facilitated during the session):**

**Outcome (what happened at the end of the session or client feedback during or after the session, including any testimonials):**

**Future planning (what you would propose in your next session):**



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**Post session review and learning outcomes (your reflections and what you learned):**