

EFT Practitioner Mentoring & Supervision Questions & Answers 12th June 2021

- 1. We work with the “*Even though...*” phrases very frequently with our clients. From the client’s perspective, I wanted to ask- doesn’t it get a little frustrating in terms of the repetitiveness of the phrase?**

You don’t have to repeat the phrase more than three times. You can also consider varying it. If the client is getting frustrated or bored, you calmly explain to them why we do it. Do it three times and then just move on.

- 2. Is it necessary to write the exact phrases recited during the session? We usually write the case studies a few days or a week after the session so it’s really difficult to remember what exactly happened during the session. So, do we need to exact the same phrases and words while writing the case study?**

No, it is not necessary.

I suggest you make notes every now and then. Don’t go for fully-formed sentences. Rather go with a note-making format. Making notes gives you an opportunity to reflect on yourself and the client, to see if you took them through various stages appropriately.

I recommend you record all six sessions so you can listen to them and write your case study more accurately. It also opens the possibility to reflect and plan for future sessions beforehand. You can analyse and see how you’re building the association session by session as well.

Documenting sessions and writing case studies is all about observing, analyzing, reflecting and learning.

- 3. In cases where we have emails from the clients with a description of problem, can we copy it for the ‘*Description of problem presenting*’**

section? Can we summarise and rephrase the ‘Description of problem presenting’ if we don’t have an email or a solid document regarding the same from the client?

Yes, you can use the email to furnish that section.

As for the cases where you don’t have any document with you, you may rephrase or summarise that part. But you have to remember that this part can also be counted as your ‘Assessment’ of the client.

4. Will there be any change in the format if we share the case study or recording of us playing both the practitioner and the client?

No, the format will remain the same even for yourself.

You can also try shifting spaces if you decide on sending the recording of the practice session you did on your own self. You can put two chairs and switch places as you play the roles or you can just shift bodily on a couch or a sofa.

The purpose is to allow yourself to bring into the awareness of different models of the world. We want you to send only one recording of any of the sessions you think you did fantastic in.

5. Suppose a client comes to me for more than one problem and say I did three sessions with them, all for different issues. Can I include all three sessions with that particular client in my excel sheet of 50 sessions?

Yes, you can consider a single client for two-three sessions.

In those 50 sessions, we need you to work with at least 20 different clients. You can include two or three sessions with the same client in the excel sheet. The reason why we want you to work with at least 20 or

more clients is so you become more confident in your job. We want you to develop the confidence that no matter the client is new to you, you can go in and deal with them with great ease and efficacy.

6. Could you please clarify what we need to do regarding those 50 practice sessions?

So, we need you to make an excel sheet of 50 practice sessions you had or will have either with a client or yourself. Out of those 50, you need to send only one session's recording, preferably the one with a client, and work on six different case studies. You can send a case study sample to your senior practitioner and have it evaluated as well.

7. Does the '*Description of problem presenting*' need to be very elaborative?

You see, this particular section is very important as it gives the practitioner a vivid idea about where the client stands. But it doesn't need to be very elaborate as it might also make it very lengthy. We don't need a full thesis on that. A paragraph or so should be enough, keeping in mind that no crucial piece of information is missed out.