

EFT Practitioner Mentoring & Supervision



Training Points

<https://vitalitylivingcollege.info/my-eft-supervision-pit/>

Competency Checklist

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Practice Sessions



Decide who is going first and second



Use all the techniques you have learnt



25-minute sessions



Debrief 5 minutes



Write up your notes

Notes from Session

Issue or
Presenting Problem

Questions &
Tapping Sequences

Techniques Used

How did you overcome
challenges?

What made you decide
“What to do?”
& “When?”

What did you do well?
What could you do
better?

Giving a Session

- Bedside manner
- Confidence with process & steps
- Pacing in-line with client's needs

Bedside Manner

- Being present
- Respectful
- Pacing to the client
- Taking permission
- Managing expectations

Confidence with Process & Steps

- Know the steps
- Moving between questions, listening and tapping
- Understand the link between surface symptoms and the deeper root cause
- Tapping more shallows and simple versus asking more probing/invasive questions as per the comfort of the client

Pacing In-line with Client's Needs

- Managing expectations of the client, especially for any physical or mental health and medical challenges
- Stepping back or going forward, as the client is able to proceed and feel safe
- Should there be a change in focus through the session, manage your client's expectations

Preparation for Next Week

- Browse the requirements to become an EFT Certified Practitioner
- Read the document, EFT Practitioner Case Study Guidelines
- Fill the document, EFT Case Study Template, from either your EFT Buddy Swap or "friendly" practice sessions

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