

EFT Practitioner Mentoring & Supervision



Case Study Guidelines

- Background Information (about the client): Intake attached
- 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):
- 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):
- Post session review and learning outcomes (your reflections and what you learned):

Case Study Guidelines

- Identified her/his client's presenting issue(s) and goal(s)
- Handled abreactions or overwhelms
- Demonstrated knowledge of when and how to ask appropriate, quality questions
- Understood and handled the need to reduce the Intensity/SUDs/VOC Levels that arose during session(s)
- Undertook every opportunity to be gentle and avoid retraumatizing the client
- Recognized how and when a client displayed a Reframe or Cognitive Shift
- Displayed how Cognitive Shifts (or "Client Reframes") were integrated
- Undertook appropriate opportunities to Measure and Test their work
- Describe the role of any Reversals present and how you handled these Aspects (i.e. secondary gain/loss, etc.).
- Displayed thoroughness (as well as variety) of Measuring and Testing opportunities
- Professionally managed and contained the EFT process

Case Study Guidelines

- Built Rapport, safety and trust with clients and handled any challenges in this area (projection, transference, etc.)
- Listened to their clients, reflected their subjective experience and worked with what they were bringing to the table.
- Maintained a non-judgmental stance (displayed ability to “get themselves out of the way”) during the EFT interaction (i.e. the concept of “through me, not by me”)
- Utilized effective and appropriate Reframing
- Uncovered, handled or otherwise acknowledged Core Issues* and their relationship to the presenting issues as well as Specific Past Events
- Discerned any need to refer out, recognized areas where they lacked expertise or otherwise demonstrated understanding the concept of “Do Not Go Where You Don’t Belong”
- Opened and closed sessions appropriately (i.e. demonstrated ability to end session(s) safely and on time, and knowledge of what to do with any extra time at the end of the session (more testing, assigning homework, or more tapping if appropriate, etc.)
- Addressed and/or acknowledged any ethical concerns or issues that may have arisen
- Communicated ample self-reflection about the process.

Case Study Sample

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

1. Example 1
2. Example 2

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