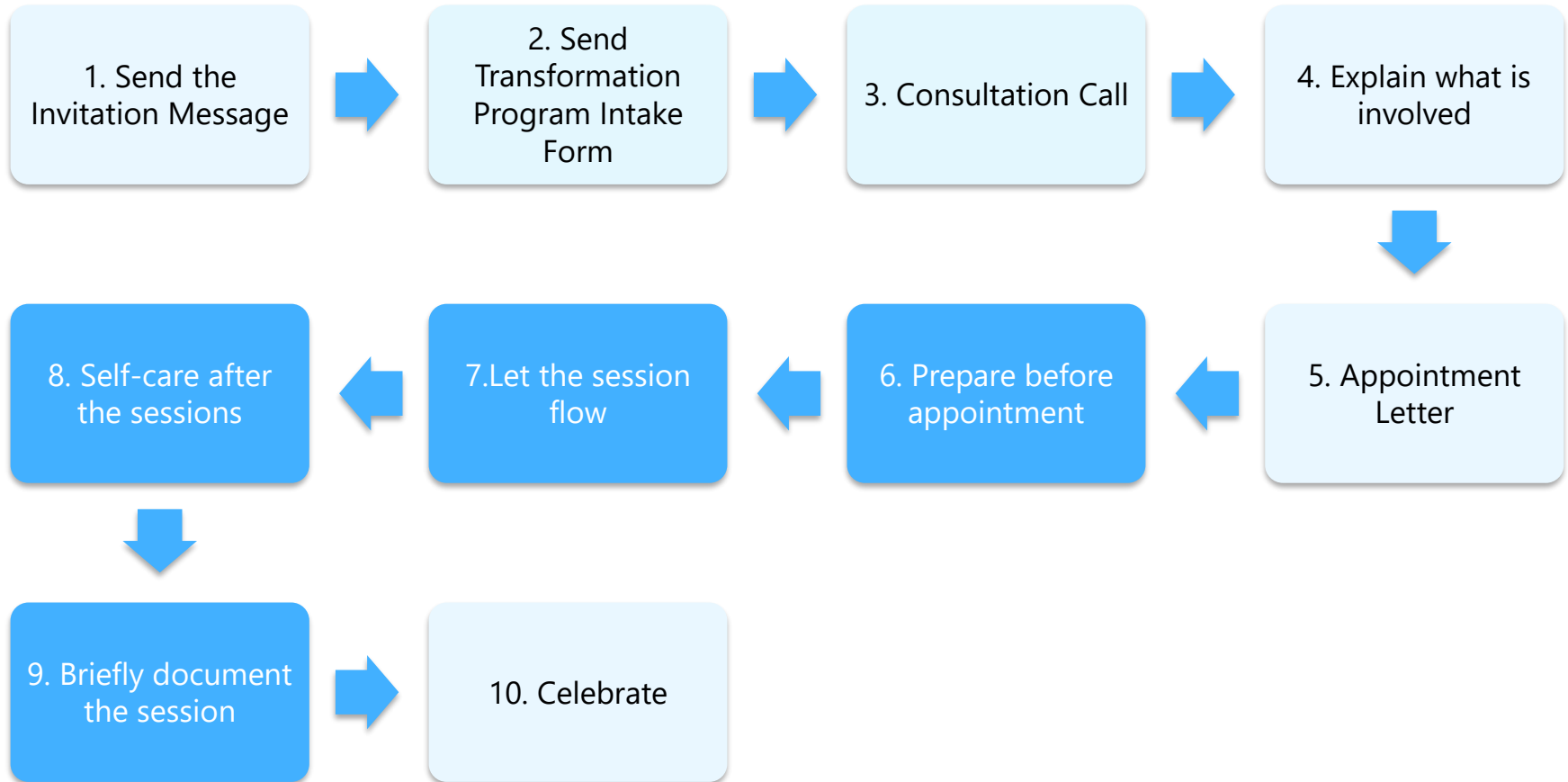


# EFT PRACTITIONER MENTORING & SUPERVISION



# CASE STUDY PROCESS STEPS



# COMPLETE BEFORE SUBMISSION

Submit in **one e-mail** to your trainer within 12 months:

- **6 sessions conducted on 2 clients** totalling 12 case study sessions.
- **6 case studies on yourself** as self-help sessions.
- **50 practice sessions** log on a minimum of 20 clients.
- **1 one-hour video** of giving a case study client session.
- **Multiple choice** in template.
- **Continuing Professional Development & Supervision (CPDS) log sheet** with details of your Supervision & Mentoring hours.
- **Confirmation** that you will adhere to the Code of Conduct and CPDS requirements.
- **Write up** of your personal EFT Journey.
- Your EFT Skills Assessment, Development Plan, EFT Foundational, and EFT Practitioner Competency Checklist.

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# CASE STUDIES VERSUS PRACTICE SESSIONS

- Case studies are sessions that are written up in detail.
- Practice sessions are written up in brief.

<https://vitalitylivingcollege.info/community-resource/eft-level-2-grads/>

# 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):

# CASE STUDY GUIDELINES

- **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.



# CASE STUDY GUIDELINES

- Recognised how and when a client displayed a reframe or cognitive shift.
- Displayed how cognitive shifts (or reframes) were integrated.
- Undertook appropriate opportunities to measure and test their work.
- Describe the role of any reversals and/or secondary gain present.
- Displayed thoroughness (as well as variety) of measuring and testing.
- Professionally managed and contained the EFT process.

# CASE STUDY GUIDELINES

- Uncovered, handled or otherwise **acknowledged core issues**
  - Their relationship to the presenting issues as well as specific past events
- Utilised effective and **appropriate reframing**
  - When the SUD's or VOC has come down
  - Using the clients' words
  - Asking their client, *“What do you want?”*, and *“How do you feel?”*
- Built rapport, **safety** and trust with clients

# CASE STUDY GUIDELINES

- Listened to their **clients**
  - Reflected their subjective experience
  - Worked with what they were bringing to the table
- Maintained a **non-judgmental stance**
  - “Get themselves out of the way”
  - “Through me, not by me”
- Used their clients' **specific words**
  - Not leading the client
  - Not putting words in the client's mouth
- Discerned any need to **refer out**
  - Recognized areas where they lacked expertise
  - Demonstrated understanding the concept of “Do Not Go Where You Don’t Belong”

# CASE STUDY GUIDELINES

- **Opened and closed sessions** appropriately
  - Demonstrated ability to end session(s) safely and on time
  - 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.)
  - How to close a session if it needs more time
- Addressed and/or acknowledged any **ethical concerns or issues**
- Communicated ample **self-reflection** about the process
  - What you did really well?
  - What could be better?
  - Learnings

# CASE STUDY SAMPLE

- Example 1, <https://vitalitylivingcollege.info/wp-content/uploads/2020/11/EFT-Sample-Case-Study-1.pdf>
- Example 2, <https://vitalitylivingcollege.info/wp-content/uploads/2020/11/EFT-Sample-Case-Study-2.pdf>

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

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# PREPARATION FOR NEXT WEEK

- Browse the EFT [definition of terms](#).
- If you have not already fill in the EFT Foundational & Practitioner Competency Checklist (from pre-work before Session 2).

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