

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

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

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.

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

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):

Desired goal or change wanted (from your client):

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

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):