

EFT Practitioner Supervision & Mentoring Module - 4



Summary

- Giving a session
 - Bedside manner
 - Building confidence with process and steps
 - Pacing in-line with the clients
- Practice sessions with feedback
- EFT Certification guidelines
- Case study process steps
- Case studies versus practice sessions
- Case study documentation
- Case study guidelines and summary
- Next steps

Next Steps

1. **Review the EFT techniques and self practice worksheets:** Know the different techniques when working with clients or self.
2. **Read the tips on how to conduct a personal peace and self case study session:** Learn about the different ways in which to remain present to yourself during your self case studies.

If you have not already,

3. **Review the EFT Certification Requirements:** Become fully familiar with all the requirements.
4. **Review the One-to-One Case Study Process steps with integrity:** Become fully familiar with the One-to-One Case Study Process steps (addition of managing expectations).

Optional,

5. **Submit a client or self study case study write up:** For those who want their case study write up to be reviewed.
6. **Submit a practice session write up:** For those who want their practice sessions to be reviewed.

<https://portal.vitalitylivingcollege.info/trainingprogram/eftpractitioner-supervision-mentoring/282/4>.

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- Practice session write up
- Self case study
- Video
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Giving A Session

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

Practice Sessions



Decide who is going first and second



Use all the techniques you have learnt



40-minute sessions



Debrief with each other (5 minutes)



Write up your notes (5 minutes)



Debrief with mentor (5 minutes)

Debrief With Each Other

- Client shares with Practitioner.
 - What was great about the session
 - What could be even better
 - Their overall learnings
- Practitioner listens and thanks.
 - Time permitting, you can provide your perspective of what was great, what could be better and

Write Up Your Session

Issue or
presenting problem

Questions and
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?

Write Up Your Notes

- Practitioner writes up their notes.
- Client writes up the notes from the perspective of the Practitioner.

Debrief With Manner

- What was great?
- How do you feel?
- What could be even better?
- Overall, what was your learning?

Breakout Room Process

- Groups of 2
 - One person is the client and the other is the practitioner
- 40 minute session
 - Pay attention to the start by establishing what the client wants to explore and can it be completed in the time limit. You can ask:
 - What do you want to explore?
 - What is the outcome you want?
 - Can this outcome be explored in the time we have?
 - Then conduct the main session using all the techniques taught
- Debrief with each other, write up your notes, debrief with mentor and take a break.

Breakout Room Process

- Pair 1, 4, and 7 (Mentor 1)
 1. Debrief with mentor first
 2. Debrief with each other
 3. Write up notes
 4. Break
 5. Switch
- Pair 2, 5, and 8 (Mentor 2)
 1. Debrief with each other
 2. Debrief with mentor first
 3. Write up notes
 4. Break
 5. Switch
- Pair 3, 6, and 9 (Mentor 3)
 1. Debrief with each other
 2. Write up notes
 3. Debrief with mentor first
 4. Break
 5. Switch

Certification Guidelines

Submit in one email to certification@vitalitylivingcollege.info and india@vitalitylivingcollege.info within 12 months from the last day of EFT Practitioner Training (the Completion day):

- **6 sessions conducted on 2 clients totaling 12 case study sessions.**
- **6 sessions conducted 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.
- **The filled in multiple choice examination.**
- **A 1 page write up about your personal EFT journey.**
- The filled in **Supervision log sheet** with detail of your Supervision & Mentoring hours and your **Continuing professional development (CPD) log sheet** with details of your CPD hours.
- **Confirmation** that you will adhere to the Code of Conduct and Continuing Professional Development & Supervision (CPDS) Requirements.
- The **filled in** EFT Self Assessment Questionnaire, Personal Development Plan, EFT Foundational (Level 1) Training Competency Checklist and EFT Practitioner (Level 2) Training Competency Checklist.

Next Steps

- 1. Browse through the list of clinical studies:** Become familiar with the different kinds of clinical and scientific information for EFT. Become fully familiar with all the requirements.
- 2. Browse through the EFT Definition of Terms:** Save the link so you can access the EFT Definition of Terms when you need them.
- 3. Browse through the write up on Transference & Counter Transference:** Become familiar with both terms, and learn how to recognise Transference & Counter Transference.
- 4. Browse through the Multiple Choice Questions:** Identify any Multiple Choice Questions you need help with.

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