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RECORD OF CASE STUDY SESSIONS FOR EMOTIONAL FREEDOM TECHNIQUES (EFT) 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

Please refer to the EFT Practitioner Case Study Guidance manual for further details, <https://vitalitylivingcollege.info/eft-case-study-guidelines/>.

Each session should include:

- How did you get to the core issue?
- What techniques were used?
- How did the Subjective Units of Distress (SUDs) rating change?
- Examples of techniques used, including skills taught at EFT Practitioner (Level 1 & 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-judgemental listening and being compassionate by staying focused on the reason your client came to see you.

1. **Background Information** *(about the client):*

2. **Description of the presenting problem** *(the reason the client came to see you):*

3. **Assessment** *(your assessment):*

4. **Explanation** *(how you explained what would happen during the session):*

5. **Desired goal or change wanted** *(from your client):*

6. **Intervention** *(what you facilitated during the session):*

7. **Outcome** *(what happened at the end of the session or client feedback during or after the session, including any testimonials):*

8. Future planning (*what you would propose in your next session*):

9. Post session review and learning outcomes (*your reflections and what you learned*):