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EMOTIONAL FREEDOM TECHNIQUES (EFT) FOUNDATIONAL (LEVEL 1) TRAINING COMPETENCY CHECKLIST

This document is a checklist of the practical skills and areas of knowledge that students are required to be taught during a Vitality Living College (VLC) EFT Foundational (Level 1) training course. VLC encourages students to utilise this checklist to self-assess their knowledge and understanding of EFT Foundational (Level 1) material.

About the checklist:

The three columns (noted/understood/able to explain) represent three stages in learning:

1. **Noted** means you have been made aware of something and taken note of it, but you may still be unsure of it, and therefore need more study or practice time.
2. **Understood** means you understand something, but you may struggle to explain it well when you talk about it to someone else, or you may need to look up part of it.
3. **Able to explain** means you know and understand sufficiently well to explain it to someone else, usually from memory.

Tick whichever of the three columns applies when you self-assess. Revisit at a later date to see if you can tick more columns. Raise any questions that you may have about these topics with your Trainer as needed.

EFT Foundational (Level 1) Training

Whilst the EFT Foundational (Level 1) Training is not a Practitioner level qualification, EFT Foundational (Level 1) Trainees may work with friends and family and therefore can have non-paying “clients.” The training points listed below are taken from the *VLC L1 Training Points and Learning Outcomes* document and defined in the [VLC EFT Definition of Terms](#).

Training Points	Learning Outcomes	Noted	Understood	Able to explain
Origins, background and efficacy	• Understand the history of EFT and how it originated			
	• Understand that EFT fits into the context of the larger field of energy psychology			
	• Share appropriate scientific evidence such as recent studies			
Building Bridges to EFT	• Explain EFT to people with various belief systems and backgrounds in appropriate ways			
The EFT Discovery Statement	• Understand the relevance of the original Discovery Statement to current EFT practice			
Tapping basics	• Carry out the standard EFT protocol and variations for self and others			
The importance of measuring and testing	• Explain the difference between the standard EFT protocol and additional points and strategies (i.e., variations)			
	• Know how to measure and test results in various ways – SUD, VOC, and non-numerical methods			

Training Points	Learning Outcomes	Noted	Understood	Able to explain
Reflecting your client's exact words (introduction to rapport)	• Understand what rapport is and why it is important to the EFT process			
	• Know how to begin creating and utilising rapport effectively in an EFT session			
	• Understand the importance of working with the client's subjective experience (i.e., the words they use to describe their experience)			
	• Pick up and reflect accurately the words given by the client within the EFT process			
When EFT doesn't work – trouble shooting	• Understand and spot various factors that may interfere with progress			
	• Know how to work around them to remedy the situation			
The importance of being specific	• Understand the relationship between issues and the concept of Aspects			
	• Understand the difference between global and specific work			
	• Use global work appropriately when needed			
	• Divide an issue into its various Aspects and work with them individually			
The concept of Aspects and shifting aspects	• Identify and work with all major Aspects of an issue that present themselves			
	• Recognise and follow Aspects appropriately as they shift (i.e., follow the intensity)			
	• Recognise that some Aspects may remain unaddressed or only partially resolved			
	• Test back to unresolved Aspects before ending a session			

Training Points	Learning Outcomes	Noted	Understood	Able to explain
The importance of persistence	<ul style="list-style-type: none"> Understand and communicate the importance of being persistent when doing EFT for self and others 			
Hydration	<ul style="list-style-type: none"> Recognise how dehydration may affect the progress of EFT 			
The Apex Effect	<ul style="list-style-type: none"> Recognise and describe the Apex Effect 			
	<ul style="list-style-type: none"> Know how to remind a client of progress achieved so far 			
The Generalisation Effect	<ul style="list-style-type: none"> Understand and explain the concept of the Generalisation Effect in EFT 			
Additional points, strategies, and the Your Point concept	<ul style="list-style-type: none"> Understand and use the Gamut Point (and 9 Gamut sequence) appropriately 			
	<ul style="list-style-type: none"> Understand and use the Your Point concept appropriately 			
	<ul style="list-style-type: none"> Understand and use Touch and Breathe appropriately 			
	<ul style="list-style-type: none"> Understand and use the 'Floor to Ceiling Eye Roll' appropriately 			
Handling excessive emotional intensity	<ul style="list-style-type: none"> Effectively handle an intense emotional reaction for the self and others 			
Cognitive shifts	<ul style="list-style-type: none"> Recognise cognitive shifts and understand the importance of allowing these to arise from the client, rather than come from the Practitioner 			
Borrowing Benefits	<ul style="list-style-type: none"> Understand Borrowing Benefits and when it can be used effectively 			
Tell the Story Technique, Movie Technique, and Tearless Trauma Technique	<ul style="list-style-type: none"> Understand how traumatic events affect the body and emotions 			
	<ul style="list-style-type: none"> Use the Tell the Story, Movie Technique, and Tearless Trauma correctly 			
	<ul style="list-style-type: none"> Understand the concepts of protective distancing and slowing things down to work safely with events 			
	<ul style="list-style-type: none"> Understand the limits of practice of EFT Foundational (Level 1) learning (e.g., it is not enough knowledge or skill to necessarily work with those who have been traumatised) 			

Training Points	Learning Outcomes	Noted	Understood	Able to explain
Quality detective work	• Ask appropriate, compassionate, curious questions to find aspects and move past “stuck” areas of work			
EFT for physical issues	• Understand the limits of practice for EFT Foundational (Level 1), particularly when working with friends and family			
	• Understand the usefulness of applying EFT to physical symptoms and related links to emotional levels of work (e.g., emotional contributors)			
	• Ask curious questions to find physical aspects with which to work			
	• Describe and use Chase the Pain Technique appropriately			
EFT for cravings	• Understand the usefulness of working with cravings and their aspects to provide a degree of control and relief for addictive states			
	• Apply EFT for cravings effectively			
	• Understand the limits of working with cravings in relation to working with an addictive state			
Confidentiality and healthy boundaries	• Understand, set and maintain healthy boundaries for work with other people, particularly friends and family			
	• Understand that the role of Facilitator ends with the session			
	• Understand the need for maintaining confidentiality about work with other people			

Training Points	Learning Outcomes	Noted	Understood	Able to explain
EFT for self-care: The Personal Peace Procedure	• Understand the importance of persistently and consistently doing self-care work with EFT			
	• Use the Personal Peace Procedure for self-work			
Limitations to EFT Foundational (Level 1) competency	• Know the limits of the EFT Foundational (Level 1) training course (e.g., to mainly use EFT with self, friends, and family)			
	• Understand that EFT Foundational (Level 1) is an introduction to foundational EFT skills and that further study is required for those who want to work with other			

Notes: