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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 history notes

A case history refers to a set of case study sessions that are written up. Each client session conducted is known as a case study. The set of client sessions together is known as a case history.

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

Each session should include information on:

- How you built rapport with your client.
- What you did and the reason behind it so that your thinking as a practitioner is clear.
- What techniques were used? What questions were asked? What safety methods were used? How did you listen to your client, calibrate them and keep them safe?
- How did the (Subjective Units of Distress) SUD's, Validity of Cognition (VOC), charge of the past event or emotion change or not change during the sessions?
- Examples of techniques used, taught at EFT Practitioner Training. Share which techniques you use when and the reason behind it. You cannot just list the techniques used but need to provide the sequence and thinking.
- 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 was great, what could be better and your overall learnings, which includes what you learnt about yourself, the

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process, and your client. With your learnings focus on the process and not the result, and what you learnt.

- Consider yourself as a facilitator creating a space of safety, allowing non-judgmental listening and being compassionate by staying focused on the reason your client came to see you.

1. Background information *(including personal, social, family, educational, medical, and psychiatric history, along with any important changes, to provide context for current issues and overall functioning):*

2. Description of the presenting problem *(the presenting problem is the primary issue or set of issues that the client identifies as the reason for seeking EFT therapy, such as anxiety, depression, relationship difficulties, or stress. This section involves the overall reason and the current reasons for sessions):*

- 3. Assessment** *(this section includes your interpretation of the client's history, symptoms, and behaviours gathered through the conversations, consultation call, sessions conducted, observations, and any standardised tools used to identify potential diagnoses and contributing factors. You also share any proposed treatment plans with thoughts on specific interventions that might help your client in their transformation journey).*

- 4. Explanation** *(this section describes how you informed the client about the treatments involved and completed any informed consent needed. For example, how you shared what is involved with the EFT Tapping Process):*

- 5. Desired goal or change wanted** *(this section describes what the client wants, for example, a goal they want to reach or a problem they want to solve):*

6. **Intervention** *(includes the methods you used to explore the presenting problem and the desired goals at the surface as well as deeper level, including the underpinning psychology):*

7. **Outcome** *(this includes what happened at the end of the session or client feedback during or after the session, including any testimonials; it is not essential for there to be a result):*

8. **Future planning** *(includes any thoughts you have on what you might want to explore in the next session based on what the client discussed with you or what you discussed with the client):*

9. **Post session review and learning outcomes** *(your reflections and what you learned):*
 - What went well?
 - What could be better?
 - Your overall learnings (what did you learn as the giver, what did you learn about yourself and about the process)