

EMOTIONAL FREEDOM TECHNIQUES (EFT) ADVANCED
PRACTITIONER SUPERVISION & MENTORING MODULE 1
QUESTIONS & ANSWERS, 4TH APRIL 2026

MAIN TOPICS COVERED:

1. What is Supervision and Mentoring?

Supervision & Mentoring is a supportive and safe space for reflection, accountability, and continuous learning. It helps practitioners refine their skills, gain clarity, and grow in confidence, while ensuring excellent work and high-quality, ethical practice.

2. What are the benefits of Supervision?

Supervision offers ongoing support that helps practitioners grow, stay grounded, and maintain high standards in their work. It creates a space to reflect, learn, and continuously improve the quality of care provided. Some benefits of Supervision are:

- A. You're able to provide the best quality of care for your client and yourself.
- B. It helps keep you and your client safe.
- C. You can stay up to date with the latest knowledge and techniques in your field.

D. It supports you in providing professional, ethical therapy.

Regular supervision strengthens both competence and confidence, ensuring safe, effective, and high-quality practice over time.

3. What are the requirements for CPD & Supervision & Mentoring?

Continuing Professional Development (CPD) requires a commitment to ongoing learning, with a minimum of 30 hours each year after certification. Mentoring and Supervision involve 6 hours pre-certification and a further 6 hours annually after certification. In some countries, this requirement may be higher, typically ranging between 10 to 12 hours per year. These requirements help ensure continued growth, skill development, and the maintenance of safe and high-quality professional practice.

4. What is the difference between Supervision and Peer-to-Peer Mentoring?

Supervision and Mentoring are guided by an appointed trainer or supervising mentor who brings greater experience, expertise, and professional oversight. This provides structured support, accountability, and ensures high standards of practice. Peer-to-peer mentoring, on the other hand, takes place between colleagues at a similar level of experience. It offers mutual support, shared learning, and reflection, and is recognised as part of the 30 hours of CPD. Both are valuable, with supervision offering expert guidance and peer

mentoring providing collaborative growth and support.

5. How does Supervision & Mentoring help the supervisee and the mentee?

Supervision and Mentoring provide a supportive environment that nurtures growth, clarity, and professional development for both the supervisee and the mentee. It creates space for learning, reflection, and strengthening one's approach to practice. Supervision and Mentoring can be beneficial in the following ways:

- A. Providing guidance and perspectives from alternative viewpoints.
- B. Contributing to the process of forming a practitioner's identity.
- C. Serving as a secure base to explore applications and therapeutic principles.
- D. Providing performance feedback.

This process supports ongoing development, helping practitioners build confidence, deepen their understanding, and evolve in their professional journey.

6. What can Supervision and Mentoring include?

Supervision and Mentoring provide a structured and supportive space for growth, allowing practitioners to reflect, receive guidance, and continue developing both personally and professionally. Supervision

and Mentoring can include the following:

A. Individual cases:

- You can receive feedback.
- It can help in getting new ideas and exploring them.
- It can help receive suggestions for both past and new cases.

B. Reflection:

- It can help explore feelings that arise during sessions.
- It can help differentiate and work through your own versus the client's experiences.
- It can help identify strengths as well as areas for development.

C. Support:

- It can help offload concerns and emotions that may not have an outlet elsewhere.
- It provides timely and ongoing support within a flexible schedule.

D. Learning:

- It can help bridge gaps in understanding.
- It supports building skills beyond the current level.
- It opens up opportunities to explore new possibilities.

This process supports continuous growth, helping you stay grounded, skilled, and confident while offering safe and effective support to your clients.

7. What are boundaries?

Boundaries are personal limits and guidelines that individuals set for themselves regarding how others can treat them and what they are willing to accept or tolerate in various aspects of life. They are essential for maintaining healthy relationships and a sense of self-respect.

Boundaries can be physical, emotional, mental, or even digital, and they help protect one's well-being by establishing clear expectations and behaviours. Setting and enforcing boundaries allows individuals to communicate their needs, manage their time and energy, and create a balanced and respectful dynamic with others.

Examples of healthy boundaries include:

- A. Saying no when you want to do something else
- B. Not going to places where you don't feel safe
- C. Staying quiet instead of over-committing
- D. Not hanging out with abusive people
- E. Leaving the room when someone disrespects you.

Boundaries are essential tools for maintaining healthy, respectful, and balanced interactions with others. They help individuals preserve their well-being, promote mutual respect, and create a foundation for

positive and sustainable relationships.

8. Why is it important to set boundaries with your client?

It is important to set boundaries with clients to make it clear what they can expect from you during a session and what they cannot. For example, imagine a situation where your client is divorced from their partner and doesn't have custody of their child. The client tells you that they fear their child is being subjected to physical abuse. In this case, you should not intervene because your client is not the custodial parent. You are only focused on your client and work on what is happening in their vicinity. Make it clear to the client that the boundary is for them too. It's important that they not latch onto the practitioner. Sometimes, personal and professional boundaries may overlap.

9. What are the different types of boundaries?

Boundaries can be categorised into several types, each serving a specific purpose in defining and protecting personal space, emotions, relationships, and more. Here are the different types of boundaries:

- A. Physical boundaries: Define personal space and physical touch preferences. Examples include personal distance, comfort with physical affection, and privacy in personal spaces.
- B. Emotional boundaries: Protect our emotional well-being by

delineating what we are comfortable sharing and how we allow others to treat us emotionally. Examples include not tolerating emotional abuse, deciding how much personal information to share, and managing emotional responsibilities.

- C. Mental boundaries: Concern our thoughts, beliefs, and opinions. Examples include respecting differing viewpoints, not allowing others to manipulate or criticise our thinking, and setting limits on mentally draining interactions.
- D. Time boundaries: Relate to how we manage our time and prioritise our commitments. Examples include setting limits on work hours, allocating time for personal activities, and saying no to requests that overextend us.
- E. Material boundaries: Involve our possessions and finances. Examples include deciding who can borrow our things, how much money we are willing to lend, and protecting our resources.
- F. Relationship boundaries: Define what is acceptable behaviour within relationships. Examples include establishing respect, communication styles, and expectations within friendships, romantic relationships, and family dynamics.
 - Professional: Separating work life and personal life, maintaining respectful interactions.
 - Professional as a therapist: Maintaining respectful interactions with clients and colleagues.

- Energetic: Invisible shield protecting emotional well-being from negativity.
- Social/Cultural: Defining acceptable behaviour and interactions in social settings.
- Digital: Managing your online presence and protecting your privacy.

Understanding and implementing different types of boundaries can empower individuals to create healthier and more fulfilling connections with others while preserving their own well-being and identity.

10. What are the essential professional boundaries that therapists adhere to in their practice?

Professional boundaries are crucial for therapists to maintain ethical standards, protect the therapeutic relationship, and ensure the well-being of their clients. Here's an overview of the essential professional boundaries that therapists adhere to in their practice:

- A. Boundaries of competence: Therapists must practice within the scope of their training, education, and competence. They should only offer services and interventions that they are qualified and licensed to provide.
- B. Multiple relationships: They should avoid engaging in multiple relationships with clients that could impair their professional judgment or exploit the client's trust. This includes personal,

familial, business, or financial relationships outside the therapeutic setting.

- C. Therapist self-disclosure: Therapists must carefully consider the impact of self-disclosure on the therapeutic relationship and client's treatment. Self-disclosure should be minimal and purposeful, primarily used to benefit the client's therapeutic process.
- D. Physical touch: Therapists should establish clear guidelines regarding physical touch with clients. In most therapeutic settings, physical touch is minimised or avoided altogether unless it is clinically appropriate (e.g., for comfort during grief counselling).
- E. Exchange of gifts: They should establish policies regarding the exchange of gifts with clients. Accepting significant gifts or giving gifts beyond token gestures can create ethical dilemmas and potentially blur boundaries.
- F. Fees and modes of payment: Therapists should clearly communicate their fees, billing practices, and modes of payment to clients at the beginning of therapy. This ensures transparency and avoids misunderstandings related to financial matters.
- G. Communication channels: They should establish appropriate and secure communication channels for interacting with clients, such as phone calls, emails, or messaging platforms. Confidentiality and privacy should be maintained in all forms of communication.

- H. Length and location of sessions: Therapists should adhere to agreed-upon session lengths and conduct sessions in a professional setting conducive to therapy, ensuring privacy and confidentiality.
- I. Contact outside the therapy room: They should establish clear guidelines regarding contact outside of scheduled therapy sessions. This includes responding to phone calls or emails, engaging on social media, or encountering clients in public settings.

Maintaining these professional boundaries is essential for cultivating a safe, respectful, and therapeutic environment. They uphold ethical principles, protect client confidentiality, and promote the client's trust in the therapeutic process. Therapists are trained to navigate these boundaries skilfully to ensure effective therapy while safeguarding both their clients' and their own well-being.

11. What can prevent someone from setting boundaries?

There can be many reasons that someone is unable to set proper boundaries in a relationship or with a client. Some of these include:

- A. Fear: Fear of conflict, rejection, or damaging the relationship can make it difficult to set boundaries, as the individual may worry about the other person's reaction.
- B. Ambivalence: Feeling uncertain or conflicted about their own

needs can lead to ambivalence, making it hard for them to establish clear boundaries.

- C. Not knowing how to: A lack of experience or knowledge about healthy boundaries can make it challenging for someone to communicate their limits effectively.
- D. Having low self-worth: When someone feels unworthy or undervalued, they may not believe they deserve to set boundaries, leading them to accept behaviors they're uncomfortable with.
- E. Being a people-pleaser: The desire to be liked or accepted often drives people-pleasers to prioritise others' needs over their own, making it hard for them to assert boundaries.

Recognising these underlying patterns is the first step towards change, allowing individuals to build healthier boundaries with greater awareness, confidence, and self-respect.

12. What is the difference between humanistic and more analytical-based therapy boundary setting?

Humanistic and analytical therapies approach boundary setting differently, reflecting their distinct philosophies and therapeutic goals.

Here's a comparison of how boundaries are set in each approach:

- A. Humanistic therapy boundary setting
 - Focus on authentic connection: Humanistic therapies, such as

Person-Centered Therapy, prioritise building a genuine, empathetic connection with clients. Boundaries are set in a way that builds openness and authenticity, aiming to create a safe, non-judgmental space where clients feel fully seen and understood.

- Flexibility and fluid boundaries: In humanistic therapy, boundaries are often more flexible and client-centered. Therapists may adjust boundaries based on the client's needs and preferences to support a collaborative, empowering relationship.
- Emphasis on therapist self-disclosure: Humanistic therapists may be more open to appropriate self-disclosure, sharing aspects of their own experience if it benefits the client's growth and enhances empathy. This is used sparingly and carefully to maintain focus on the client's journey.
- Physical presence and nonverbal cues: Boundaries in humanistic therapy may include a strong emphasis on the therapeutic presence and nonverbal support, like active listening and body language. Physical touch, when culturally appropriate and consensual, might be used in specific, supportive ways.
- Client empowerment in boundary setting: Clients are often encouraged to participate in setting and understanding

boundaries, which reinforces their autonomy and personal responsibility in the therapeutic process.

B. Analytical therapy boundary setting

- **Structured boundaries for containment:** Analytical therapies, such as Psychoanalysis or Jungian Analysis, use structured and often stricter boundaries to create a “container” for exploring the unconscious. These boundaries provide a safe, predictable framework where deep, potentially painful material can emerge without overwhelming the client.
- **Firm professional boundaries:** Analytical therapists maintain clear, consistent professional boundaries. This includes limits on self-disclosure, rigid session times, and a strict focus on the client’s inner life, avoiding any personal information that might shift focus away from the client.
- **Minimal therapist self-disclosure:** Analytical therapists rarely disclose personal information, as the therapeutic relationship is viewed as a space to project and explore the client’s inner dynamics, such as transference and countertransference. The therapist’s neutrality helps clients explore these dynamics more freely.
- **Physical boundaries and distance:** Analytical therapies typically maintain clear physical boundaries. For example, traditional psychoanalytic therapy involves the client lying on a couch

with the therapist sitting behind them to minimise eye contact and physical cues, encouraging introspection and free association.

- Boundary setting as part of the therapeutic process: Analytical therapy boundaries are part of the therapeutic work itself, as they create a structured environment that allows unconscious material to emerge. Consistent boundaries help clients experience and explore transference, which is key in understanding their internal relationships and conflicts.

Both humanistic and analytical approaches offer valuable perspectives on boundary setting, each serving a different therapeutic purpose.

While humanistic therapy prioritises connection, flexibility, and client empowerment, analytical therapy emphasises structure, consistency, and depth of inner exploration.

13. What steps can you take to set better boundaries?

In order to set proper boundaries with a client, you can take the following steps:

- A. Use the client onboarding process
- B. Pre-frame in the consultation call and appointment letter and specify:
 - Appointment no show
 - Cancellation policy

- Payment policy
 - Your availability and timings
- C. Use contracts and informed consent
- D. Keep track of time
- E. Stay mindful of self-disclosure
- F. Remain conscious of personal feelings
- G. Keep in mind the implications of physical touch
- H. Be mindful when receiving gifts
- I. Provide praise and positive reinforcement when the client adheres
- J. Communicate actively when boundaries are crossed
- Explain why a particular behaviour was inappropriate.
 - Let them know what will happen if the boundary is crossed again.
 - When it is crossed, the boundary must be reinforced.
- K. If you are uncertain, consult your supervisor
- Remember to maintain documentation of the incident.
- L. Refer the client to another coach or therapist
- This step can be taken when you don't feel comfortable or competent managing a particular client's difficulty adhering to boundaries.

Following these steps helps create clear, consistent, and respectful boundaries that support both the client and the practitioner.

14. What are some signs of unhealthy boundaries?

Recognising unhealthy boundaries is an important step towards creating healthier relationships and a stronger sense of self. These signs can help bring awareness to patterns that may be affecting your well being and interactions with others. Some signs of having unhealthy boundaries are:

- A. Your relationships tend to be difficult or dramatic.
- B. You find decision making a real challenge.
- C. You really, really hate to let other people down.
- D. Two words – guilt and anxiety.
- E. You are often tired for no apparent reason.
- F. Your radar is off when it comes to sharing.
- G. You are constantly the victim of situations.
- H. You are a tiny bit annoyed most of the time.
- I. You secretly feel that others don't show you respect.
- J. You might just be passive aggressive.
- K. You often wonder who you really are.
- L. Your secret fear is of being rejected or abandoned

Becoming aware of these patterns allows you to gently begin shifting

towards healthier boundaries, creating more clarity, balance, and self respect in your relationships.

15. What are some cultural considerations when setting boundaries in therapy?

Cultural considerations play a crucial role in setting boundaries, as clients from different cultural backgrounds may have varying expectations, beliefs, and comfort levels around professional boundaries. Here are some key cultural aspects to consider:

A. Communication styles

- **Direct vs. indirect:** Some cultures favor direct communication, while others prefer indirect or nonverbal communication. A therapist may need to adjust their style to ensure clarity and comfort when discussing boundaries.
- **Formality vs. informality:** Cultures vary in their expectations of formality. Clients from more formal cultures may expect a more traditional, professional demeanor, while clients from informal cultures might prefer a relaxed, personable approach.

B. Perceptions of authority and hierarchy

- **Role of the therapist:** In some cultures, therapists are viewed as authority figures, while in others, they are seen as collaborative partners. Understanding the client's perception of the therapist's role can help set appropriate boundaries that align with their expectations.

- Power dynamics: Cultures with strong respect for authority may lead clients to defer to the therapist, potentially making it harder for them to set or negotiate boundaries. Therapists should be aware of this and invite clients to participate actively in boundary discussions.

C. Physical boundaries and personal space

- Comfort with physical touch: In some cultures, physical touch, such as a handshake or a light pat on the back, is acceptable and comforting, while in others, any touch outside the family is inappropriate. Therapists should be mindful of clients' cultural backgrounds when setting physical boundaries.
- Personal space preferences: Personal space requirements differ across cultures. Some clients may feel comfortable with close physical proximity, while others may require more space. Therapists can observe nonverbal cues to gauge comfort levels.

D. Gift-giving norms

- Gifts as a cultural gesture: In certain cultures, gift-giving is a common way to show respect or gratitude, which may lead clients to offer gifts to their therapist. Therapists should consider cultural norms and the client's intentions when deciding how to respond to gifts, taking care to maintain ethical boundaries.

- Navigating boundaries with sensitivity: If declining a gift might be seen as offensive in the client's culture, therapists can handle the situation delicately, explaining ethical guidelines while acknowledging the client's gesture.

E. Emotional expression and disclosure

- Cultural norms on sharing personal issues: Some cultures discourage sharing personal issues outside the family, while others encourage openness. Clients from more private cultures may initially struggle with disclosure, requiring a gentle approach to boundary setting and rapport-building.
- Variations in emotional expression: Certain cultures encourage open emotional expression, while others value restraint. Therapists should be sensitive to these differences and avoid pressuring clients into behaviors that may feel uncomfortable or culturally inappropriate.

F. Time and punctuality

- Perception of time: Cultural attitudes toward time vary widely. Some cultures have a strict approach to punctuality and session length, while others are more flexible. Therapists should communicate their scheduling policies clearly while being understanding of cultural norms around time.
- Session length expectations: Clients from cultures with a more relaxed view on time might expect extended sessions

or feel uncomfortable with strict time limits. Discussing these boundaries early can help manage expectations respectfully.

G. Familial and collective values

- **Family involvement:** In collectivist cultures, family members may play a more active role in a person's life, and clients may expect to involve family in the therapeutic process. Therapists can discuss appropriate ways to engage family members while maintaining professional boundaries.
- **Respecting collective identity:** Some clients may prioritise group harmony over individual needs. Therapists should respect these values and frame boundaries in ways that honor the client's cultural orientation, encouraging individual growth within their cultural context.

H. Gender and social roles

- **Gender dynamics:** In certain cultures, gender roles can influence client comfort with a therapist of a particular gender. For example, a client may feel uncomfortable with physical proximity or self-disclosure with a therapist of the opposite gender. Therapists should approach these boundaries with cultural sensitivity and make adjustments if necessary.
- **Social hierarchies:** Social and age-based hierarchies may affect how clients interact with their therapist. For instance,

clients from cultures that respect elders might defer to an older therapist, while younger clients might feel hesitant to express disagreement. Therapists can be mindful of these dynamics when setting boundaries to create a comfortable environment.

I. Religious and spiritual beliefs

- **Impact on therapy boundaries:** Clients' religious or spiritual beliefs may shape their expectations around therapy. For instance, some clients may view therapy through a spiritual lens, influencing how they interpret boundaries and their role in the therapeutic process.
- **Incorporating beliefs respectfully:** Therapists can respectfully inquire about religious beliefs that might impact therapy boundaries, showing openness to incorporating these values in a way that aligns with ethical practices.

Being mindful of cultural influences allows boundaries to be set with greater awareness, creating a space that feels respectful, safe, and aligned with each client's unique background.

16. What are some professional boundaries to be mindful of and why?

Therapists need to be mindful of several key professional boundaries to ensure a safe, effective, and ethical therapeutic relationship:

A. **Boundaries of competence:** Therapists should only work within

their areas of training and expertise. Staying within these boundaries ensures they provide safe and effective treatment, as practicing outside one's competence can harm clients and lead to ethical violations.

- B. Multiple relationships: Engaging in dual relationships (e.g., social, business, or familial) with clients can lead to blurred boundaries, conflicts of interest, and impaired objectivity. It's crucial to avoid these relationships or handle them transparently to maintain a clear therapeutic alliance.
- C. Therapist self-disclosure: Sharing personal information with clients should be done cautiously and only if it benefits the client. Over-disclosure can shift the focus away from the client, blur boundaries, and potentially make the client uncomfortable.
- D. Physical touch: Any physical contact with clients should be appropriate, consensual, and culturally sensitive. Setting clear boundaries around touch prevents misinterpretation, discomfort, or breaches of trust in the therapeutic setting.
- E. Exchange of gifts: Receiving or giving gifts in a therapeutic relationship can lead to feelings of obligation, favoritism, or boundary crossing. It's essential to evaluate the intent and context of the gift and establish policies to handle such situations ethically.

By maintaining these boundaries, therapists can create a respectful, professional environment that prioritises the client's well-being and protects the integrity of the therapeutic relationship.

17. What are the areas to consider with setting professional boundaries?

When setting professional boundaries, therapists should consider several key areas to maintain a safe, ethical, and effective therapeutic relationship:

- A. Fees and modes of payment: Establishing clear terms for fees and accepted payment methods is essential. Transparency about fees helps prevent misunderstandings and builds trust. It's important to communicate fees, payment schedules, and accepted methods upfront, while maintaining fairness and consistency to avoid ethical issues.
- B. Communication channels: Defining preferred communication channels (e.g., email, phone, text) and response times helps set expectations and prevent therapist burnout. Clear guidelines on communication protect privacy, avoid over-reliance on digital communication, and keep personal and professional boundaries intact.
- C. Length and location of sessions: Setting boundaries around session length (typically 50-60 minutes) and location (such as a consistent, private space) ensures effective time management and maintains a structured, professional environment. Clear session limits also prevent dependency and ensure fairness for all clients.
- D. Contact outside the therapy room: Managing contact outside of sessions helps avoid dual relationships and maintains

professionalism. Therapists should communicate guidelines about outside contact, limit responses to non-urgent messages outside office hours, and avoid social interactions with clients to keep boundaries clear.

By considering these areas, therapists can create a professional environment that respects both client and therapist boundaries, prioritises the client's well-being, and protects the integrity of the therapeutic relationship.

18. What can you do to set professional boundaries?

Setting professional boundaries is essential for a safe, ethical, and effective therapeutic relationship. Here are some strategies and practices to establish and maintain boundaries:

- A. Use the client onboarding process: Set clear expectations from the beginning by explaining your boundaries and policies during onboarding.
- B. Pre-frame in the consultation call and appointment letter: Reinforce boundaries by discussing them during the consultation call and including them in the appointment letter.
- C. Set policies for appointment no-shows, cancellations, and payments: Establish policies for missed appointments, cancellations, and payment terms, and communicate these policies to the client to avoid misunderstandings.
- D. Define your availability and timings: Clarify your working hours

and response times so clients understand when they can reach you.

- E. Use contracts and informed consent: Formalise boundaries with contracts or informed consent documents, which outline the expectations and limits of the professional relationship.
- F. Keep track of time during sessions: Respect the agreed-upon session length and manage time effectively to maintain structure and avoid dependency.
- G. Be mindful when receiving gifts: If a client offers a gift, consider the context and implications. Accepting small, symbolic gifts may be appropriate, but it's essential to maintain professionalism.
- H. Provide praise and positive reinforcement when clients adhere: Acknowledge and appreciate when clients respect boundaries, which reinforces positive behavior.
- I. Communicate actively when boundaries are crossed: Address boundary crossings immediately. Explain why the behavior was inappropriate and what will happen if it continues.
- J. Reinforce boundaries consistently: If a boundary is crossed, it must be reinforced to prevent future occurrences and maintain professionalism.
- K. Consult your supervisor if you are uncertain: If you're unsure about how to handle a boundary issue, consult a supervisor or mentor for guidance.
- L. Maintain documentation of incidents: Keep records of any

boundary-crossing incidents, as documentation can be useful for reference and accountability.

- M. Refer the client to another therapist if needed: If you feel uncomfortable or lack the competence to manage a client's boundary issues, it may be best to refer them to another therapist.
- N. Be mindful of self-disclosure: Limit personal disclosures to what benefits the client and remains relevant to their treatment, ensuring the focus stays on them.
- O. Remain conscious of personal feelings: Recognise and manage your own emotions to maintain professionalism and prevent them from influencing the therapeutic relationship.
- P. Consider the implications of physical touch: Physical touch can be easily misinterpreted, so it's crucial to establish clear boundaries and limit touch to appropriate, consensual interactions, if at all.

By implementing these practices, therapists can create a structured and supportive environment that protects both the client and therapist, ensuring a professional and effective therapeutic relationship.

19. How do you know when you have crossed a boundary versus violated a boundary as a therapist?

Distinguishing between a boundary crossing and a boundary violation is important for therapists to maintain professionalism and ensure ethical

practice. Here's how to differentiate the two:

A. Boundary crossing

- Definition: A boundary crossing is a minor deviation from the usual professional boundaries that may be intentional, thoughtful, and sometimes even beneficial for the therapeutic relationship. Boundary crossings are often situational and can occur to support the client's needs.
- Indicators:
 - I. Context-specific: The action is specific to a particular client and situation, not a recurring behavior or pattern.
 - II. Intentional and therapeutically justified: It is done with the client's best interest in mind and may have a therapeutic purpose, such as self-disclosure to build rapport or offering a supportive gesture in a time of crisis.
 - III. Client comfort: The client remains comfortable, and there is no negative impact on the therapeutic relationship. The action still respects the client's autonomy and personal boundaries.
- Examples:
 - I. Briefly sharing a personal experience to normalise a client's feelings.
 - II. Allowing a few extra minutes at the end of a

session to help a client process a difficult moment.

- III. Outcome: Boundary crossings are typically neutral or can even enhance the therapeutic alliance if handled thoughtfully. However, they require careful consideration and reflection to ensure they don't inadvertently lead to a boundary violation.

B. Boundary violation

- Definition: A boundary violation is a significant breach of professional boundaries that is harmful or potentially exploitative. Unlike boundary crossings, boundary violations are unethical and may damage the therapeutic relationship, compromise the client's well-being, or reflect the therapist's unmet needs.
- Indicators:
 - I. Ethical breach: The action goes against professional ethical guidelines and often has no therapeutic justification.
 - II. Power imbalance exploitation: The violation may take advantage of the therapist's power over the client, potentially causing emotional or psychological harm.
 - III. Client distress or discomfort: The client may feel uncomfortable, disrespected, or distressed as a result of the therapist's actions, even if the

therapist did not intend to cause harm.

IV. Self-serving behavior: The therapist's actions are driven by their own needs, desires, or issues rather than the client's best interests.

- Examples:

- I. Engaging in a romantic or sexual relationship with a client.

- II. Sharing excessive personal details that shift focus away from the client's issues.

- III. Accepting large gifts or involving the client in personal matters, like a business partnership.

- IV. Outcome: Boundary violations often lead to negative consequences, including loss of trust, harm to the client, ethical complaints, or disciplinary action. They are serious infractions that compromise the therapist's professional integrity.

How to recognise the difference:

A. Reflect on the intent: Was the action taken to benefit the client and support the therapeutic relationship, or was it primarily self-serving?

B. Evaluate the impact: Did the action respect the client's boundaries and maintain a safe therapeutic environment, or did it result in discomfort, confusion, or distress for the client?

C. Consider ethical guidelines: Does the action align with the

ethical standards of the profession, or does it go against clear ethical boundaries?

- D. Seek supervision or consultation: If you're unsure, discussing the situation with a supervisor or peer can help you gain perspective and evaluate whether it was a boundary crossing or a violation.

Understanding this distinction supports ethical awareness and helps maintain a safe, respectful, and professional therapeutic environment for both the client and the practitioner.

20. How should a therapist handle a situation where a long-term client gives them an expensive gift as a token of appreciation, which makes the therapist feel uncomfortable?

Handling situations around gifts in therapy requires sensitivity, clarity, and a commitment to maintaining professional boundaries while respecting the client's intention. The therapist should handle this situation by:

- A. Expressing gratitude to the client for their thoughtful gesture to acknowledge the client's kindness.
- B. Politely and empathetically declining the gift while explaining the importance of maintaining professional boundaries in the therapeutic relationship.
- C. Reiterating the focus on the client's progress and well-being

as the core of their relationship, emphasising that the client's improvement is the greatest appreciation.

This approach allows the therapist to honour the client's intention while upholding ethical standards and preserving the integrity of the therapeutic relationship.

21. How should a therapist manage the situation after they have shared a personal experience with a client to build rapport, but later feel uncertain if they crossed a boundary?

Moments of uncertainty around self-disclosure can arise in practice and offer an opportunity for reflection and growth. Responding with awareness and intention helps maintain professionalism and the integrity of the therapeutic relationship. The therapist can manage this situation by:

- A. Acknowledging the self-disclosure and recognising that the intention was to build rapport with the client.
- B. Reflecting on the impact of the disclosure to assess if it may have affected the therapeutic relationship or crossed boundaries.
- C. Redirecting the focus back to the client's needs and concerns in future sessions to maintain a professional therapeutic environment.
- D. Seeking supervision or consultation to gain insights and

ensure that appropriate boundaries are maintained going forward.

This approach supports ethical practice, allowing the therapist to learn from the experience while maintaining clarity, safety, and professionalism in their work.

22. What steps should a therapist take if a client, in an emotional moment, reaches out to hug them without prior discussion or consent?

Situations like these can arise in moments of vulnerability, and it is important for the therapist to respond with both empathy and clear professional boundaries to maintain a safe therapeutic space. The therapist should handle the situation by:

- A. Politely and gently disengaging from the hug, maintaining professionalism and respectful boundaries.
- B. Addressing the client's emotional needs verbally to show empathy and support without physical contact.
- C. Discussing the boundary breach in a subsequent session to explore its impact on therapy and reinforce the importance of maintaining professional boundaries.
- D. Collaborating with the client to establish clear boundaries going forward to prevent similar situations and support a safe therapeutic environment.

Handling such moments with sensitivity and clarity helps preserve trust while reinforcing boundaries that support both the client's well being and ethical practice.

23. What should a therapist consider if they find themselves entering into a romantic relationship with a former client after terminating the therapeutic relationship?

Entering into a romantic relationship with a former client is a sensitive and ethically complex situation that requires careful reflection, awareness, and professional responsibility. The therapist should carefully approach this situation by:

- A. Reflecting on the ethical implications of forming a romantic relationship with a former client, considering the potential impact on both parties.
- B. Consulting with a supervisor or ethics committee to seek guidance and ensure the situation is managed according to ethical standards.
- C. Considering a cooling-off period to allow time for the therapeutic relationship to fully conclude before exploring any romantic involvement.
- D. Communicating openly with the former client about ethical concerns, discussing boundaries, and ensuring mutual understanding.

Approaching such situations with clarity, integrity, and ethical awareness helps protect both individuals and maintains the standards of professional practice.

24. How should a therapist handle a situation where a client requests a financial investment in their business venture, which could potentially blur the professional boundaries of their therapeutic relationship?

Navigating situations that may blur professional boundaries requires clarity, ethical awareness, and a strong commitment to maintaining the integrity of the therapeutic relationship. The therapist should approach this situation by:

- A. Considering the potential impact of financial involvement on the therapeutic relationship and the ethical boundaries that need to be maintained.
- B. Discussing the client's business venture within the context of therapy, but refraining from direct financial investment to prevent boundary issues.
- C. Offering support and guidance on non-financial aspects of the client's goals, ensuring the therapeutic relationship remains focused and professional.
- D. Seeking ethical consultation or supervision if they are uncertain about how to proceed, to gain clarity on

maintaining appropriate boundaries.

Maintaining clear boundaries in such situations helps protect both the client and the therapist, ensuring the relationship remains safe, professional, and ethically sound.

25. What should a therapist do if a client confesses involvement in illegal activities during a therapy session, creating a conflict between maintaining confidentiality and considering potential harm to others?

Situations like this require the therapist to balance confidentiality with ethical and legal responsibilities, especially when there may be a risk of harm to the client or others. Responding with clarity, care, and professionalism is essential. The therapist should address this situation by:

- A. Acknowledging the client's confession and expressing understanding of their need to share, which helps build trust.
- B. Discussing the limits of confidentiality, clarifying the therapist's ethical obligation to protect potential victims or ensure the client's safety if necessary.
- C. Seeking informed consent from the client to share relevant information with appropriate authorities if required for safety reasons.
- D. Collaborating with authorities while prioritising the well-being of all parties involved to ensure an ethical approach.

- E. Thoroughly documenting the process and decisions to maintain transparency and accountability.

Handling such situations with sensitivity and ethical awareness helps protect everyone involved while maintaining the integrity and responsibility of the therapeutic process.

26. What should a therapist do if they realise they have made insensitive comments about a client's cultural background, causing discomfort and potentially harming the therapeutic relationship?

Recognising cultural insensitivity is an important moment of awareness that can become an opportunity to rebuild trust and strengthen the therapeutic relationship when handled with care and responsibility.

- A. Acknowledging the cultural insensitivity and offering a sincere apology to the client to show respect and remorse.
- B. Educating themselves on the client's cultural background and related sensitivities to avoid similar issues in the future.
- C. Making a conscious effort to prevent further cultural insensitivity, ensuring the therapeutic environment is inclusive and respectful.
- D. Discussing the issue with the client, expressing remorse, and seeking the client's input on how to repair the therapeutic relationship while respecting their cultural perspective

Responding with humility, openness, and willingness to learn helps

restore safety, rebuild trust, and deepen the therapeutic alliance.

27. How should a therapist respond if a client develops romantic feelings for them and makes repeated advances, despite clear professional boundaries?

Navigating situations where a client develops romantic feelings requires sensitivity, clarity, and a strong commitment to ethical practice. The therapist's role is to hold a safe and professional space while ensuring the client feels respected and supported.

- A. Addressing the client's advances with empathy, acknowledging their feelings to validate their emotions without encouraging the advances.
- B. Clearly communicating the importance of maintaining professional boundaries, reinforcing the boundaries that define the therapeutic relationship.
- C. Redirecting the focus of therapy back to the client's personal concerns and progress, keeping the sessions productive and centered on the client's well-being.
- D. Considering termination of the therapeutic relationship if the client persists in making advances, while offering appropriate referrals for continued support to ensure the client's needs are still met.

Responding with compassion and firm boundaries helps protect both

the client and the therapist, ensuring the integrity, safety, and effectiveness of the therapeutic process.

28. What is the most important thing to keep in mind as a practitioner?

At the heart of your work as a practitioner is the ability to pause, truly listen, and be fully present with your client. Listening goes beyond words, allowing you to sense what is being felt, expressed, and held beneath the surface. When you soften your focus and open your heart, a deeper connection naturally forms, creating a space where the client feels seen, heard, and safe. This presence allows you to receive what is being communicated on all levels, supporting more attuned, compassionate, and effective healing work.

29. Why should you follow the code of conduct?

The code of conduct is the ethical guidelines of professional conduct that practitioners need to follow to provide the best level of service for their clients and themselves.

30. What is the difference between observational and observing?

Observational awareness helps you calibrate your client with greater sensitivity, allowing you to respond to what is being expressed both verbally and non verbally. Observational means to calibrate your clients. This involves:

- A. Picking up on cues

- B. Not drawing conclusions
- C. Asking the client
- D. Responding accordingly

Observing is to notice what their environment is like. This includes noticing:

- A. Interactions with others
- B. Other family members
- C. The space they're in

This level of observation supports deeper understanding, helping you stay present, attuned, and responsive to the client's needs in a grounded and informed way.

31. Where do you find the code of conduct for Vitality Living College?

The Vitality Living College Code of Conduct is available at the following link, where you can review the guidelines that support safe, ethical, and professional practice: <https://vitalitylivingcollege.info/vlc-code-of-conduct/>

32. Why is it important to get insurance for your practice?

It is important to get insurance for your practice because without it, if something happens to the client during the session or during the time of your sessions with them, you will be liable for it. When a client comes to you, you are duty-bound to make them feel safe.

PREVIOUS QUESTIONS:

1. Can coughing be a result of the deep work?

Coughing can be for one of two main reasons. One is resistance. So, when you're starting to do the deep work, coughing can be you're resisting actually exploring what should be going on in the route. The second reason for coughing to happen is all they got stuck. It's wanting to come out. Sometimes, clients can vomit. For physical sessions, you want to make sure you have a bin ready for them. And if they're vomiting on an online call, it's okay. Just give them the space to go ahead and vomit. Sometimes, vomiting can happen, but first check that they don't have a digestive issue, they've been to see the doctor, all that is good. And then let them know that sometimes vomiting can happen, because it's like all the stuff got stuck in the throat.

2. Do we mention our limitations?

In the code of conduct, there's a part about delivery of service. So, the clients don't know that they'll self-harm or become suicidal down the line. This is just an example; it could be anything else that makes you uncomfortable. So, in such a case, it's okay to tell them that, "this appears to be outside of my expertise and what I can do". Having a plan of action in place for such situations is also worth considering. First thing you can do is initiate a conversation with the client before the official therapy session; you can move the date of the official therapy session,

but have the conversation outside of the therapy. Just as you would if you had the flu, you can contact the client and let them know that you won't be available for some time, or that you can't continue with their sessions, and you can get them in touch with another trustworthy practitioner.

3. With the EFT basics and ICM, there's a structured process to follow, but sometimes it feels overwhelming, like I'm getting lost or the client might feel lost too. How do I ground myself and stay connected with grace, so I can follow my intuition without getting lost in the maze?

This is such a great and valid point, and I'm glad you brought it up. First, it's perfectly okay to stick to your EFT practitioner and ICM process if that's what works for you, while sprinkling in some advanced EFT skills when you feel ready. Many of you have already absorbed some advanced techniques, like advanced questioning and intuitive work, without realising it. So if you follow the basic structure and integrate those advanced elements when needed, you'll be on the right track.

Secondly, it's important to adjust based on where your client is at. Sometimes clients can unravel too much at once, which can be overwhelming for both them and you. Recapping and redirecting helps keep both of you on track. You'll notice that in sessions, I often go back to, "What do you want to do? Let's test where you're at," to make sure the client and I are aligned with the original intention of the session.

Lastly, some of this comes with experience, learning to navigate the session while also grounding yourself. You might feel exposed or lost at times, but remember that it's okay to lean on the structure while you're developing your confidence in the intuitive, unstructured side of EFT. Surrendering control and trusting the process is key. Over time, you'll become more comfortable balancing structure with intuition, and that's when the magic happens. So, give yourself permission to grow, trust the process, and know that it's okay to take your time.

4. I'm confused about how to use shadow work with a global event like September 11th. How do I relate it to my personal experiences?

Shadow work with a global event like September 11th is about exploring the emotional responses the event triggers in you. Instead of focusing on the event itself, ask yourself:

- A. "What emotions come up when I think about this event?"
- B. "Where else in my life do I feel similar emotions?"

For example, if you feel anger or fear when thinking about September 11th, reflect on situations in your life where you've felt that way. The event may be mirroring unresolved emotions or judgments from your own experiences. This helps reveal personal "shadows" you may not have been fully aware of before.

5. **When I do shadow work on myself, I get stuck with the question, “What’s the benefit of the shadow to you?” I don’t resonate with it, and I wonder, can an illness be a shadow too? For example, I had trouble with my sinuses and tried using shadow work, thinking that the sinus issue was related to a behaviour my mom used to complain about. Could this be a shadow?**

I wouldn't say the sinus issue itself is a shadow. Instead, it sounds like the underlying emotion triggered by your mom’s complaints such as embarrassment could be what's relevant. In this case, the shadow work would focus on exploring any judgments you might have had about your mom’s behaviour or the emotions linked to those experiences.

When we judge something, such as our own reactions or someone else's, it can reveal parts of ourselves that we’ve rejected or disowned. In your case, the sinus issue may not be the shadow, but the emotions and judgments surrounding it could be.

For example, judging your mom for complaining or feeling embarrassed could be more appropriate areas to tap into during shadow work.

Similarly, when we judge an illness or behaviour, like how society might judge conditions such as AIDS or cancer, it can reveal hidden beliefs and emotions we hold. In your case, focus on those judgments or emotional triggers, rather than the physical symptom itself, to see if there's a deeper layer of understanding related to shadow work.

- 6. I'm firm about mine for self-care, but with my son, I wonder if there's a shadow attached to this. He asks why I need my time in the morning, and I don't want him to feel rejected. Could this be a shadow, or am I teaching him self-care is important too?**

You've touched on an important point. First, it's key to recognise that we cannot fully prevent someone from feeling rejected. Your son might experience some form of rejection, and that's okay it's part of life.

However, the way you communicate this boundary can help lessen its impact. You could explain that by taking this time for yourself, you're doing it to be more present for him, and it's also a lesson in self-care. You might say, "I take this time in the morning because it helps me be the best version of myself for you. If I don't, I may feel frustrated or overwhelmed, and I want to avoid that. I also want to teach you the importance of taking care of yourself."

This way, you're not just setting a boundary, but also offering a valuable life lesson, while being transparent about your reasons. The shadow in this case could relate to any guilt or discomfort you feel about prioritising your own needs, but it's a healthy, necessary practice.

- 7. When someone quits at work, it makes me feel uncomfortable, even if I don't know them well. I feel a sense of loss, like something is missing. Is there a reason I feel this way?**

You feel uncomfortable and experience a sense of loss because the act of someone quitting may trigger deeper emotions tied to past

experiences of loss or transitions. For instance, if you experienced instability or financial insecurity when someone in your family left a job, this old belief could resurface whenever a coworker quits. This reaction is not unusual; understanding the connection between current feelings and past experiences can help you work through the emotions and lessen their impact over time.

8. Regarding financial involvement, if a client proposes a business venture, would discussing it within a therapeutic context be appropriate?

A financial partnership within a therapeutic relationship requires careful consideration. During a therapeutic relationship, it is generally not appropriate to mix business and therapy, as it could lead to conflicts of interest or blurred boundaries. For example, if someone was initially a client or student, there should be no financial involvement during the therapeutic process. However, once that relationship evolves, such as when the client becomes a practitioner or the therapeutic relationship ends, the dynamic can shift. At that point, a business partnership might be explored, provided clear terms, conditions, and boundaries are established. If therapy resumes later, the financial partnership must be reassessed to ensure that professional boundaries are maintained. It's essential to recognise when the therapeutic relationship is still active versus when it is not, to avoid potential ethical concerns.

9. I'm a little confused. I get the idea of "go with the guidance," but how is it different from intuition?

"Go with the guidance" involves actively connecting with your heart and asking it a specific question to receive insight. It's similar to intuition, but with a more intentional approach. You ask yourself a question, listen to what comes from within, and follow that guidance. This method encourages you to trust your inner wisdom during a session, especially when you're working with a client. Intuition often comes as a spontaneous or instinctive feeling, whereas "go with the guidance" is a conscious process of seeking answers from your own heart. We discussed this in the first week of the EFT Advanced Practitioner training, but it may also come up again in the weekly recaps to reinforce how to incorporate it into your practice.

10. When you're with the client, and you're having a session, and you say, "Okay, start a picture tapping or do a role play," is that also "go with the guidance" or is that intuition?

It can be both. If you feel that starting picture tapping or doing a role play is the right action in the moment, that could be considered intuitive guidance. It's about trusting what feels right for the client at that time. "Go with the guidance" means you're connecting with your own inner wisdom, and if you're guided to try something like picture tapping or a role play, that's your way of following that insight. You might also help the client connect with their own guidance in a similar way. For example,

if a client asks a question like, "Should I leave my husband?" you can't give them a direct answer, but you can help them tap and guide them to their own wisdom, allowing them to arrive at their own answers through the process.

11. I'm confused about "grace" and "intuition." Are they just different words for the same thing?

No, intuition and grace are connected, but they aren't the same. Intuition can sometimes be influenced by past experiences, like developing a "gut sense" from working with clients who have anxiety. Over time, you may intuitively recognise patterns or triggers based on those experiences, which informs your approach. This is more about learned wisdom or "gut feel." Grace, on the other hand, is a deeper, unconditioned insight that arises in the moment. It's not shaped by past experience but instead comes as a clean, intuitive understanding that feels effortless and pure. So while both intuition and grace can guide you, grace is more about spontaneous, untainted insight, whereas intuition can be a blend of experience and instinct.

12. I'm totally lost when it comes to archetypes. When should I consider that an archetype is present, and what should I do with it?

Archetypes are based on Jungian psychology, and they represent broad, universal personality patterns, such as the ruler, hero, or servant. These archetypes are often embodied by figures like Superman or the critic. If

you sense a pattern in your behaviour or your client's behaviour that fits one of these archetypes, that could indicate its presence. However, confusion or uncertainty might not necessarily point to a classic archetype; it could reflect what's called an "inner committee" or "sub-personality," which is like the conflicting voices in your head saying, "I don't know what to do." This can influence your decisions. Once you identify it, you can separate this part of yourself from your true identity, allowing you to manage it better or even laugh at the inner dialogue. Understanding these archetypes or inner voices can help in gaining clarity and making more empowered choices.

13. What if a situation wasn't pre-framed, like hugging, and you then realise the person isn't comfortable? Would pre-framing change the outcome?

Yes, pre-framing would make a difference. I try to pre-frame whenever possible to set clear expectations. For example, I'm not comfortable with hugs due to past experiences, so I might flinch if one happens unexpectedly. However, it's not always feasible to pre-frame every situation, as that would require endless sessions. If I had known upfront, I would've shared that boundary. In the moment, though, you often have to adjust and respond as best as you can, respecting the other person's comfort level while being mindful of your own.

14. A lot of shadow aspects come up for me, but I'm not able to sit with the problem to do personal peace about it. How can I work on that?

It sounds like you're feeling uncomfortable with the process of sitting with those shadow aspects. That's completely normal, and a good first step is getting comfortable with the idea that you don't have to resolve everything right away. Sometimes, we get caught up in trying to fix everything and neglect the importance of simply being with our feelings. Acknowledge the shadow, let it be there, and don't force yourself to resolve it immediately. It's also okay to step away from it at times. Life is not just about constant self-improvement—there's also enjoyment to be had in the present, like savoring nature or moments of peace. Shadow work doesn't have to be constant to be effective. Allow yourself the space to relax and trust that progress is happening even when you're not actively focused on it.

15. Can I create a presentation with slides and Q&A on mental health, including sharing my personal experience with EFT, but without teaching the actual EFT techniques?

Yes, you can absolutely create a presentation on mental health with slides and a Q&A session. In your presentation, you can educate your audience about mental health, share information on what mental health is, common issues to be aware of, and what has helped you personally. You can also mention how EFT has been beneficial for you or the people you've worked with. However, it's important to note that while you can

talk about EFT, you cannot teach or demonstrate the actual EFT tapping points or guide the audience through the technique during the session. If they want to explore EFT further, you can offer them a one-on-one consultation where you can go into more detail.

16. Do we start taking cases now because we are done with the training?

No, you cannot take cases for now.

17. Is judgment only about others' behaviour, or can it also involve judgments of our feelings about a situation?

Judgment can certainly extend beyond others' behaviours. It can also involve our own feelings about a situation. For example, you might judge how you feel about a situation, whether it's frustration, disappointment, or fear. On the whole, shadow work involves recognising these unaccepted aspects of ourselves, whether they are judgments about others or about our own responses. Often, we judge ourselves for having certain feelings or reactions, and part of the work is accepting these aspects without trying to change or suppress them. It's important to note that this doesn't mean you need to work on everything all the time; sometimes it's about getting comfortable with where you are in the moment, rather than feeling pressured to constantly improve.