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## **VIDEO AUDIT – SELF-ASSESSMENT ONE TO ONE EFT ADVANCED PRACTITIONER**

<b>NAME OF THE PRACTITIONER</b>	
<b>NAME OF THE CLIENT</b>	
<b>DATE</b>	

Tick the pointers that were completed:

	<b>EFT Therapy Call</b>	<b>Not Demonstrated</b>	<b>Demonstrated</b>	<b>Mastered</b>
<b>A.</b>	<b>Preparation &amp; Be Ready</b>			
A1.	Send a reminder message			
A2.	Preparation before the call			
	<ul style="list-style-type: none"> <li>• Empty vessel meditation</li> </ul>			

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	<ul style="list-style-type: none"> <li>• Tapping on self</li> </ul>			
	<ul style="list-style-type: none"> <li>• Surrogate tapping</li> </ul>			
<b>B.</b>	<b>Be ready</b>			
	<ul style="list-style-type: none"> <li>• Your space cleaned and clear</li> </ul>			
	<ul style="list-style-type: none"> <li>• Refresh your last sessions notes / Intake form</li> </ul>			
	<ul style="list-style-type: none"> <li>• Open the call or be in your clinic space (face-to-face)</li> </ul>			
<b>C.</b>	<b>Meet the client where they're at</b>			
	<ul style="list-style-type: none"> <li>• Visual, Auditory, Kinesthetic, Auditory Digital</li> </ul>			
<b>D.</b>	<b>Connect with your client</b>			
	<ul style="list-style-type: none"> <li>• How are you today?</li> </ul>			
	<ul style="list-style-type: none"> <li>• What happened since we last spoke / communicated</li> </ul>			
	<ul style="list-style-type: none"> <li>• Acknowledge, recap, reassure</li> </ul>			
<b>E.</b>	<b>Safe space</b>			
	<ul style="list-style-type: none"> <li>• Listening</li> </ul>			
	<ul style="list-style-type: none"> <li>• Space</li> </ul>			

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	<ul style="list-style-type: none"> <li>Agency: collaboration</li> </ul>			
	<ul style="list-style-type: none"> <li>Allowance</li> </ul>			
	<ul style="list-style-type: none"> <li>Balance between questions, listening, and recapping</li> </ul>			
<b>F.</b>	<b>Informed consent</b>			
	<ul style="list-style-type: none"> <li>Browse the “Heal your Emotions Booklet” any questions?</li> </ul>			
<b>G.</b>	<b>Get aligned</b>			
	<ul style="list-style-type: none"> <li>What do you want me to focus on today?</li> </ul>			
	<ul style="list-style-type: none"> <li>What do you want to explore today?</li> </ul>			
	<ul style="list-style-type: none"> <li>What is the outcome you want at the end of our time today?</li> </ul>			
	<ul style="list-style-type: none"> <li>Recap, reassure, align in collaboration</li> </ul>			
<b>H.</b>	<b>Cross check mentally</b>			
	<ul style="list-style-type: none"> <li>If aligned proceed</li> </ul>			
	<ul style="list-style-type: none"> <li>If not aligned, clarify</li> <li>- Prompt: <i>So, if I got this right, you want me to focus</i></li> </ul>			

	<i>on [ADD THEIR WORDS]. Can you explain to me how it is connected to the priorities we discussed during the Consultation call?</i>			
<b>I.</b>	<b>Start conducting the session</b>			
I1.	Be open to what the client has to share and let the session flow.			
I2.	Bedside manner			
	<ul style="list-style-type: none"> <li>• Being present</li> </ul>			
	<ul style="list-style-type: none"> <li>• Being respectful</li> </ul>			
	<ul style="list-style-type: none"> <li>• Taking permission</li> </ul>			
	<ul style="list-style-type: none"> <li>• Managing expectations</li> </ul>			
I3.	Confidence in the process and steps.			
	<ul style="list-style-type: none"> <li>• Know the steps</li> </ul>			
	<ul style="list-style-type: none"> <li>• Move between questions, listening, and tapping</li> </ul>			
	<ul style="list-style-type: none"> <li>• Understand the link between surface symptoms and the deeper root cause</li> </ul>			

	<ul style="list-style-type: none"> <li>• Judge when to keep it shallower and simpler when to probe deeper</li> </ul>			
	<ul style="list-style-type: none"> <li>• Ask more invasive questions as per the comfort of the client</li> </ul>			
14.	Pacing in-line with the client's needs.			
	<ul style="list-style-type: none"> <li>• Managing the expectations of the client, especially for any physical or mental health and medical challenges</li> </ul>			
	<ul style="list-style-type: none"> <li>• Stepping back or going forward, as the client is able to proceed and feel safe</li> </ul>			
	<ul style="list-style-type: none"> <li>• Should there be a change in focus through the session, manage your client's expectations</li> </ul>			
15.	Listen, ask questions, and use the techniques as needed.			
16.	Be in collaboration with the client: Agency, allowance, pacing and root cause questions.			
<b>J.</b>	<b>Reassure</b>			

J1.	Make the client feels at ease throughout the session by saying:			
	<ul style="list-style-type: none"> <li>You are doing really great</li> </ul>			
	<ul style="list-style-type: none"> <li>That’s lovely</li> </ul>			
	<ul style="list-style-type: none"> <li>Thankyou for being so open</li> </ul>			
<b>K.</b>	<b>Keep an eye on the time</b>			
	<ul style="list-style-type: none"> <li>Manage expectations</li> </ul>			
<b>L.</b>	<b>Closing the session</b>			
	<ul style="list-style-type: none"> <li>Recap the session achievements</li> </ul>			
	<ul style="list-style-type: none"> <li>Highlight emotional or physical shifts</li> </ul>			
	<ul style="list-style-type: none"> <li>Outline next session plans</li> </ul>			
	<ul style="list-style-type: none"> <li>Ensure the client feels calm and safe</li> </ul>			
	<ul style="list-style-type: none"> <li>End with grounding or affirmation</li> </ul>			
<b>M.</b>	<b>Next session</b>			

**What was great:**

- *Write your points here*

**What could be better:**

- *Write your points here*

**Learnings & reflections:**

- *Write your points here*

**Action Plan:**

- *Write your points here*