

[\[Click here for the Google doc\]](#)

VIDEO AUDIT – SELF-ASSESSMENT ONE TO ONE TRAUMA REVERSE PRACTITIONER

NAME OF THE PRACTITIONER	
NAME OF THE CLIENT	
DATE	

Tick the pointers that were completed:

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

Vitality Living College® - Transforming Lives.

©2026 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.info. All Rights Reserved. Do not share, copy, reproduce or sell any part of this document, it is known as theft, unless you have written permission from www.vitalitylivingcollege.info. All infringements will be prosecuted.

	<ul style="list-style-type: none"> • Energy Flow® / Tapping on self 			
	<ul style="list-style-type: none"> • Surrogate tapping 			
B.	Be ready			
	<ul style="list-style-type: none"> • Your space cleaned and clear 			
	<ul style="list-style-type: none"> • Refresh your last sessions notes / Intake form for the 1st appointment, and include the Trauma History post the 2nd appointment 			
	<ul style="list-style-type: none"> • Open the call or be in your clinic space (face-to-face) 			
C.	Meet the client where they're at			
	<ul style="list-style-type: none"> • Visual, Auditory, Kinesthetic, Auditory Digital 			
D.	Connect with your client			
	<ul style="list-style-type: none"> • How are you today? 			
	<ul style="list-style-type: none"> • What happened since we last spoke / communicated 			
	<ul style="list-style-type: none"> • Acknowledge, recap, reassure 			
E.	Safe space			

	<ul style="list-style-type: none"> • Listening 			
	<ul style="list-style-type: none"> • Space 			
	<ul style="list-style-type: none"> • Agency: collaboration 			
	<ul style="list-style-type: none"> • Allowance 			
	<ul style="list-style-type: none"> • Balance between questions, listening, and recapping 			
F.	Informed consent			
	<ul style="list-style-type: none"> • Browse the “Heal your Emotions Booklet” & “Energy Flow® Foundation Manual” – ask any questions? 			
G.	Get aligned			
	<ul style="list-style-type: none"> • What do you want me to focus on today? 			
	<ul style="list-style-type: none"> • What do you want to explore today? 			
	<ul style="list-style-type: none"> • What is the outcome you want at the end of our time today? 			
	<ul style="list-style-type: none"> • Recap, reassure, align in collaboration 			
H.	Cross check mentally			

	<ul style="list-style-type: none"> • If aligned proceed 			
	<ul style="list-style-type: none"> • If not aligned, clarify - Prompt: <i>So, if I got this right, you want me to focus on [ADD THEIR WORDS]. Can you explain to me how it is connected to the priorities we discussed during the Consultation call?</i> 			
I.	Start conducting the session			
I1.	Be open to what the client has to share and let the session flow.			
I2.	Bedside manner			
	<ul style="list-style-type: none"> • Being present 			
	<ul style="list-style-type: none"> • Being respectful 			
	<ul style="list-style-type: none"> • Taking permission 			
	<ul style="list-style-type: none"> • Managing expectations 			
I3.	Confidence in the process and steps.			
	<ul style="list-style-type: none"> • Know the steps 			

	<ul style="list-style-type: none"> • Move between questions, listening, and processes 			
	<ul style="list-style-type: none"> • Understand the link between surface symptoms and the deeper root cause 			
	<ul style="list-style-type: none"> • Judge when to keep it shallower and simpler when to probe deeper 			
	<ul style="list-style-type: none"> • Ask more invasive questions as per the comfort of the client 			
	<ul style="list-style-type: none"> • Follow the Trauma Reverse Principles <ol style="list-style-type: none"> 1. Safety first: The ground on which healing rests. 2. Client-led pace: Respect the rhythm of the nervous system. 3. Compassion over fixing: Be a guide, not a saviour. 4. Integration, not catharsis: Gentle shifts create deep, lasting transformation. 			
14.	Pacing in-line with the client's needs.			

	<ul style="list-style-type: none"> Managing the expectations of the client, especially for any physical or mental health and medical challenges 			
	<ul style="list-style-type: none"> Stepping back or going forward, as the client is able to proceed and feel safe 			
	<ul style="list-style-type: none"> Should there be a change in focus through the session, manage your client’s expectations 			
I5.	Listen, ask questions, and use the techniques as needed.			
I6.	Be in collaboration with the client: Agency, allowance, pacing and root cause questions.			
J.	Reassure			
J1.	Make the client feels at ease throughout the session by saying:			
	<ul style="list-style-type: none"> You are doing really great 			
	<ul style="list-style-type: none"> That’s lovely 			
	<ul style="list-style-type: none"> Thankyou for being so open 			

K.	Keep an eye on the time			
	<ul style="list-style-type: none"> • Manage expectations 			
L.	Closing the session			
	<ul style="list-style-type: none"> • Recap the session achievements 			
	<ul style="list-style-type: none"> • Highlight emotional or physical shifts 			
	<ul style="list-style-type: none"> • Outline next session plans 			
	<ul style="list-style-type: none"> • Ensure the client feels calm and safe 			
	<ul style="list-style-type: none"> • End with grounding or affirmation 			
M.	Next session			
N.	Checkpoint call			
I.	Close out call			
O.	Feedback			

SELF-EVALUATION CHECKLIST

SAFETY & HOLDING SPACE

- Practitioner grounded and present
- Client felt emotionally safe
- Permission taken before deeper work
- Client pace respected
- Active listening demonstrated
- Client felt heard and validated
- Practitioner stayed calm and regulated
- Grounding used when needed
- Session closed safely

ALIGNMENT & FACILITATION

- Clear session intention established
- Practitioner aligned with client goal
- Used client's own words
- Followed the client process naturally
- Did not over-lead or force

Vitality Living College® - Transforming Lives.

©2026 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.info. All Rights Reserved. Do not share, copy, reproduce or sell any part of this document, it is known as theft, unless you have written permission from www.vitalitylivingcollege.info. All infringements will be prosecuted.

- Allowed emotional processing
- Knew when to pause or deepen
- Maintained collaboration and agency

SESSION PROCESS

- Which method was used? _____
- Which exercises/tools were used? _____
- Practitioner used client's own words
- Practitioner followed client process naturally
- Emotional processing was allowed
- Practitioner avoided forcing or leading
- Reparenting / support was nurturing
- Client felt seen, heard, and validated
- Session completed with grounding / integration

Vitality Living College® - Transforming Lives.

©2026 Rangana Rupavi Choudhuri, www.vitalitylivingcollege.info. All Rights Reserved. Do not share, copy, reproduce or sell any part of this document, it is known as theft, unless you have written permission from www.vitalitylivingcollege.info. All infringements will be prosecuted.

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*