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**Tapping Self Work Log & Notes**

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| **EBEFT Trainee**  | **EBEFT Trainers / Mentors** | **Date Submitted** |
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| **Please provide an overview of the 3 x 1-hour sessions you had as a client with an approved (Checked with mentor ) certified/accredited practitioner who ideally is not one of the mentors.****Name of Practitioner(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Focus for session 1**Insights gained that may help me as a practitioner: | SUD Start | SUD End |
| **Focus for session 2**Insights gained that may help me as a practitioner: |  |  |
| **Focus for session 3**Insights gained that may help me as a practitioner: |  |  |

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| **Please provide an overview of the 5 x 1-hour swap sessions you had (discuss here the work you did as a client)** |
| **Focus for session 1**Insights gained that may help me as a practitioner: | SUD Start | SUD End |
| **Focus for session 2**Insights gained that may help me as a practitioner: |  |  |
| **Focus for session 3**Insights gained that may help me as a practitioner: |  |  |
| **Focus for session 4**Insights gained that may help me as a practitioner: |  |  |
| **Focus for session 5**Insights gained that may help me as a practitioner: |  |  |

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| **Please provide an overview of the 5 x self-tapping sessions (minimum 30 minutes each)**  |
| **Focus for session 1**Insights gained that may help me as a practitioner: | SUD Start | SUD End |
| **Focus for session 2**Insights gained that may help me as a practitioner: |  |  |
| **Focus for session 3**Insights gained that may help me as a practitioner: |  |  |
| **Focus for session 4**Insights gained that may help me as a practitioner: |  |  |
| **Focus for session 5**Insights gained that may help me as a practitioner: |  |  |