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**Guidelines for EFT Case Studies**

*You may be required to write several case studies (a page or two) describing the use of a technique in detail. Your Mentor will prescribe up to 3 techniques based on the mentoring sessions above (i.e., after any gaps have been identified).*

**Here are some guidelines for completing those case studies.**

Please include the following in each case study, to be submitted to your mentor for review.

1. Please de-identify your client and only use initials. Include the date you saw them, their age and gender, and your mentor’s name on the report
2. Client’s presenting issue. Include any referral details or how/why they came to see you.
3. Explain how the session was conducted – in an office? On Zoom?
4. Explain how EFT was introduced – did the client previously know EFT? How did you explain it and teach it?
5. Details of the actual work done in the session – e.g., please indicate which techniques in EFT you used, the actual setup statements and reminder phrases you used, and the SUDS (ratings out of 10) or VOC at the beginning and end of each round – this should be a lengthy section in your case study. Be sure to not only clearly describe the technique as you used it (so that your understanding of how the technique is done can be ascertained) but also why you chose that particular technique (so that your understanding of the purpose of the technique can be ascertained). If you were simply using a technique with a swap session partner in order to practice it, not because the necessity arose within the session, please note this.
6. Indicate how you tested EFT worked (if appropriate), and any homework you may have set the client. Include detail of how you ensured they left the session intact emotionally.
7. Evaluate your own skill delivery in the session – discuss any areas that were difficult, concerns you may have had, and how you did/will remedy them (e.g., book a supervision session with your Mentor)

*Please note: This case study is intended to give your mentor an accurate sense of how you conduct an EFT session. Taking a detailed client history may be an important part of how you normally work with clients but all that is relevant here is the EFT, so please limit the information in your case study to that which helped you choose which issues, events and aspects to work on, how you co-created setup statements and reminder phrases with the client, and how you chose which technique to use when - and why. If background information is needed to help the mentor understand context, please keep it to a couple of sentences only.*