

EFT THERAPIST TRAINING LEVELS TO CERTIFICATION (AIEFT)

LEVEL A. Completion of Basic EFT Training

Requirements:

1. **Minimum prior training** – must be a practitioner trained in a professional therapeutic counselling/clinical discipline.
2. Completion of **Level 1 and 2 training (8 days)** with an internationally certified EFT Trainer.
3. Initial EFT supervisory experience:
 - **EITHER** completion of Level 3 training
 - **OR** 5 individual supervision sessions with certified EFT Supervisor presenting work with at least 2 clients.

Must be signed off by an approved EFT Supervisor on the basis of actually doing EFT to at least a minimal degree and not some other therapy.

LEVEL B. Completion of EFT Supervised Practice

1. Completion of LEVEL A and Level 3 training (if not completed as part of LEVEL A)
2. Direct supervision of own work with a certified EFT Supervisor (review of videos) with a minimum of 2 clients, minimum of 16 hours (individual or group equivalent).
3. **Recommended Practice:** see at least two individual clients for a total of at least 60 sessions of EFT including empathy, deepening, tasks and case formulation.

Must be signed off by an approved EFT Supervisor on the basis of actually doing EFT to at least a moderate degree and not some other therapy (PCEPS-EFT items 1-5 at 4 or higher).

LEVEL C. Certification as an EFT therapist

1. Completion of LEVEL B EFT Supervised Practice (see above).
2. Submission of two video-taped sessions of two different clients with active task work in them.
3. Submission of a brief written case description including competent EFT case formulation (2-3 pages).
4. Evaluation by a certified EFT Supervisor (someone other than Therapist's usual supervisor) as a competent EFT Therapist on the basis of a demonstration of:
 - a. Empathy;
 - b. Marker identification;
 - c. Emotional deepening;
 - d. Appropriate use of tasks (focusing, reprocessing, enactment, active expression, alliance/interpersonal/relational work);
 - e. Ability to think about clients in EFT terms (case formulation, process and marker identification, use of experiential formulation responses).