

# EFT CERTIFICATION

## EFT UNIVERSE

### Mentoring Module 1: From General to Specific

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- I can use Basic Recipe EFT crafting set-up statements and reminder phrases referencing using the client's exact words.
- I can use the Full Basic Recipe including the 9 Gamut Technique to clear high levels of emotional intensity.
- I can focus a session on specific events and aspects (i.g. sensory aspects, emotions, body sensations) gauging client progress with SUD levels.
- I can use testing methods (i.g. Pointed Questions, Vivid Imagination, Reenactment, Actual Situation) to confirm a client's SUD level is zero.
- I can successfully close a session using Sneaking Away and/or the client's stated cognitive shift(s).

[MM1 Informational Sheet](#)

### Mentoring Module 2: Techniques for Trauma

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- I can use open-ended questions and grounding techniques (i.g. Talking & Tapping, Heart Coherence, Ecomeditation, etc.) to move from a presenting issue to specific events and aspects within the first 15 minutes of a session.
- I can use the Tell the Story or Silent Movie technique to guide a client to clear the title, identify a neutral beginning point, and clear at least three emotional peaks for a single event.
- I can adjust the set-up statement for clients who struggle with self-acceptance using their exact words and perspective.
- I can use all three Gentle Techniques (i.g. Sneaking Up, Tearless Trauma, Chasing the Pain) when a client becomes emotionally flooded accessing a specific event or aspect.

[MM2 Informational Sheet](#)

### Mentoring Module 3: Professional Practice

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- I can preframe the positive effects of a technique to resolve an issue using science, analogy, or past client examples.
- I can use the tail-enders technique to help a client identify inner resistance related to a specific goal or affirmation.
- I can help a client identify and clear the specific event(s) and aspect(s) related to cravings or other unwanted habits.
- I can help a client identify and clear the specific event(s) and aspect(s) related to physical symptoms/pain.
- I can help a client identify and clear the specific event(s) and aspect(s) related to fears and/or phobias.

[MM3 Informational Sheet](#)

### Mentoring Module 4: Your Clinical EFT Practice

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- Consult with your mentor to co-create objectives related to techniques from modules 1-3 to review and refine.
- Consult with your mentor to co-create objectives exploring your potential EFT niche.
- Consult with your mentor to co-create objectives related to growing your EFT practice.

[MM4 Informational Sheet](#)

[Mentee Tracker](#)