

## Individual Session Notes for EFT Universe Certification

certification.

Candidate:

Date:

Client Initials:

Client Age:

Session #(1-47):

Mentoring Consultant Name:

Review Date:

Session # with client: Presenting Issue or Symptom:

Specific Recent Event:

Aspect #1:

Beginning SUDS: (0-10)

Ending SUDS: (0-10)

Aspect #2:

Beginning SUDS: (0-10)

Ending SUDS: (0-10)

Childhood Event:

Aspect #1:

Beginning SUDS: (0-10)

Ending SUDS: (0-10)

Aspect #2:

Beginning SUDS: (0-10)

Ending SUDS: (0-10)

Brief Narrative of Session (1-2 paragraphs):

EFT Techniques Used in This Session - 9 Gamut, Tearless Trauma, Sneaking Up, Chasing the Pain, Constricted Breathing, Movie Technique, Tell the Story, Reframing, Daisy Chaining, Tail Enders:

- 1)
- 2)
- 3)
- 4)

Testing Method Used in this Session (other than SUDS) - Reenacting/Pointed Questions/Vivid Imagination/Actual Situation:

Most Difficult Challenge Arising in this Session:

Mentor Comments/Homework Assigned: