

## Information to help you decide if you want to have your Client(s) do a Live Session

Dear Participant or Helper,

Please consider bringing a client(s) to do a “live/demonstration” session at our upcoming Externship. Please find below some information that might assist you in determining the suitability of your client(s) to be part of a Live Session, both in terms of benefit to the client(s), and in demonstrating the power of EFT.

- It is important that your client(s) are committed to the therapeutic process, have a strong therapeutic alliance with you their therapist, and are open to the possibility of moving forward together. It also is important that the assessment process is complete, and that your client(s) have been deemed suitable for EFT.
- The selection of the client(s) for the live is very important. The balance is to identify a client(s) with substantive issues but not so complicated that it is difficult to be productive/demonstrate EFT in one session (e.g., a couple who is together but not very distressed would not be suitable, and couples who have decided to separate also would not be suitable). Please **do not choose** a “worst case scenario” client(s) or a couple in which one of the partners has clearly disengaged.
- The aim is to select a client(s) that you believe will let the trainer/consulting therapist ‘move’ them. The client(s) do not need to have completed the de-escalation process but some awareness of their cycle will be of benefit, both to them, and to the consulting therapist/trainer.
- Couples with a clear pursue/withdraw cycle, where the therapist might be stuck somewhere in the process or where they might be ready to enter a key aspect of the therapeutic process – e.g., moving toward cycle de-escalation, withdrawer re-engagement or blamer softening, or attachment injury resolution -- are ideal for the live sessions.

Once you have identified a client(s) you believe is suitable, please contact the Certified EFT Supervisor for the Externship (you can get the Supervisor’s name from the Externship Coordinator through the emails you have been sent). Please provide some brief family-of-origin and assessment information (e.g., is there a trauma history, history of addiction, any attachment injuries?). Also, we would need some information about the client(s) cycle, and therapeutic progress to date. Finally, as appropriate, please provide some information about what you would like to gain as a result of the consultation (e.g., is there a place where you are stuck? would you like some guidance with a particular part of the EFT process; e.g. withdrawer engagement?).

The summary you provide the Trainer/Consulting Therapist will be helpful in identifying a suitable client(s) and, if your client(s) agree to go ahead with the live and is suitable, you will provide this same summary to the therapist and your fellow participants prior to the live session.

Once again, thank you for your efforts. The live/demonstration sessions are always a highlight of the externship, and a highly valuable learning opportunity. We appreciate your time and consideration.

Looking forward to working together,

The Externship Coordinator