

Track Your Level 3 Practice Sessions

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Name:

Graduation Date:

20 reflections + 10 client surveys + 10 personal + EFTi 6 long writeups + EFTi 1 video

Record 20 Short Reflections (via whatsapp, word, or google doc)

WRITTEN OPTION: Submit 5 at a time to receive written feedback

VERBAL OPTION: Bring Questions to Office Hours or Share in WhatsApp

1. *Client Name + Date*

2.

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20.

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Record 10 Sessions of Client Feedback Send Client Anonymous Feedback Link After Session No writeup necessary	Key Take Aways Saved any feedback or testimonials Jackie passed on!
1. <i>Client Name + Date</i>	
2.	
3.	
4.	
5.	
6.	
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8.	
9.	
10	

Record 10 Sessions Where YOU are Client and working with ANOTHER person No Writeup Needed	Key Takeaway and Realizations from Working with Other Practitioners
1. Topic 2. 3. 4. 5. 6. 7. 8. 9. 10.	

Track Your Level 3 Practice Sessions

EFTInternational Accreditation Track Requirement

Record Long Case Studies (Submit full case study all at once)	
1. Client Name + Topic	Session 1 Date:
	Session 2 Date:
	Session 3 Date:
	SUBMIT to Jackie
2. Client Name + Topic	Session 1 Date
	Session 2 Date
	Session 3 Date:
	SUBMIT to Jackie
Record 1 Video Session (book with me or email recording)	
1. Client Name + Date	

Track the Techniques You Practice	1	2	3+	Class
9 Gamut on Recent/Future Event Related to Table Top	x			10/13
Basic Recipe on Related Childhood Event	x			10/22
Basic Recipe on Specific Aspects of Each Event	x			10/22
Track SUDS on Aspect at a time using 0-10				10/13
Track VOC on Belief related to Aspect using 0-10 (or 100)				11/5
Testing Methods: Tune into SUDS with Vivid Imagination				10/22
Testing Methods: Tune into SUDS with Reenacting				10/22
Testing Methods: Tune into SUDS with Pointed Questions				11/5
Testing Methods: Tune into SUDS with Actual Situation				11/5
Reframing: Alternate Setup Phrases based on client's words				10/13

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Close Session with Sneaking Away (with client's reframes)				10/22
Close Session with Choices Method (using client's goals)				11/5
Close Session with What Ifs (using client's goals)				
Close Session with Box It Up				
Tell the Story Technique (title, neutral point, frames)				
Trauma: Use Chasing The Pain on Emotional Memory				
Trauma: Use Tearless Trauma on Emotional Memory				
Trauma: Use Sneaking Up on Emotional Memory				
Use Tailender Technique on Goal with VOC				
Use Tailender Technique on S.M.A.R.T Goal				
Use Parts-Based Reframes on Secondary Gain				
Tap on Cravings with Table-Leg Protocol (childhood event)				
Tap on Physical Symptom with Table-Leg (childhood event)				
Tap on Secondary Gain with Table-Leg (childhood event)				
Level 3 Techniques	1	2	3+	Watch video tips
Get Specific: Ask Y/N Questions to Identify 1 Focus	x			10/15
Get Specific: Repeat + Give Choices to Identify 1 Focus	x			10/15
Get Specific: Use Grounding Techniques to Identify 1 Focus	x			10/15&29
Get Specific: Use "Call Back" to Identify Childhood Event				10/29
Get Specific: Use Question Tapping to Uncover Related Events	x			10/15&29
Exaggeration: Use Mirroring to Lower Stuck SUDS				
Exaggeration: Use Pink Elephant Effect to Lower Stuck SUDS				
Exaggeration: Use Exaggeration/Hyperbole to Sneak Away				
Trauma: Incorporate Resourcing & Safe Space				11/12
Trauma: Use Bilateral Tapping to Lower Stuck SUDS				1/7

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Trauma: Use Advanced Eye Movements to Lower Stuck SUDS				10/29
Tell the Story: Use 3rd Person Perspective (<i>birds eye view</i>)				11/12
Tell the Story: Add Resources to the Neutral Point				11/12
Trauma: Netflix Tearless Trauma				Level 1
Parts Work: Parts-Based Reframes for Goal Tailenders				1/7
Parts Work: Give Secondary Gain a Voice				1/21
Parts Work: Give Emotion/Belief Part a Voice				1/7
Parts Work: Empty Chair with Part of Self				11/26
Parts Work: Promote with a Job Change or Name Change				12/10
Inner Child Work: Give Inner Child a Voice				
Inner Child Work: Empty Chair Technique with Inner Child				
Inner Child Work: Surrogate to tap on behalf of Inner Child				
Empty Chair Technique with Living Person				11/26
Inherited Trauma: Give Ancestor a Voice				
Inherited Trauma: Empty Chair Technique with Ancestor				
Inherited Trauma: Surrogate Tap for Ancestor's Experience				
Clarity: Question Tapping or Contemplative Tapping for clarity				
Clarity: Connect with an Inner Guide for Answers				
Clarity: Use TAPAS Technique to Identify Core Issue				

If you plan on specializing, we can devote practice sessions to your specialty: Trauma, Inner Child, Intergenerational Trauma, Kids, Groups

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Minimum 6 Ask Me Anything (AMA) Office Hours	
AMA Call Date	Questions/Topics/Techniques I want to Remember to Bring Up on Call
1	
2	
3	
4	
5	
6	

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Optional Master Level EFTInternational Membership All steps and payments are done separately through the EFTInternational website .	
If transferring from ACEP or EFTUniverse: Grandfather into EFTInternational as a Member (approx \$400)	
Take EFTi Level 3 Exam (approx \$40) Member Area > Upgrades & Exams	
Update EFTi Practitioner Profile as Advanced Practitioner (approx \$40) Member Area > Upgrades & Exams	
Receive My CONGRATULATIONS EMAIL + Download and Print Your Master Level Practitioner Certificate! Hang it in your office!	
Ongoing Annual EFTInternational Requirements to maintain business listing and status. Log CPD and Mentoring hours here. - 6 Annual Mentoring Hours with an EFTi Mentor like me (range \$300-2200 annually) - 30 Hours of Annual continuing professional Development (i.e. podcasts, books, free summits, paid workshops, courses, etc (Free - \$\$\$ depending on what life long learning you choose) - Annual Member fee Approx \$40/yr	

You're a Graduate! What's Next? 1. Update Liability Insurance (I recommend Alternative Balance) 2. Update Client Intake Form for niche 3. Update Liability, Consent & Confidentiality Forms 4. Update Single Session Rate + Description 5. Create a system to Organize Session Notes 6. Update Business Listing 7. Update and Amplify Website (I recommend Squarespace.com) 8. Organize the 5 Star Reviews you got from practice partners and add them to site 9. Marketi from a service-oriented space	I walk you through each step in my Grow Your Business Course (includes Launch Your private Practice + Human Design Marketing) Includes immediate access to: my personal Liability Forms, Confidentiality & Consent, Intake Forms and PTSD Checklist, Session Note Templates, Professional Bio Templates, Marketing for Healers, Choosing a Niche based on Human Design, and more.
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| 10. Hone Your Dream Workspace
11. Time Block Your Ideal Schedule! | <u>GROW YOUR BUSINESS</u> |
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