



AAMET Level 3 Practitioner Certificate Guidelines for the Submission of Case Studies

Students are required to submit either of:

- 1) A minimum of 3 case studies, each of which is composed of at least 3 sessions that demonstrate an in-depth exploration of issues and competent use of advanced techniques.
- 2) A minimum of 2 case studies, each of which is composed of at least 3 sessions that demonstrate an in-depth exploration of issues and competent use of advanced techniques *and* 1 practice review.

If included, a practice review should include the following:

- Review your EFT learning and personal development with EFT to date.
- Describe your current EFT practice, the context and client groups with which you use EFT.
- Describe your intentions and plans for the development of your practice.
- Outline your plans for further learning and mentoring.

Multiple issues and physical and emotional issues may occur in the same case.

It is not necessary for a case to be successful: You can sometimes learn a great deal from analysing your failures. It is perfectly satisfactory to present a case in which you did not achieve complete resolution of the issues.

Please obtain permission to submit a case from the subject so you must assure them of complete confidentiality at all times. Real identities or circumstances which might identify a person must not be included.

Case studies should show clearly:

- How you isolated issues to be worked.
- The methods used to address the issues and why these were chosen.
- The use of at least one of the advanced techniques taught at level 3.
- How far the issue was resolved, and how this was assessed.
- If partial resolution of an issue occurred, what you did next.
- What was done if real world testing was not possible at that time?
- Whether there were any shifts of aspect or issue.
- Whether there were any cognitive shifts.
- Which questions were asked to reach deeper levels of issues?
- How affirmations were framed and reframed.

Each case study should include a summary of the overall treatment. Were you successful? Is there more work to do with that client? If they come to you again what would you like to address next?