Certified EFFT Trainer

Process for Ongoing Status with IIEFFT

Requirements for individuals identified for auto-certification:

1. EFFT Trainers adopt the role of ambassadors of the Institute and the model. When engaged in professional service, they are respectful, empathic and open to feedback. They themselves embody the following pillars of EFFT in their stance with clients, caregivers and other clinicians:

· Caregiver involvement and empowerment

· Caregiver skills training

· Emotion processing and affect/nervous system regulation

· Transparency and collaborative decision-making

2. EFFT Trainers commit to delivering 90% of the suggested content when facilitating a training, for standardisation purposes. This will allow participants seeking certification to work seamlessly across supervisors and trainers. Trainers are encouraged to individualise remaining content (10%).

3. EFFT Trainers commit to using EFFT techniques, resources and standardized tools (print and online) as a structure for training in order to ensure continuity across supervisors and trainers as well as adherence to the model. These will be made available in the Trainer’s section of the IIEFFT website in the weeks to come.

4. EFFT Trainers will maintain the professional boundaries of a supervisory/training relationship with clients/participants and ensure they are distinct from, and do not overlap with the act of psychotherapy. Should a participant attending a training choose to volunteer for a demonstration, the trainer reviews the potential outcomes and implications related to participation prior to commencing the demonstration. Throughout, the trainer resists the urge to “go deeper” and maintains focus on the educational objective of the demonstration for the wider audience.

5. If using audio/video to deliver professional services, EFFT supervisors ensure their platform is secure, encrypted and compliant with healthcare standards in their jurisdiction.

6. EFFT Trainers commit to attending one of two 3-hour Supervisor and Trainer Workshops via video (at own expense) offered throughout the year. Updated material will be presented and participants will also have the opportunity to obtain supervision re: training. Trainers can attend both if desired.

· If a Trainer cannot attend either seminar, they commit to scheduling an individual session with the facilitator at own expense.

7. EFFT Trainers commit to attending one of two Annual General Meetings (AGM) for Supervisors and Trainers (via video; 2-3 hours) where participants will share ideas, innovations and challenges. If a trainer cannot attend either meeting, they commit to reviewing at least one of the meeting recordings that will be made available to all participants. There are no costs associated with the AGMs.

8. EFFT Trainers are committed to increasing awareness of their own blocks by engaging in regular psychotherapy, supervision, or peer-supervision (regardless of modality). Details are at the discretion of the individual. There is no reporting requirement associated with this criterion.

9. EFFT Trainers commit to engage in professional development themselves, and in an area outside of EFT/EFFT in order to support the ongoing evolution of the model.

10. EFFT Trainers commit to facilitating one training per year, as is possible.