Certified EFFT Supervisor

Process for Ongoing Status with IIEFFT

Requirements for individuals identified for auto-certification:

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

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

4. EFFT Supervisors will maintain the professional boundaries of a supervisory relationship with clients and ensure they are distinct from, and do not overlap with the act of psychotherapy. Should a supervisee engage in experiential supervision (whether individually or in a group), the supervisor reviews the potential outcomes and implications related to participation prior to commencing. Throughout, the supervisor resists the urge to “go deeper” and maintains focus on the objective of supervision.

5. EFFT Supervisors 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. Supervisors can attend both if desired.

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

6. EFFT Supervisors 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 supervisor cannot attend either meeting, they commit to reviewing at least one of the meeting recordings that will be made available to all supervisors and trainers. There are no costs associated with the AGMs.

7. EFFT Supervisors 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.

8. EFFT Supervisors commit to charging supervision fees within the range suggested by IIEFFT (100USD to 250USD/hour). Variations will be necessary according to local markets.