

## **Certification Update\_13 Sep 2022 by Gail Palmer**

The Certification committee would like to clarify the minimal criteria for therapist certification applications. The emphasis for certification is the therapist use of the tango to process emotion and create bonding conversations.

### **For Stage 1:**

Your Stage 1 clip should demonstrate accessing and processing emotions within the context of a negative interaction pattern. It is important to show that you know how to access emotion in the moment, know how to organize it within a pattern, and know how to use emotional experience between partners. The focus is relational and on patterns.

In terms of the EFT Steps the example should include a step 3 focus on accessing underlying emotion with one or both partners and enacting this more vulnerable experience either directly to the partner or by proxy through the therapist. The 20 minute segment should demonstrate at least 3 moves of the EFT Tango (e.g. Moves 1, 2, and 3; or Moves 1,2, and 5).

Tango Move 3 is with key figures in dramas that have shaped identity and affect regulation or with disowned or fragmented parts of self and can be either enacted directly or by proxy.

### **For Stage 2:**

Your Stage 2 clip should demonstrate deepening and distilling a partner's emotional experience associated with their position (e.g. pursuer, withdrawer). The example should show a depth of emotional experience that includes a focus on attachment related emotions (e.g. fears, longings) and includes a focus on view of self and/or view of other.

In terms of the EFT Steps the example should include a step 5 and 6 example where new experience of self and/or other is experienced and then shared with one's partner. The 20-minute segment should include an enactment and at least 3 moves of the EFT Tango (e.g. Moves 2, 3, 4)

What is most important in Tango Move 2 is that you are bringing together:

- Attachment emotions such as attachment fears
- Unmet Attachment longings
- Internal Working Models (View of Self - connecting past to present, View of Other)

Need to see Tango Move 3 (engaged encounters-enactments) in Stage two- remembering it is this new, qualitatively different interaction that is the healing agent.

Include at least 3 moves of the Tango, e.g., Moves 2, 3, 4