



SKILLS GUIDELINE FOR CERTIFICATION - OVERVIEW

Learning and integrating the EFT model includes development of the following skills. This list can be used as a guideline to assist supervisors and applicants to assess for readiness for certification.

Additional specific details and information for each EFT modality (EFIT, EFCT & EFFT) are available on the ICEEFT members website whereas this document is offered as a generic overview.

Alliance Skills

Therapist readily demonstrates...

- Attunement and empathic tracking of client's experience.
- A safe-haven alliance (A.R.E.) including assessing risk, context, and contraindications.
- Focus on reactive patterns and validate client's attachment strategies.
- Effectively engage with clients in all their diversity, including the negative impact of discrimination along with clients' strengths and resilience.

Micro Skills

Therapist shows ability to ...

- Reflect and validate client's experience and identifies emotions and relational patterns.
- Validates vulnerabilities and coping strategies normalizing blocks.
- Asks evocative questions that help identify patterns, and elicit deeper emotions, underlying attachment fears, and longings.
- Asks open-ended questions and encourages self-reflection.
- Makes appropriate empathic conjectures that validate and deepen experience (e.g. self/other)
- Uses all micro skills together with RISSSSC prosody – slow, specific, soft, etc.
- Heightens experience with images and client's emotional handles, where appropriate.
- Reframes experience – mostly in terms of attachment-related emotions.
- Evokes emotional experience and choreographs engaged encounters/enactments.
- Paces risk-taking holding client within the leading edge (e.g. window of tolerance).

Tango Skills

Therapist shows ability to ...

- Move 1: Identify relational patterns and affect regulation processes leading to self-perpetuating cycles.
- Move 2: Assemble Emotion – Pinpoints trigger, perception, body sensation, meaning and action by focusing on and processing core emotions.
- Move 2: Distills emotion with RISSSSC and engages present experience in highly focused manner.
- Move 3: Sets up encounters/enactments that prompt new awareness and /or bonding experience.
- Move 4: Processes encounters (Move 3) with client(s).
- Move 5: Summarizes progress in the session, validating growth, contrasting new interactions and previous patterns.