

Guidelines for Certifying Therapists

The intent of the Certification process is to validate and welcome competent EFT therapists in addition to providing mentoring on areas where their work can grow. For therapists who do not meet criteria for Certification the intent is to provide clear and helpful feedback on specific areas where their work needs to improve and provide- when possible- a positive mentoring experience rather than the experience of failure. In these circumstances, typically another tape is requested which will be reviewed at no further cost.

- A successful candidate must demonstrate the following basic experiential couple therapy skills:

1. Attunement to each client.
2. Validation and normalization of client's secondary and primary emotions and, where possible, their behaviours against the specific back drop of attachment related emotion.
3. Ability to make sense of each partner's reactivity (emotions and behaviour) in light of their attachment related experience.
4. Ability to validate one client without invalidating the other.
5. Alliance or alliance building with the couple.
6. Ability to focus and contain emotional reactivity.

- A successful candidate may also show in the Stage one video some of the following work in Steps 2, 3 and 4.

1. Tracking the cycle with inquiry into some or all of the following elements: cue, appraisal, action tendency, secondary and primary emotions.
2. Use of attachment reframe (this does not only mean reframing the couple's distress in terms of the cycle but also comments such as - *when you feel dismissed by him you get angry because you long to feel like you matter, is that right?*)
3. Attempts at delineating the couple's cycle, validating partner's positions and distress in terms of the cycle, with focus on cycle as the enemy.

- A non-successful candidate may demonstrate one or more of the following:

1. Failure to attune to clients
2. Does not pace herself with clients and is intervening in ways that do not resonate with where the clients are in their experience
3. Does not demonstrate working with the cycle in some way. For example, not tracking the cycle, exploring emotions underlying partner's positions in the cycle or reframing the cycle as the problem in the relationship.
4. A reliance on teaching, coaching, advising, or problem-solving.

- A successful candidate may also show in the Stage Two video some of the following work in Steps 5, 6, and 7.

1. Accessing and heightening primary emotion in the here and now of the session and working with the emotion in the following ways:
 - a) Staying with the emotion and allowing for expanding, deepening, distilling and anchoring in the body the emotional experience.
 - b) Fostering experiencing partner's awareness of fears and longings related to models of self and other
 - c) Supporting and helping experiencing partner to synthesize this experience into a clear message to their partner
 - d) Set up and process enactments
 - e) Move the new emotional experience to an expression of needs as in withdrawer re-engagement and blamer softening and process with both partners.

• A non-successful candidate may demonstrate one or more of the following:

1. Talking about emotion only from a cognitive distance.
2. Teaching about emotion as opposed to fostering experience.
3. Therapist not using RISSC
4. Failure to attune to clients