

The Key Principles of EFT Clinical Supervision are:

- A positive working alliance between the supervisor and supervisee is fostered because safety enhances learning.
- Modeling is available: the supervisor actively demonstrates EFT interventions (e.g., demonstrates attachment language and non-verbal behaviours of EFT).
- Observation of therapy sessions occurs or transcripts are examined. Role plays with feedback give opportunity for rehearsal.
- Feedback to supervisee is clear, focused, supportive, and congruent with supervisee's stage of learning.
- Specific elements are pointed out for the supervisee to improve or work on.
- Written theory and techniques of the EFT model are referred to and taught in relation to practice (e.g., steps, stages, interventions, experiential and non-pathologizing approach). These principles were formulated with the help of Lisa Palmer-Olsen and the work of Dr. Eugene Mead.