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EFT Video Session Review Form: How to use this form – Like doing Emotionally Focused Therapy, learning EFT is an active and engaged process. This exercise is designed to help you review your work actively – rather than passively. This can be used as part of your own independent learning and for use with EFT supervision. Select a short segment of your session. As you view your session – reflect and respond based upon the prompts. Note – this exercise expands knowledge and skills of the EFT model and the Self-of-the-therapist.

Entry Points – note the words, phrases, images or non-verbal entry points you notice	Hits – What did you do with the entry point that deepened the process of the client (note EFT Interventions)	Misses – note missed entry points – how did the "Miss" impact process?	Self-of-the-therapist – note the thoughts, feelings, somatic responses you have as you reflect on the "Miss"	Rewind – What might you have done differently with the entry point? Reflect and respond to your choice.