



AAMET Level 2 Practitioner Certificate

Guidelines for the Submission of Case Studies

Students are required to submit a minimum of 3 case studies that demonstrate an in-depth exploration of issues and competent use of techniques. Note that in addition to submission of suitable case studies, any examination specified in the AAMET Syllabus document must also be completed successfully before the Level 2 certificate may be issued.

Case study requirements:-

Case Study 1: A personal issues affecting your past/present and the changes you foresee that may be made due to the work you have done using EFT.

Case Studies 2/3: Working with clients, identifying different aspects of a core issues and demonstrating the use of several methods used to achieve results.

Multiple issues and physical and emotional issues may occur in the same case. Each case may consist of one or several sessions with the same person depending upon their needs. It is not necessary for a case to be successful: You can sometimes learn a great deal from analysing your failures. It is perfectly satisfactory to present a case in which you did not achieve complete resolution of the issues.

Please obtain permission to submit a case from the subject so you must assure them of complete confidentiality at all times. Real identities or circumstances which might identify a person must not be included.

Case studies should show clearly:

- How you explained EFT to the client and how you initially demonstrated it to them.
- How you isolated issues to be worked.
- If muscle testing was used.
- If PR was present and if so how it was neutralised. What set-up affirmations were used and how you decided what words to use.
- The reminder phrases that were used.
- Which points were tapped - a full sequence or shortcuts.
- The methods used to address the issues and why these were chosen.
- How far the issue was resolved, and how this was assessed.
- If partial resolution of an issue occurred, what you did next.
- What was done if real world testing was not possible at that time.
- Whether there were any shifts of aspect or issue.
- Whether there were any cognitive shifts.
- Which questions were asked to reach deeper levels of issues.
- How affirmations were framed and reframed.

Each case study should include a summary of the overall treatment. Were you successful? Is there more work to do with that client? If they come to you again what would you like to address next?

Case Study Example 1

Client Details:

Name: "SM"

Gender: F

Age: 52

Case History/Details:

SM emailed me and said.....

"I'm suffering from the loss of my mum; she died very suddenly in January at only 64 years of age. She was everything to me as I've been a single parent for 15 years. She helped me through my divorce and has continually helped me with the bringing up of my children, who are now 17 and 20. She played a major role in my life. I now find myself very alone.

I worry about my dad and how he is coping. He comes to see me often and most of the time he keeps on talking about how lonely he is. "

We arranged for her to have an hour's EFT session with me.

EFT Session Details.

When SM came for the appointment, SM was very bright and breezy. We talked for a while about her relationship with her mother and her father. It was obvious from these discussions that SM had many issues apart from the ones mentioned in her email. These included:

- Resentment that SM's father was so selfish about his loneliness and doesn't appear concerned with how much SM misses her mother.
- Feelings of guilt that SM couldn't help her father.
- A weight problem.
- SM had a relationship with a man 5 years ago, he was suffering with depression and he attempted suicide.
- SM feels lonely even when she is with friends.
- Low self-esteem.

I explained to her about EFT, the tapping, the history, the "Zzzzt" effect.

We then had a discussion about her issues and SM felt that she would like to work on the death of her mother and her resentment and guilt of her father.

I decided to use the "Movie Technique" for the events. She titled the movie "My Worst Day". The movie lasted a whole day, she said, but I asked her how many "Big Emotion"

scenes there were, and she said 3. These scenes lasted only a few minutes each. So I said we would concentrate on these short scenes.

At that point she was becoming emotional, and I could see she was going to cry. I guessed her SUDS level was in the region of 8. So I tapped her KC point and told her to say.. "Even though my mum died I deeply and completely love and accept myself." 3 times.

Then I tapped Top of head, and the shortcut sequence (no fingers) saying "Mum died".

Note: All tapping throughout this session was top of head and shortcut sequence.

By the end she was fine, and smiling again. I asked how she felt physically. (This is something I always like to do the first time I tap someone, to check for no ill effects). She said she was ok.

SM then started to relate the first scene in the movie. What happened was SM's mother complained she was tired and SM was short with her. The first emotional crescendo happened as SM said "She said she felt tired". SM said her SUDS level was 9.

We tapped shortcut on "She said she was tired" No setup.	SUDS went to 3.
Tapped again.	SUDS went to 0? or 1?

So we continued the movie.....

Tapped on "Feeling guilty because I was cross with her" etc.) to 4.	SUDS went from 10 (tears
---	--------------------------

Second tapping.	SUDS to zero.
-----------------	---------------

She then said her mother collapsed in the street.	SUDS were 7 maybe 8.
---	----------------------

Tapped on "She collapsed in the street"	SUDS 5
---	--------

Tapped again. "Remaining collapsed in the street"	SUDS 3
---	--------

Tapped again	SUDS 3 maybe 2.
--------------	-----------------

I decided to do the setup at this point as I was not collapsing this down to a zero.

"Even though mum collapsed in the street, and it gave me a fright, and I didn't know what to do, I deeply and completely love and accept myself, and I forgive myself and anyone else that might have contributed to this, and even though I feel I should have known, and I feel responsible for her death because I didn't pay enough attention when she said she was tired, I know that I am only human and I can't know everything and she has said she was tired many times before and how was I to know the difference this time" (I probably said a whole lot more but I can't remember exactly what I said because it's difficult to remember it all)

We then tapped 2 rounds on "She collapsed in the street" SUDS to Zero.

Then I asked her to say a number of things so that I could check that I had got rid of all the emotional intensity. I got her to repeat the following phrases and rate how true they were:

"I feel guilty about mums death"	Not true
"It was my fault she died"	Not true
"I could have saved her"	She said.. "Well, maybe..."

So we tapped on "I could have saved her"

I asked her to repeat it again, she said. "Perhaps I could have saved her, but I will never know" She seemed unconcerned so I left it at that.

At that point I thought we had had enough of this issue, so we turned to her thoughts about her father. She explained to me how he was, feeling lonely, crying, etc. and the way he never seemed concerned about HER feelings.

I decided to tap on the whole thing.

SUDS 8

So I did a long rambling setup with her, tapping on the KC point the whole time.

"Even though I feel guilty that I resent my father for his behaviour, and I think I shouldn't feel like this, I accept myself, deeply and completely, and I love myself too.. "

I can't remember what else I put in the setup but I moved her towards the thought that her father was acting in the only way he knew how, the forgiveness of herself, and the forgiveness of her father.

We tapped on "Feeling guilty about dad."

SUDS went to 3

Tapped on "Remaining guilt about dad" She said that she didn't feel at all guilty
(and looked surprised!)

At that time, our hour was up and she had to go because she had to pick up her grandson. We booked another appointment for a week's time.

Two days later, she emailed me...

Thank you so much for Thursday night, I truly felt better as the evening went on. I awoke the next day to the same feeling, almost as if, "I didn't know why I bothered you".

A couple of times when I've spoke to my Dad, since Thursday night I have found myself getting upset but as soon as the conversation has finished I go back to the relaxed state.

Thoughts on Follow-up

SM had other issues going on that we didn't work on, yet. These needed to be resolved. I needed to do more testing on resolution of those issues we already worked on, and deal with any aspects that may have come up when she actually saw her father again. In particular, I would like to work on the attempted suicide of her ex-partner.

Note: After her second visit, she mailed me and said...

Just had to write to you to say a very big thank you for how you have changed my life!! After only two EFT sessions I find myself, unable to conjure up the feelings that prompted me to contact you in the first place.

Like I said, I had struggled with the loss of my Mum, earlier this year but my hardest emotion was dealing with my grieving Dad. I didn't feel strong enough to cope with my feeling let alone my Dads, but thanks to you and EFT these feelings are no longer a struggle. I face them full on with the knowledge that I have EFT on my side.

Not only did you help me with these emotions, I have been able to control my eating in the hope to lose some weight. I feel like I have a friend in you, someone who is there to help me deal with life's emotional problems. You were the friendly voice at the end of a telephone, when I needed a friend the most.

Once again "Thank you very much"

Case Study Example 2

<u>NAME:</u> Mrs A.	<u>DOB:</u> age 52	<u>DATE:</u> 26/07/05
<p><u>HISTORY/ DETAILS</u></p> <p>A. is an experienced healer in another field. She is very aware of the meridian system and has used a version of a tapping therapy before but not EFT.</p> <p>She needed to work through some issues of her own and was recommended to me by a friend.</p> <p>Issues mentioned in initial phone call: A chronic feeling that she is never good enough. Issues with her parents, now both dead.</p> <p>She is in good general health and not on any form of medication. No physical issues apparent.</p> <p>This appears to be a case of multiple emotional issues.</p> <p>(This was a telephone consultation booked 1 week ahead as the issues were not urgent. I sent her a copy of my EFT process sheet and a general information sheet so that she had time to familiarise herself with the tapping points. On the day that we had the consultation I spent the first 5-10 minutes talking her through the process, detailing the tapping points and answering a few general questions on the procedure before we began.)</p>		
<p><u>ISSUE/ASPECT CHOSEN</u></p> <p>Initial conversation showed that her primary issue at present is the feeling of never being good enough even though she is successful in her work and has raised a family and has a rich and rewarding marriage.</p> <p>NB. Shortcut sequence used throughout, no finger points, no gamut. KC used for the Set ups.</p> <p><u>Set-up:</u></p> <p>Even though I have never, ever been good enough at anything etc. (Reminder phrase(RP): “never any good”) Checked intensity. 9 ---I still feel I have never, ever been good enough etc. 7 (RP: “still no good, never any good”) Checked intensity. 5 Repeat..... but this time I reinforced the negative with verbal emphasis, put in a contradictory positive to reinforce areas she knows she is good at, and also referred back to her childhood for the possible origin using a Choices Trio arrangement. The result was this:</p>	<p><u>SUDS</u></p> <p>9</p> <p>7</p> <p>5</p>	

<p><u>New Set-up:</u></p> <p>Even though I still feel that I have never, ever been any good at anything and I deeply and completely love trust and accept myself and forgive myself for this feeling. I know that I am very good at some things (and some things I am absolutely awesome at (she laughed – awesome is not a word she would normally use- Use of humour and exaggeration) and I am not going to let this feeling from my childhood keep putting me down. It doesn't serve me any more; it makes me feel bad so I choose to let it go.</p> <p>1 set up only.</p> <p><u>First round RP:</u> "No good at anything, absolutely hopeless"</p> <p><u>Second round RP:</u> "I'm awesome. I choose to let this feeling go" (contradictory positive)</p> <p><u>Third round RP:</u> "No good, hopeless" alternating with "I choose to let this go now". I shifted the verbal emphasis on the positive on every point so that it was reinforced that SHE was choosing, then that she CHOSE to do this. (alternate phase tapping) Checked intensity.</p>	<p>2</p>
<p>Still something left that was bothering her. I suspected from her reaction to the comment about a childhood feeling and the fact that she has issues with her parents that the answer lay somewhere back in her past. I asked her for a specific incident when she remembered feeling useless. She went straight to an incident with her teacher when she was 8. I asked her to visualise the emotional crescendo of that scene in the classroom and make a movie of it. The title was "Miss Jones hurt me". It lasted 2 minutes. I asked her to talk as she ran the movie forward and to stop at the first intense part which she did.</p> <p><u>New Issue:</u></p> <p>I asked her to state: Miss Jones put me down and called me stupid in front of the whole class and I was hurt because I really liked her.</p> <p><u>New Set –up:</u></p> <p>Miss Jones really hurt me. How could she do that to me? (A key phrase-intensity increased-getting close to the core here) I deeply and completely accept, love and trust myself and I forgive myself for feeling like this and I forgive her too, perhaps she was just having a really bad day and I asked a question at the wrong time, perhaps she didn't mean it at all, perhaps she was sorry she snapped. I was doing the best I could and perhaps she was too,</p>	<p>8</p> <p>intensity spiked to 10, I could hear the tears</p>

<p>perhaps there were things happening in her life that I could not know about that made her sad. I was doing the best I could; she was doing the best she could. I forgive myself and I forgive her and I choose to let this feeling go now.</p> <p>This set up was all done while she tapped on the KC point. Then 3 rounds of shortcut tapping without stopping. The RPs were all random phrases from the set up, a different one for each point but I kept returning to “we did the best we could” and “I choose to let this go now”. She sighed heavily during the 3rd round, signalling an energy shift, so I stopped there and tested.</p> <p><u>Tested</u> this by asking A. to make these statements forcefully:</p> <p>Miss Jones put me down. No reaction.</p> <p>Miss Jones embarrassed me. How could she do that? Reaction was a sniff.</p> <p>Then I asked her to vividly imagine the classroom scene with all senses. No reaction.</p> <p><u>Retested the First Issue:</u></p> <p>I’ve never been any good at anything, ever. True or False? She answered False</p> <p>Collapsing the specific incident took the remainder of the larger one with it.</p>	<p>0</p> <p>0</p> <p>0</p> <p>0</p>
<p>New Issue:</p> <p>I could never please my mother, no matter what I did. Asked for intensity. Set –Up: A. tapping on KC throughout, This was a long, rambling set-up, I was looking for a way in to the problem:</p> <p>Even though I could never please my mother and I tried really hard all my life, I deeply and completely love, trust and accept myself, I forgive myself for this feeling and I forgive her. Perhaps she was doing the best she could, and I certainly was, but perhaps she was sad for reasons I didn’t understand as a child (this got her attention, I heard the intake of breath!), perhaps she never felt love herself (A. gasped here and there were tears in her voice) so now I send love backwards in time to myself as a child and to my poor mom who didn’t know how to feel it or express it (A. was crying here, I had to keep reminding her to keep tapping even if she couldn’t say the words but only listen). I forgive her and I forgive myself and I let this feeling go now.</p> <p>4 continuous shortcut tapping rounds using random phrases from the setup but finishing with the forgiveness and letting the feeling go. A. joined in with the words about half-way through. Checked intensity.</p> <p>Tested by asking for statements:</p>	<p>9</p> <p>10</p> <p>0</p>

<p>My mother never loved me. A. said “ No, that isn’t true at all” I could never please her. A. said “I probably did but she wouldn’t show it” I asked “Does it matter anymore” A. replied “No!” with some surprise.</p> <p>A. then made this comment:”She loved me but she couldn’t show it because my father was so jealous, he took it all.” This is a cognitive shift and also told me which issue to explore next.</p>	<p>0 0 0</p>
<p><u>New Issue:</u></p> <p>My father was so jealous, he go so angry when she didn’t pay him attention. I used to hide behind the settee. I was so afraid of him.</p> <p><u>Set-up:</u> Tapping on KC Even though I was afraid of my father’s anger I deeply and completely accept myself. RP: This fear. Checked intensity.</p> <p>Obviously something blocking this that this direct approach had not reached, so I “went fishing” again: <u>New Set-up:</u> Tapping on KC Even though I was afraid of my father’s anger, so afraid I had to hide behind the settee and I really resent how he treated my poor mom and I had to protect her from his anger but I couldn’t because I was only 8 and I was behind the settee (she laughed), I deeply and completely accept myself, I love, trust and forgive myself and I forgive him.....(she hesitated here, this was not true for her at that time), well perhaps I might forgive him one day, but he really frightened me and sometimes he hit me (this was on target, intensity increased, tears again)</p> <p>But I did the best I could, I was only 8 and he was a big man. If he got mad at me he left mom alone so it was good if he got mad (she said “Yes”) at me, but awful too because I had to run and hide again. Perhaps one day I can forgive him, perhaps he was doing the best he could (Hesitation again), perhaps he was never loved as a child, perhaps he was hurt and frightened too and had to run and hide, perhaps he didn’t know any other way to behave (I heard a sigh here) he shouldn’t have hurt mom, and he shouldn’t have hurt me but maybe he was hurting too and didn’t know what else to do. Perhaps I can forgive him (still hesitating) one day, It would help if I could talk to him but he is gone and so is mom and I really miss them. I love my mom now and then, love is eternal and I can send it back and forwards through time and I can send it to them both (she said Yes) because they never had enough when they were little but now I have enough for all of us and I freely forgive them both and send them</p>	<p>8 6 10</p>

<p>my love. (Big Sigh!)</p> <p>2 continuous rounds using the themes of fear and forgiveness/love on alternate points. Checked intensity.</p> <p><u>Testing For Resolution:</u></p> <p>I asked her to state emphatically: I hate my father. Her reply was, “No I don’t!” I am afraid of my father. “ No, not anymore” I resent my father. A. replied “No. He was hurting too, we were all hurting” (Another cognitive shift)</p> <p>I asked how she felt: Her reply was “Wonderful, so relaxed and happy. It’s all gone, I can see now where my insecurity came from”</p>	<p>0</p> <p>0</p> <p>0</p> <p>0</p>
<p>This case we quite satisfying both for myself, as resolution was achieved quite easily on 3 major but interlinked issues, and for A, because she now has closure on those issues and has achieved the necessary cognitive shifts to understand, as an adult, what her 8 year old self could not.</p> <p>The issues themselves, though centring around different people all had one theme in common – in each case an adult who the child A. loved and respected apparently treated her with indifference or anger which she interpreted as lack of love. The emotions connected to this theme were common to all 3 issues and this aided the resolution. As a child she had no understanding of what was occurring in those people’s lives and her adult self had become so lost in the hurt of it all that she had not made the cognitive shift to see that they were reacting to their own circumstances and that the effect on her was incidental and probably completely unintentional.</p> <p>She may have more issues or aspects linked to these which may surface in future. I explained this to her and she agreed to phone if she needs another session. I do not think that she will, the issues collapsed very neatly as they were so closely linked. I suspect that the resolution is complete.</p> <p>The extensive use of love and forgiveness in the phrasing was appropriate to this client as her whole philosophy and working practice is based upon it. It worked very well for her but might not for anyone less spiritually aware.</p>	

Case Study Example 3

The Client

E. has suffered from a life-long difficulty in managing her weight. For several reasons this has affected her self-esteem, coping skills and self-body image. E. is particularly prone to manic depressive episodes during which she berates herself and projects her anger outwards on to others. This then leaves her with a huge sense of guilt, which she then interjects, worsening the depression. Her escape is to binge eat – but particularly problematic is her intake of crisps – readily available and do not need cooking! However, once she has binged on four or five bags of crisps (usually the larger variety). E. is then caught in a spiral of self-loathing, which compounds the depression and her sense of worthlessness.

How the EFT session came about

E. was berating herself for having eaten several bags of crisps in the afternoon such that she could not face eating a proper meal that had been cooked. I suggested tentatively that she might want to try some EFT – she is very sceptical about anything she considers ‘woo-woo’ – partly because her mother is involved in lots of ‘woo-woo’ and constantly pressures E. into having hypnotherapy, aura readings etc., which E. takes as a criticism of her burgeoning weight. To my amazement she decided that she was quite willing to give it a go. ‘I’ll try anything – but nothing ever works.’ E. has done every diet and auto-suggestion thrown at her by her mother – all to no avail. She even went to Salisbury for a hypnotherapy session paid for by her mother – only to come back to deride the hypnotherapist! As such, I was very cued in to her patterns of resistance and kept this in mind as we proceeded.

The Session

I explained that we would be working on meridian points – kind of like acupuncture, but without the needles, and that we would be repeating some things together that might sound really weird. Was that ok? E. thought that this was a bit bizarre, but was willing to continue. I told her that we would be working on a set-up phrase to help her to acknowledge, accept and then resolve her difficulties. In our discussion I had decided that the core issues appeared to be:

- Crisp binge eating
- Self-esteem
- Depression
- Guilt underlying the depression
- Sense of being trapped
- Anger with her mother at manipulating her

This seemed like a lot to deal with in one session!!

I asked E. how big a problem her crisp eating was for her in terms of how she looked at herself on a scale of 1 to ten, ten being massive. She reported her difficulty as a **ten**.

Initially we tapped on: ‘Even though I eat crisps like a pig and I hate it, I truly love and accept myself’.

First hurdle: E. could not bring herself to 'love and accept' herself.

I suggested she might like to try: 'Even though I eat crisps like a pig and I hate myself for it, one day I might be able to like myself and give myself a break.'

E. felt that she could manage that set-up statement. So, we went with that. We did three rounds of the set-up using the same words. Then we continued with 'This crisp problem.' After tapping on all points, we went back to the set-up phrase and then on to 'I'm going to beat this crisp problem.' We tapped on all points for this.

I decided to move on at this point because E. was working so well with it. I changed the set-up phrase to: 'Even though I hate myself for my body, one day I could like it.' I was hoping to tap into her self-esteem issue with this one. We tapped three times for the set-up and then moved to 'One day I could like myself.' And we did several rounds of tapping with that phrase.

I asked E. how that felt and how she now felt on the ten point scale. She reported being about an **eight**.

I thought next that it might be useful to have a look at the guilt issue, so we tapped a set-up of 'Even though I feel guilty after every single crisp I don't need to feel guilty but to get in control.' We tapped this set-up three times and then followed with 'I don't need to feel guilty.'

I followed on from there with what I thought might be a bit contentious and could bring up a lot of resistance. 'Even though I hate my mum for making me feel fat and ugly, one day I can forgive her.' E. came to a standstill at this one. When I asked her how she felt about the set-up phrase she said she felt that she was too angry. So, we tapped on 'I'm so angry with my mother but I'm ok'. We followed this 'I'm ok.'

E. was then able to give the previous set-up phrase a shot. We did three rounds with the set-up and then we went through 'I'm not fat and ugly' for three rounds.

I asked E. how that felt and she said she was down to about a **five** on the SUDS scale.

I was actually quite amazed at the movement – and there seemed to be something lighter about her in some way. We were both getting tired at this point. I decided to tap on 'I'm not going to be trapped in this.' We tapped the set-up three times and then 'I'm not trapped' for a number of rounds.

I put three bags of crisps in front of her and asked her what she thought of them. 'I hate them and I don't need them', was her reply. At this point E. got up and went to the three bags of crisps, threw them on the floor and danced on them until they were crumbs!

I asked her how that felt. She said 'fantastic!' When I asked her about her SUDS she reported a **three**, because she didn't trust that she would feel the same way the next day. As it was, E. didn't touch a crisp for THREE MONTHS!

Follow-up

That was the first, and last session that E. had. She is eating crisps again, but not bingeing. There seems to be a difference between the previous compulsion and the present pleasure. Eating crisps now no longer produces the angry self-loathing that it once did.