

AAMET Level 2 Competencies

L2



This document defines the skills and areas of knowledge that will be taught in the AAMET Level 2 training course. The trainer will assess student progress by observation and question and answer throughout the training. Further details of current post course assessment criteria are specified in the AAMET Level 2 syllabus and case studies documents.

Trainer Assessment and Evidence of Competency

Main types of evidence:

Trainer observation during training (of practical sessions, during discussions and Q&A sessions)
Written examination (e.g. Multiple Choice Test and/or Q&A paper)
Case Studies

Additional possible types of evidence if the above prove insufficient:

Trainer observation during supervision / mentoring session
Mentor / Supervisor report (if mentored by other than the main trainer)
Audio recording of session
Video recording of session
Student Feedback
Certificates for prior learning

Unit 1. Relationship with client		
The trainee is aware of and understands the importance of:		
Element	Competency	Notes
1.1	Regard for client's safety <ul style="list-style-type: none"> • physical • psychological 	Provide appropriate therapeutic environment. Recognise severe disturbance in client. Appropriate handling of 'abreactions'. Refer client to third party if appropriate (e.g. GP) Copy of referral document if relevant.
1.2	Management of boundaries <ul style="list-style-type: none"> • physical • psychological 	Always obtain permission to touch client. Do not pressure client to take any particular course of action.
1.3	Empathic skills <ul style="list-style-type: none"> • rapport • calibration Establish and maintain appropriate levels of rapport. Responsiveness to client's verbal & non-verbal signals.	I.e. able to track client's verbal and non-verbal responses (e.g. emphasis on specific words, tone of voice, muscle tension, skin colour etc) and modify the course of the session as appropriate.
1.4	Confidentiality <ul style="list-style-type: none"> • Principles of client confidentiality • Limits to client confidentiality 	No disclosing client information without their explicit permission. Inform clients of limits to confidentiality (e.g. child protection issues). Therapy contract/agreement.

Unit 2. Relationship with self		
The trainee is aware of and understands the importance of:		
Element	Competency	Notes
2.1	Personal safety <ul style="list-style-type: none"> • physical • psychological 	Taking due care when visiting clients in their home. Working with clients who are extremely distressed:- The effect of client's trauma on the practitioner: i.e. possible triggering of the practitioner's own unresolved issues. Therapists should be aware that they are free to decline any booking or to refer a client on if they feel in anyway uneasy about working with that client but it should be done sensitively.
2.2	Personal awareness Own internal processes (thoughts feelings and behaviour) and how they may be impacting on client. <ul style="list-style-type: none"> • The concepts of Transference, projection and outcome attachment • Doubts & limiting beliefs • Self-monitoring & self-supervision 	Discussion with group.
2.3	Own level of competence / expertise <ul style="list-style-type: none"> • referral to other professionals where appropriate 	Copy of referral document if relevant. Students should be aware of the need to refer to other professionals if they feel out of their depth in any way. Students should refer to their trainers/experienced practitioner if in doubt.
2.4	Recognition of areas for development <ul style="list-style-type: none"> • takes appropriate action 	CPD record; Certificates
2.5	Commitment to regular application of EFT for personal issues <ul style="list-style-type: none"> • Personal Peace Procedure or equivalent 	Trainer observation and discussion about student's own self-development.

Unit 3. Theory and background knowledge & understanding		
The trainee has an understanding of:		
Element	Competency	Notes
3.1	The origins and the background of EFT and Meridian Therapies	
3.2	Potential side-effects of EFT and contra-indications.	
3.3	EFT Techniques <ul style="list-style-type: none"> • The “Basic Recipe” • Shortcuts • Additional EFT points 	
3.4	Psychological Reversal <ul style="list-style-type: none"> • principles • implications 	
3.5	The importance of being specific <ul style="list-style-type: none"> • events • memories • set-up statements • reminder phrases 	
3.6	Emotional intensity measurement scales <ul style="list-style-type: none"> • SUDs • VOC 	
3.7	The use of “Frames” <ul style="list-style-type: none"> • Pre-framing • Re-framing 	
3.8	“Palace of Possibility” metaphor <ul style="list-style-type: none"> • Changing limiting/negative beliefs as part of personal development 	
3.9	Borrowing Benefits	
3.10	Energy toxins	
3.11	The importance of hydration	
3.12	The Generalisation Effect	

Unit 4. EFT Skills and Practical Applications		
The trainee is able to:		
Element	Competency	Notes
4.1	Offer explanations for EFT efficacy appropriate for the client / group <ul style="list-style-type: none"> • “build bridges” 	
4.2	Formulate specific set-up statements/reminder phrases relevant to the client	
4.3	Ask relevant questions enabling client to identify aspects and core issues	
4.4	Clearly explain the location of EFT points to an individual client / group, and guide them through the procedure at an appropriate pace	
4.5	Use of a range of approaches for working with specific events, including: <ul style="list-style-type: none"> • Movie Technique • Tell the Story Technique • Tearless Trauma Technique • Sneaking up on the problem 	
4.6	Work with pain and physical issues using a range of approaches including <ul style="list-style-type: none"> • “Chasing the pain” • underlying emotional driver • metaphor 	
4.7	Help client identify limiting beliefs <ul style="list-style-type: none"> • “tail-enders” 	
4.8	Handle intense emotions with individual clients and groups, modelling the use of EFT for this purpose.	
4.9	Conduct an EFT session over the phone	
4.10	Test / evaluate the results throughout and at the end of the session.	

Unit 5. Practice management & relationship with other agencies & the law		
The trainee understands the importance of:		
Element	Competency	Notes
5.1	Adhering to the AAMET Code of Ethics	Signed statement
5.2	Working appropriately with professionals from other agencies when required, including managing referrals	Discussion point between trainer and students
5.3	Adhering to the relevant legislation, e.g. Data Protection Act, Trade Descriptions Act	Discussion point between trainer and students.
5.4	Professional literature and other promotional materials truthfully and clearly representing the practitioner's level of competence and training and the services offered	Discussion point between trainer and students This may not apply to those who do not practice professionally.
5.5	Professional indemnity and public liability insurance held as appropriate	Discussion point between trainer and students.