Practice Session Log

Your name: Date of Session: What Number Practice Session? \_\_\_\_\_/50

Client Initials, or first name: Client Session # (how many with this client?):

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What is the presenting issue?

Is there a specific recent event? “A recent time when …” :

One aspect you tapped for *-* what was seen, heard, felt in the body, thought, felt emotionally? Or other detail?

Another aspect you tapped for *-* what was seen, heard, felt in the body, thought, felt emotionally? Or other detail?

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Was there a specific childhood / earlier life event? “the time when I was [age] when …. [happened]”

Note two aspects you tapped for *-* what was seen, heard, felt in the body, thought, felt emotionally? Or other details?

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Give a brief summary of the session - just a paragraph

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Identify EFT Techniques Used: Sneaking Up, Tearless Trauma, Safe Container, Sneaking Away, Chasing the Pain, Movie / Tell the Story, 9-Gamut, Tap and Rant, Tabletop metaphor, Core Issue Questions, Client Reframes, or other

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Identify Testing Methods used – Saying the words again, testing the body sensation, vivid visualization, running movie/story again, actual re-enactment, real-world test

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Most Difficult Challenge Arising in this Session: