



Sophia Cayer, EFT Founding Master
Solace with Sophia Inc.

Accredited AAMET Int'l Trainer of Trainers, Trauma and Abuse Specialist
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AAMET Steps to EFT Certification

Attend a Live EFT Level 1 or EFT Level 1 & 2 Combined

After EFT Level 1: No title awarded, may only apply EFT for personal use!

After EFT Level 2, register with AAMET as Student (*15 GBP (≈ EUR 21.01) for 1 year*) and pass AAMET online Level 2 exam (*10 GBP*).

Earn the title: *EFT Practitioner Candidate*

Eligible for mentoring toward certification

- Sign AAMET code of ethics
- Prior to offering mentoring trainer & student will sign an agreement of what is required, including fee details. (*Licensed therapist may merit exceptions.)
- Minimum 50 hours working with at least 25 individuals
- Minimum 4 Case Studies, Format for written reports will be provided. At least two must be accompanied by audio & or video
- Minimum 6 hours private or group mentoring on the application of EFT
- Required reading, DVD's, studies as determined by mentor

Upon satisfactory completion of the foregoing requirements mentor/trainer may then award the title of:

AAMET EFT Level 2 Practitioner

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EFT Level 3 Training

- Sign mentoring terms and agreements
- To include at least ADDITIONAL 50 client sessions (minimum 25 additional individuals)
- Minimum of 4 Additional Case Studies: May include 2 case studies and a practice review. At least 2 case studies must be accompanied by audio &/or video.
- 30 Hour CPD/year must include a min. 6-12 hours private/group mentoring

Upon satisfactory completion of the foregoing requirements mentor/trainer may then award the title of:

AAMET EFT Level 3 Advanced Practitioner

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For more information about AAMET: www.AAMET.org

Requirements are subject to change without notice.