



AAMET Training & Certification Programme Overview 2016

Updated 15th February 2016 | v3.3

Welcome

The AAMET Training & Certification Programme gives a comprehensive view of the structure of EFT training developed by AAMET International.

It explains how to become professionally certified in Emotional Freedom Techniques (EFT). It also outlines the requirements for becoming certified to teach EFT (as an AAMET EFT Master Trainer).

If you have not previously trained with the AAMET system, but feel that you fulfill all of the criteria, you may still be able to join at an accredited, certified level. To apply, request an application via email at accreditation@aamet.org.

Foreword by Jacqui Footman, AAMET Chair 2014 –



We at AAMET are delighted that you have chosen to consider our Training and Certification Programme, and warmly welcome you to our AAMET International EFT Community.

Our aim is to provide a framework for the continued creative and ethical use and growth of classical EFT, based on/developed from the sound principles originating from Gary Craig.

With any one of our AAMET Trainers using our programme, you can be sure to achieve a high standard of training in EFT core principles as well as continued support as you develop your art of delivery with EFT.

It is my pleasure and honour, as AAMET Chair, to extend a huge welcome to you at this time of choosing to become part of this community – united by a passion ethically and effectively to share the benefits of EFT with the world.

Memberships



National Commission for
Further and
Higher Education
Malta

www.ncfhe.org.mt



www.grcct.org

Table of Contents

1. About AAMET International

- 1.1 Why Train in EFT with an AAMET International Trainer?
- 1.2 Who Can Benefit from AAMET EFT Trainings?
- 1.3 AAMET Membership Levels
- 1.4 Applications for AAMET Membership

2. EFT Practitioner and Advanced EFT Practitioner Training and Certification

- 2.1 Training Levels
- 2.2 Introductory EFT Workshops
- 2.3 EFT Level 1 Training
- 2.4 EFT Level 2 Training
- 2.5 Practitioner Certification
- 2.6 EFT Level 3 Training
- 2.7 Advanced Practitioner Certification

3. Master Trainer Training and Certification

- 3.1 Acquiring Newly Qualified Trainer Status
- 3.2 Achieving Full Master Trainer Status

4. What is Accreditation?

- 4.1 AAMET Accreditation
- 4.2 External Accreditation

1. About AAMET International

Founded in 1999, the Association for the Advancement of Meridian Techniques, or AAMET International, represents over 2,000 members worldwide.

For over 15 years, AAMET has been a leader in developing, promoting and supporting quality EFT training by maintaining high professional standards for teaching EFT.

AAMET International (or “AAMET” for short) was founded in the UK, however, AAMET’s governing boards now include volunteers from many countries around the world.

AAMET functions as a voluntary, non-profit entity (registered in Malta with the Commissioner for Voluntary Organisations, registration number VO/0400). Officers and board members serve on a voluntary basis with honorariums given annually to those who contribute a great deal of extra time and effort. Group decisions are made by consensus among the board members of the Communications, Executive, Training, Ethics and Research teams.

For over a decade, AAMET EFT Trainings have been known and respected around the world. A truly international EFT organization, AAMET stands for quality, longevity and flexibility in the field of EFT Training and Certification.



The AAMET Research Symposium, 2015
Photo Courtesy Hilary Jones

1.1 Why Train in EFT With an AAMET International Trainer?

AAMET International registered Master Trainers and Master Trainers of Trainers (called “Trainers” for short) offer EFT courses that meet AAMET standards. All trainers have agreed to follow strict requirements in an effort to assure consistent, quality training as well as supervision and mentoring in accordance with AAMET curricula and guidelines.

Reasons to train in EFT with an AAMET Master Trainer:

- AAMET International has been in operation since 1999, and as such provides the reputation and experience to provide the highest levels of service and support to our members.
- AAMET has consistently pursued and provided reliable training standards for over a decade. While each trainer has her or his own style, all teach a foundational body of knowledge and practice grounded in foundational EFT skills. This reliability has fostered a level of trust over the years.
- Our trainers provide quality EFT trainings around the world. For those seeking EFT Certification, AAMET Trainers offer a clear path to certification involving

Supervision / Mentoring to support a candidate's completion of the AAMET EFT Certification requirements.

- Once certification is complete, students attain the status of AAMET Accredited, Certified EFT Practitioner – a credential that is respected worldwide. Those who desire to pursue a higher level of mastery of foundational and advanced skills may attain the AAMET Accredited, Certified Advanced EFT Practitioner designation.
- Our Master Trainer Course is currently accredited by NCFHE, the National Council for Further and Higher Education in Malta, a designation honored by the EQF, the European Qualifications Framework, which is stepping stone for further recognition by other international accrediting bodies.
- AAMET International has an extensive worldwide membership of Trainers, Trainers of Trainers, Practitioners and Approved Supervisors.
- AAMET does not require affiliate fees of our member trainers.
- AAMET holds regular conferences to keep our members up to date and facilitate networking with leaders in the EFT field.
- As a legally registered not-for-profit association, all fees collected are used to serve our members.
- AAMET International is committed to the ongoing development of resources for AAMET Practitioners and trainers.
- Practitioners and Trainers have a directory listing on the AAMET Website.
- AAMET supports and donates to EFT research, which helps to further establish EFT as a valid complementary modality.
- AAMET offers regular “Roundtable Webinars” for Trainers where input on all aspects of the AAMET Training and Certification Programme is solicited and encouraged.
- AAMET offers private Facebook groups for ongoing discussion of EFT training and practice.
- While all AAMET courses must include the required core syllabi, AAMET offers its Trainers an unprecedented level of freedom and flexibility to meet the needs of their constituencies. Trainers may choose to organize and emphasize material within their training courses based upon the needs of each group of students.
- AAMET honors the basic, foundational and advanced skills that comprise what is currently known as Gold Standard EFT, as developed by Gary Craig.
- AAMET International is formally committed to aligning its core curriculum with NOS (National Occupational Standards) of note around the world, and is actively pursuing accreditation via external accrediting bodies (see 4.2 External Accreditation) in an effort to achieve formal recognition as a complementary assistive approach.

1.2 Who Can Benefit from AAMET International EFT Trainings?

EFT is an assistive approach that is accessible to anyone – from those trained in the mental health professions to laypeople with an interest in helping themselves, friends and family. A variety of individuals, from diverse walks of life, can benefit from learning EFT, including:

- Individuals with an interest in using EFT for self-care
- Psychologists, psychotherapists, counselors and all mental health professionals
- Medical professionals
- Academic professionals
- Complementary therapists of all kinds
- Teachers and educators
- Life coaches and business coaches
- Body workers (massage therapists, etc.)
- Individuals who work with animals
- Artists, writers and musicians
- Anyone interested in personal or professional development

1.3 AAMET Membership Levels

EFT Student

Those working towards EFT certification (often referred to as “Certification-Candidates”) join AAMET at the EFT Student membership level (usually around the time they take the online Practitioner Exam)

Accredited Certified EFT Practitioner

This is the first level of AAMET EFT Certification. Those who have completed the Levels 1 and 2 training courses may work towards Accredited Certified status. All who have become certified since July 2014 or have gone through the Accreditation process are listed on aamet.org as AAMET Accredited Certified EFT Practitioners.

Certified EFT Practitioner

Those who became certified through the AAMET prior to July 2014 maintain AAMET Certified EFT Practitioner status, but they may update their credential and add Accreditation through AAMET’s internal accreditation process. Certified EFT Practitioners who wish to apply for accreditation please contact accreditation@aamet.org.

Accredited Certified Advanced EFT Practitioner

This is the second level of AAMET EFT Certification. Those who have completed the Level 3 Training Course may work towards Accredited Certified Advanced status. All who have become certified at the advanced level since July 2014 or have gone through the accreditation process are listed on aamet.org as Accredited Certified Advanced EFT Practitioners.

Certified Advanced EFT Practitioner

Those practitioners who went through the Advanced EFT Certification process with an AAMET Trainer prior to 2014 maintain this status but they may update their credential and add Accreditation through our internal accreditation process. Certified Advanced EFT Practitioners who wish to apply for accreditation please contact accreditation@aamet.org.

AAMET Accredited Certified Master Trainer*

Each AAMET Trainer is required to complete a minimum of 6 hours yearly Supervision / Mentoring with an AAMET Master Trainer of Trainers.

Each registered AAMET Master Trainer agrees to AAMET International Trainer's Contract and pledges to conduct their EFT courses at a high level of skill and integrity.

*Newly Qualified Trainers are listed on aamet.org as "AAMET Accredited Certified Trainer (NQT)" and previously listed as "Master Trainer (P)" or Provisional Master Trainers

Visit www.aamet.org for a listing of AAMET Master Trainers.

AAMET Accredited Certified Master Trainer of Trainers

Trainers who teach or certify other Trainers in AAMET are called Master Trainers of Trainers. This level of membership is for those who are AAMET Accredited and have a high level of educational experience training students as well as supervising or training other Trainers.

Each Master Trainer of Trainers has agreed to the AAMET International Trainers' Contract and follows the guidelines outlined in the AAMET Master Trainer Course.

Visit www.aamet.org for a listing of Master Trainers of Trainers.

1.4 Applications for AAMET Membership

AAMET International is committed to helping our member trainers and practitioners offer EFT coaching and/or EFT training at the highest level. The following questions and answers are designed to help prospective AAMET members find the membership pathway that is right for them:

Are You New to AAMET Training?

If you have not yet trained in EFT and wish to train via the AAMET route, visit aamet.org for a list of Accredited Certified Master Trainers and their locations.

Have You Trained in EFT Outside of AAMET?

If you have received training in EFT from a trainer who is not accredited and registered with AAMET, you may still apply for AAMET membership via External Application – please read the notes below. For more information or to ask for an application form please contact accreditation@aamet.org.

Accreditation with AAMET for External Candidates:

Applicants who are part way through training with an AAMET registered Master Trainer or Master Trainer of Trainers should continue with their training and gain AAMET certification and accreditation via that route.

If you are an External Candidate, please note:

- All applications are confidential and will be dealt with fairly and consistently according to the criteria laid out within the application form.
- The application must be made using the appropriate form. The application requests details of all training undertaken (including a syllabus and summary of training hours), Continuing Personal Development (CPD) hours and EFT-related activities, EFT-related supervision/mentoring (including names and dates), experience in practice – plus the names of 3 persons who will endorse the application.
- The fee structure for external accreditation is clearly laid out in the application form. The fee for the application is non-refundable and must be paid to the AAMET International Treasurer before the application can be processed.
- AAMET International may request further information from an applicant (if it is needed to complete the assessment).
- Applicants will be required to gain AAMET EFT Student level membership and take an online exam as part of the application and accreditation process.
- Applicants may be required to submit case studies plus undertake EFT supervision / mentoring at the discretion of the AAMET assessors (members of the AAMET Accreditation Panel).
- Where case studies are requested, the fee for the marking of these must be paid to the AAMET International Treasurer at the time that the case studies are submitted.
- Applicants who are not satisfied with the admissions decision may refer the matter to the Accreditation Panel for a second review. After review, the decision by the Accreditation Panel is final.
- AAMET International reserves the right to refuse any application.

2. EFT Practitioner and Advanced EFT Practitioner Training and Certification

2.1 Training Levels

AAMET promotes consistency and high standards in EFT training through three consecutive levels of learning:

- Level 1 (Basic Skills or Introduction to Foundational Skills)
- Level 2 (Foundational Skills)
- Level 3 (Advanced Skills)

Advancement from EFT Student level (Levels 1 and 2) to Certification-Candidate (post-Level 2) to Certified Practitioner and beyond varies by individual and is dependent upon the quality and quantity of training, independent study, supervision / mentoring and experience in the field (self-care and work with others). Training is only one part of the process of becoming skilled in EFT practice.

Because AAMET is committed to excellence in AAMET EFT training at all levels, the Training Board consistently reviews and upgrades content and training materials for the best experience for Trainers and trainees. AAMET Training Board welcomes feedback and suggestions from all members via email at training@aamet.org.

2.2 Introductory EFT Workshops

Introductory workshops offer an ideal format for laypeople, healthcare professionals and others to initially experience EFT. EFT Trainers or EFT Practitioners may offer these workshops. Such classes are generally a maximum of 3.5hrs. Facilitators of Introductory EFT Workshops may choose to give attendees an attendance certificate.

Introductory EFT Workshops are **not** considered EFT training courses, but they are opportunities to introduce the usefulness of EFT – often around a specific theme – like “EFT for sports performance,” etc.

2.3 EFT Level 1 Training

EFT Level 1 is an introduction to foundational EFT skills. Level 1 training is designed to help students use basic EFT competently in a non-professional capacity. Completion of Level 1 is a prerequisite for further AAMET EFT training, and it does not confer Practitioner status.

EFT Level 1 is a 12-hour course. It can be experienced in three differing and flexible training configurations:

- 2 Days (12 classroom hours spread over 2 days, excluding lunch and breaks)
- 1 Day (6 classroom hours minimum, excluding lunch and breaks, with 6 hours additional instruction and facilitation for a total of 12 hours). When using a 1-day

classroom configuration, all remaining hours must be actively facilitated. This requirement can be accomplished using a combination of pre-course and/or post-course training.

The format of these additional hours is at the discretion of the Trainer, but must include interactive components like in-person discussions, follow-up Q&As, practice sessions, webinars or teleseminars. For example, Trainer(s) may offer a 6-hour “Introduction to Level 1” conducted via webinar **before** students attend an in-person 1-day course

- 3 Days (For a 3-day comprehensive L1/L2 course, a minimum of 21 classroom hours, excluding lunch and breaks, is required for both courses, plus 3 hours of pre- or post-course instruction or facilitation (see above) for a total of 24 hours). In this configuration, it is understood that Level 1 content overlaps with Level 2 content at times (i.e. Movie / Tell the Story and the Importance of Being Gentle may be taught as part of the same module, etc.)

2.4 EFT Level 2 Training

EFT Level 2 is designed to give students a complete experiential overview of all foundational EFT skills. It is given as a 12-hour (minimum) course – often taught as a stand-alone course of 2 or 3 days OR as part of a 3-day intensive course, together with Level 1. Completion of Level 2 is a prerequisite for AAMET Practitioner Certification. It does not confer Practitioner status.

2.5 Practitioner Certification

After completing an AAMET Level 2 course, students have the option of pursuing certification. In addition to completion of the Levels 1 and 2 training courses, there is an extensive mentoring and assessment process required for practitioner certification, which includes significant practice and case studies.

To become an AAMET Accredited Certified EFT Practitioner, candidates for EFT certification must successfully complete the following requirements:

- Pass the online multiple-choice Practitioner Exam via the AAMET International website. A Practitioner-Candidate (or “Candidate”) must be an AAMET member to access the exam and generally joins as an EFT Student member at this time.
- Receive 6 hours supervision/mentoring (either 1-to-1 or in a group of 8 or less) with any AAMET Master Trainer (in the role of Supervising Mentor). Mentoring can be conducted in-person, over the phone, via Skype, or via webinar.
- Submit to Trainer / Supervising Mentor a minimum of 4 case studies: 3 Client Case Studies (on separate individuals) and 1 Personal Case Study. Case studies must demonstrate competent, professional, and individualized* application of foundational EFT skills acquired during EFT Levels 1 and 2 training and post-training practice and experience. *See **AAMET Glossary of Terms** (coming in

2016) and the **AAMET EFT Case Study Guidance Manual 2016** for further details.

- Provide an in-person OR audio OR video demonstration of an EFT session, and discuss this session with Trainer (in the role of Supervising Mentor). This demonstration (and discussion) will count as one Client Case Study.
- Complete a minimum of 50 EFT sessions (or “practice hours”) working with at least 20 different individuals. Each EFT session must be a minimum of 45-minutes in length.
- Complete any additional, discretionary requirements as outlined by the AAMET Master Trainer / Supervising Mentor during the certification process. Mentors may require additional client sessions / practice hours, 1-to-1 mentoring meetings or case studies as needed to complete their assessment.

Once the Candidate has completed all of the requirements and the Trainer is assured of the candidate’s competency, the new EFT practitioner can upgrade their AAMET Membership from Student Member to “Accredited Certified EFT Practitioner.”

To maintain certified practitioner status, members must fulfill annual CPD and supervision/mentoring requirements.

2.6 EFT Level 3 Training

Like Level 2, Level 3 is a 12-hour (minimum) course. It involves a review of foundational skills and introduces advanced EFT concepts and strategies to encourage and enhance EFT Art of Delivery (see the **AAMET Glossary of Terms**, coming in 2016). It must be conducted over a minimum of 2 days.

Please Note: Unless the student has extensive prior knowledge and expertise in EFT, the gap between taking Levels 2 and 3 must be a minimum of 6 months – at the Trainer’s discretion. Readiness to attend a L3 course is assessed by the Trainer.

2.7 Advanced Practitioner Certification

After completing an AAMET Level 3 training course, students have the option of pursuing AAMET Advanced Practitioner Certification. In addition to completion of the Level 3 workshop, there is an extensive mentoring and assessment process for Advanced Practitioner status.

To become an AAMET Accredited Certified Advanced EFT Practitioner, students need to successfully complete the following requirements:

- Pass the online Advanced Practitioner Exam via the AAMET International website



The AAMET Research Symposium, 2015
Photo Courtesy Hilary Jones

- Receive a minimum of 6 hours supervision/mentoring (either one-to-one or in a group of 8 or less) with any AAMET Trainer (in the role of Supervising Mentor). This can be conducted face to face, over the phone, via Skype, or webinar
- Submit to Trainer / Supervising Mentor a minimum of 4 case studies: 3 Client Case Studies (on separate individuals) and 1 Personal Case Study. Case studies must demonstrate competent, professional, and individualized* application of foundational EFT skills (Level 2 Art of Delivery) and nuanced, practical, creative and adaptive* application of foundational and advanced EFT (Level 3 Art of Delivery) acquired during EFT Levels 1, 2 and 3 training and post-training practice and experience.

*See **AAMET Glossary of Terms** (coming in 2016) and the **AAMET EFT Case Study Guidance Manual 2016** for further details

- Provide an in-person OR audio OR video demonstration of an EFT session, and discuss this session with Supervising Mentor. This demonstration (and discussion) will count as one Client Case Study.
- Complete a minimum of 50 EFT sessions (or “practice hours”) working with at least 20 different individuals. Each EFT session must be a minimum of 45-minutes in length.
- Complete any additional discretionary requirements as outlined by the AAMET Trainer (in the role of Supervising Mentor). Trainers may ask for extra time, a minimum number of practice hours, or additional case studies to complete their assessment.

Once the candidate has completed all of the requirements and the AAMET Trainer / Supervising Mentor is assured of the candidate’s competency at Level 3, the candidate becomes an AAMET Accredited Certified Advanced EFT Practitioner.

After the advanced certification process is complete, the new Advanced EFT practitioner can upgrade their AAMET membership from Accredited Certified EFT Practitioner to Accredited Certified Advanced EFT Practitioner.

To maintain Advanced Certified EFT Practitioner status, members must fulfill annual CPD and supervision/mentoring requirements

3. Master Trainer Training and Certification

Currently, an apprenticeship model is available for Accredited Certified Advanced EFT Practitioners interested in teaching EFT to become Trainers. Any Master Trainer of Trainers can play the role of Supervising Mentor and assess a Trainer-Candidate for Master Trainer level under their own model, provided minimum requirements are met.

All Accredited AAMET Master Trainers of Trainers are required to incorporate the Master Trainer Course into their work with Trainer-Candidates. Master Trainers of Trainers will be looking to assess whether all Level 2 and Level 3 competencies and

practitioner requirements have been met, and that Trainer-Candidates are competent to begin an apprenticeship training program to teach EFT Levels 1 and 2.

Master Trainer apprenticeship programmes can be classroom-based or on-line, phone, skype or web-based. AAMET reserves the right to revise and update course content and support materials for the Master Trainer Programme as needed.

3.1 Acquiring Newly Qualified Trainer (NQT)* Status

Upon completion of a Master Trainer apprenticeship with a Master Trainer of Trainers, Trainer-Candidates are awarded AAMET Accredited, Certified Trainer (NQT) status (previously listed as “Provisional” on AAMET.org).

All candidates for AAMET Accredited, Certified Trainer (NQT) status must:

- Attain AAMET Accredited Advanced EFT Practitioner status for a minimum of 1 year
- Work together with an AAMET Master Trainer of Trainers and complete all AAMET and discretionary practice and assessment criteria as set forth by AAMET and the Trainer of Trainers in the role of Supervising Mentor
- Be a fully paid-up member of AAMET
- Agree to abide by AAMET’s regulations and policies
- Hold professional indemnity insurance where available
- Take and pass the AAMET Master Trainer online exam (to assess practical and theoretical knowledge of EFT and knowledge of the Master Trainer manual and AAMET’s policies and regulations), when instructed to do so by their Supervising Mentor
- Meet all the criteria in the AAMET Newly Qualified Trainer (formerly “Provisional Master Trainer”) application form
- Self-assess, together with Supervising Mentor, whether all the competencies have been met
- Receive a written endorsement from their Master Trainer of Trainers
- Return a signed Trainer’s Contract (2016) to the Accreditation Panel at accreditation@aamet.org, which includes agreement to abide by AAMET International’s professional standards (AAMET’s Code of Conduct and CPD Regulations etc.) and Ethics Code



“Laughter Tapping” in India, 2014
Photo Courtesy Rangana Rupavi Choudhuri

Master Trainers of Trainers running Master Trainer courses / apprenticeships can make further checks on the competence of applicants at their own discretion – provided fair notice is given to each Trainer-Candidate.

Once the Accreditation Panel has received notification that a student has passed the Master Trainer exam and completed all requirements and received the signed Contract, AAMET will award a Certification of Accreditation at Accredited Certified EFT Trainer (NQT) level.

All Newly Qualified AAMET Trainers can list themselves as “AAMET Trainers (NQT)” and will be listed on the aamet.org website as “AAMET Accredited, Certified Trainer (NQT)” until they achieve full Accredited, Certified Master Trainer status.

*Accredited, Certified Trainers (NQT) may be listed on aamet.org as Accredited, Certified Master Trainer (P) or “Provisional” Master Trainers.

3.2 Achieving Full Master Trainer Status

Newly Qualified Trainers can apply to AAMET for full Master Trainer status after aptly demonstrating (within their first year as a Newly Qualified Trainer) they can train EFT to Levels 1 and 2 in a competent, professional and committed manner.

The following criteria are included in the Application form for upgrade to full Master Trainer status and must be met before the upgrade can proceed.

All candidates for upgrade from newly qualified (NQT) to full Master Trainer status:

- Must have completed a minimum of 12 months registration with AAMET as an AAMET Trainer (NQT) (or under the previous “Master Trainer (P)” designation)
- Must have delivered at least two training courses at Level 1 and two training courses at Level 2 within the provisional period, all of which must be for groups of 2 or more students. One training course can be sufficient at each level if there are more than 6 participants in each training group
- Must provide a valid CPD and Supervision record for their provisional period including comments and a recommendation from the Accredited Master Trainer of Trainers who is acting as Supervising Mentor
- Must shadow or co-train with a more experienced trainer through at least 1 training course and write a reflection on this experience as part of the recorded CPD
- Must have completed any actions that were asked of them at the time that they were awarded Provisional status (such as amendments to websites, changes to assessment structure etc.)

Candidates who cannot meet all of these requirements should contact the AAMET Accreditation Panel for Advice: www.aamet.org.

For questions about any aspect of the AAMET Training and Certification Programme, please contact accreditation@aamet.org.

*Accredited, Certified Trainers (NQT) were previously listed on aamet.org as Accredited, Certified Master Trainer (P) or “Provisional” Master Trainers.

4. What is Accreditation?

4.1 AAMET Accreditation

In an effort to meet specific requirements involved in having our EFT Training and Certification procedures understood, validated and respected by external accrediting bodies, AAMET has established an internal Accreditation process to adequately prepare our membership and our training programme for these challenges.

This process involves ongoing improvement of our training standards and materials, as well as requiring online testing and Supervision, Mentoring and CPD (Continuous Professional Development) activities for our certified members.

In short, AAMET International exercises ongoing due diligence to ensure that AAMET Accredited, Certified Trainers and Practitioners meet the highest standards of professional EFT (Emotional Freedom Techniques) practice.

Both the AAMET Accreditation process and the AAMET EFT Training and Certification Programme are designed to demonstrate this commitment both to our members and to external accrediting bodies.

At each level of AAMET membership, there are specific requirements to becoming and remaining Accredited by AAMET. All of these steps are now built into our current EFT Training and Certification structure. After gaining internal accreditation by AAMET, Trainer members go through a process of renewing their accredited standing every 3 years to ensure that high standards of practice and training are being maintained. More detailed information about AAMET Accreditation can be found by visiting Accreditation FAQs on www.aamet.org.

All current AAMET Trainers (called “EFT Master Trainers” and “EFT Master Trainers of Trainers”) have gone through the internal AAMET Accreditation process. While not mandatory for practitioners, the Accreditation process remains open to current Certified and Advanced Certified Practitioners as well as external candidates from other EFT certifying organizations.

4.2 External Accreditation

In an effort to offer the highest standards for EFT (Emotional Freedom Techniques) training and certification for the future, AAMET International is formally committed to aligning its core curriculum with NOS (National Occupational Standards) of note around the world, and is actively pursuing accreditation via external accrediting bodies.

Currently, the AAMET Master Trainer program is formally accredited with the NCFHE (National Commission for Further and Higher Education) in Malta. This accreditation is accepted by the EQF (European Qualification Framework) and lays the groundwork for recognition of AAMET as a leader in the field of EFT training.

External Accreditation also lays a foundation for more formal recognition of EFT as a respected complementary modality. It also opens the door to building alliances with other EFT organisations to help create formal occupational standards for EFT training and practice.

AAMET is striving to create robust teaching standards by continuing to refine the Master Trainer program, syllabi and competencies and by continuously improving all our training materials.

For any further questions about accreditation, please email accreditation@aamet.org or visit our Accreditation FAQs on www.aamet.org.