

Pathway to ICEEFT Certification as an EFT Therapist



The International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) has three pathways for Certification as an EFT Therapist.

You can become Certified in any of the three modalities of EFT: couples & relationships (EFCT), individuals (EFIT), or families (EFFT).

You can become Certified in more than one modality, but you need to complete the Certification requirements one at a time. This guide will show you how!



Train in EFT with ICEEFT Certified Trainer & Clinical Psychologist
Dr Clare Rosoman
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STEP 1: Training required for ICEEFT EFT Certification

Firstly, pick your modality, then complete the training required.



EFCT: EFT for Couples

Complete a 4-day Externship in EFCT (24hrs) as an introduction to the EFCT model for couples & relationships

+
Complete a Basic (24hrs) OR Advanced (48hrs) Core Skills in EFCT workshop

EFIT: EFT for Individuals

Complete a 4-day Essentials of EFIT course (24hrs) as an introduction to EFIT

+
Complete a Mastering Skills course in EFIT (10hrs)
+
Complete 6hrs additional training in EFIT via approved videos or training events (6hrs)

EFFT: EFT for Families

Complete a 4-day Essentials of EFFT course (24hrs) as an introduction to EFFT

+
Complete a Mastering Skills course in EFFT (10hrs)
+
Complete 6hrs additional training in EFFT via approved videos or training events (6hrs)

STEP 2: Complete 8hrs Supervision

Work with an ICEEFT Certified EFT Supervisor to complete the Certification requirements.
Up to four of the required 8hrs can be from group supervision.
Start seeking client consent to record some of your sessions!

Supervisor Assessment for EFT Certification

- Your supervisor will be your mentor throughout the process of achieving Certification as an EFT Therapist in the modality you are working on.
- Together, you will discuss your cases & watch recordings of your work in Stage 1 & 2 showing the EFT micro-interventions & the EFT Tango.
- Using the ICEEFT guidelines, your supervisor will assess & discuss your EFT skill level throughout the process.
- Once you are achieving competence in the EFT interventions, select two 20min video clips to submit to your supervisor for Certification. These clips can be from Stage 1 or 2 & must collectively demonstrate all five moves of the EFT Tango, especially the transition from Move 2 to Move 3.
- The supervisor assesses your work for Certification as an EFT Therapist.**

STEP 3: Feedback from an EFT Trainer

Select a 20min video segment of your work demonstrating your EFT skills in action to be reviewed by an ICEEFT Certified EFT Trainer.
This review is purely for your growth & development & does not have a pass/fail assessment component.

STEP 4: Submission to ICEEFT

Submit your application & supporting materials to ICEEFT for recognition of your Certification.