

EFT Knowledge and Competency Scale (EFT-KACS)©

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Directions

For each item please indicate:

(1) how knowledgeable you are with what is required to execute the skill; and

(2) how competent you think you are in executing that skill on a scale from:

1 (not at all) 2 3 4 5 6 7 (quite a lot)

1. Creating safety in the session and maintain a positive alliance.

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

2. Validating partner's emotions without invalidating the other partner's emotions.

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

3. Continually reframing the problem in terms of the cycle (e.g., track and reflect).

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

4. Managing the couple's interaction (e.g., conflict) and redirecting the focus when necessary.

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

5. Using EFT emotion-focused interventions (e.g., heightening, reflection, etc.) to explore and expand emotions and place them in the cycle (Step 3).

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

6. Working with primary emotion, especially with RISSC (Steps 5 & 6).

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

7. Placing emerging emotions into the cycle.

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

8. Using enactments therapeutically.

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

9. Managing defensive responses (secondary emotions).

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

10. Maintaining session focus (especially on emotion, the cycle, and attachment issues).

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

11. Framing the cycle, problems, and emotions in terms of attachment needs and fears.

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

12. Following the steps and stages of EFT.

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

13. Consolidation of change and development of new narratives.

Knowledge (circle one): 1 2 3 4 5 6 7

Competence (circle one): 1 2 3 4 5 6 7

Content of scale items based on work of Denton, W.H., Johnson, S.M., & Burlison, B.R. (2009). Emotion-focused therapy—Therapist Fidelity Scale: Conceptual development and content validity. Journal of Couple and Relationship Therapy, 8, 226-246.

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