

# 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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