

CASE STUDY GUIDELINES

For those applying for BFVEA Practitioner Membership
BFVEA Tutor/Practitioner Membership.

And for BFVEA Practitioner Course Students' Case Studies
For evaluation and moderation purposes

THREE CASE STUDIES, FROM THREE CONSECUTIVE SESSIONS, WITH EACH OF THREE CLIENTS THAT YOU HAVE WORKED WITH

Please read carefully through the following guidelines before putting together any case studies for the BFVEA assessment purposes. If you follow these guidelines for yourself and for your students it will save time for both you and us and will help us to easily understand how you work.

CLIENT CONFIDENTIALITY: please do not reveal your client's name, or their identity by your description of them. If necessary, please alter sufficient details in your description, to protect their identity, without greatly changing their story or the issues they are presenting with.

Please put your name, (or the course name), address, phone/fax no. and email address on the top of the front page of each case study you send in to us.

Staple together, at one corner, all the pages of each Case Study, and send your Case Studies in a marked wallet or file. This ensures that we always know whose application we are looking at, and that hopefully none of your pages will get lost!

FORMAT: On the following pages we have provided examples of two different Case Study formats. Please choose whichever format best suits your way of working with clients, and present your Case Studies to us, following the guidelines for that format.

Please make sure your case studies are typewritten, not handwritten.

Thank you.

CASE STUDY FORMAT FOR THOSE WORKING MAINLY WITH
FLOWER ESSENCES & COUNSELLING & FOR THOSE USING REPERTORY,
INTUITION & KNOWLEDGE OF ESSENCES TO CHOOSE ESSENCES

- 1) Age & sex of client
- 2) A DETAILED DESCRIPTION OF YOUR CLIENT AND THE ISSUES THEY HAVE DISCUSSED WITH YOU: we have never met this person – please paint a picture in words about them and about what they say they are currently challenged with.
- 3) INFORMATION GAINED BY OTHER MEANS: from felt sense, observation, kinesiology, astrology, reflexology, client’s choice of essence cards, dowsing etc.

The more you explain your way of working and the information you were putting together in the course of deciding what essences to use, the easier it is for us to assess you as a practitioner.

- 4) ESSENCES CHOSEN – please tell us what essences were chosen for this client, as a result of this session:
 - please give a description of the qualities of each essence, and how each essence related to specific aspects of what you felt your client was addressing.
 - Please tell us how you chose these essences – i.e. counseling and knowledge of essences related to client issues, muscle testing with client, practitioner finger testing, intuition, dowsing, kinesiology, astrology, choice of essence cards or hand sending of essences by client, type remedies, reflexology etc
- 5) COMBINING THERAPIES: If you worked with this client using another therapy apart from flower essences during the sessions and treatment period described, please describe what you did and why, and how this integrated with the essence therapy - please describe your methods and decision making processes in layman’s terms.
- 6) CLIENT FEEDBACK: Please include any feedback your client gave to you, including any observations that you or they made of any changes, intensification of issues, crises, emotional release, change in attitude, body language, energy, positivity, any insights gained, inspiration, any new issues arising to be addressed etc.
- 7) NOTES FOR FURTHER TREATMENTS: please tell us of any notes or observations you made regarding any possible future treatments – again please use layman’s terms.
- 8) FURTHER CASE STUDIES WITH SAME CLIENT: for each treatment you are describing for each client, please give us the same detailed information, as outlined above under each heading.

ANY OTHER INFORMATION YOU FEEL WOULD BE HELPFUL: please include any other information that you feel might help us to understand your particular way of working with essences and with clients. THANK YOU

ON THE FOLLOWING PAGE YOU WILL FIND AN ALTERNATIVE CASE STUDY FORMAT FOR THOSE WORKING WITH MORE THAN ONE THERAPY OR WITH KINESIOLOGY ETC.

CASE STUDY FORMAT
FOR SOMEONE USING ESSENCES AS AN ENERGY TOOL
(OR WORK BASED NOT ON REPERTORY TECHNIQUES)

Age & sex of client

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Other information that is optional:

Number of children

Relationship status

Occupation

Taking any herbs, pharmaceuticals, homoeopathy, etc. vitamins/supplements

Seeing GP or specialist (include other health service practices e.g. physio, cognitive therapy, nurse-led clinics e.g. asthma, weight management) at present, seeing other alternative/complementary practitioners.

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ESSENTIAL OTHER INFORMATION TO BE INCLUDED

The client is presenting with: (include any response concerning previous sessions)

Obvious focus for essences:

Hidden areas for consideration:

(The following information may have been dowsed or muscle-tested for. There may be one or more relevant procedures)

How you used the essences with the client (examples below).

1. To move energy blocks (essences placed on the body or near the body etc. aura/subtle bodies, higher/lower charkas)
2. To assist in shifting beliefs (essences used in conjunction with affirmations or goal setting/balancing).
3. To assist in energy re-organisation (essences used on the body, activated by touch, intention, or other method)
4. For sequential processing (series of quick essence delivery on the same point (i.e. wrists) can also be used like this for 5-element work but on different meridians rather than same point)
5. To be administered by mouth or other method during session
6. To be used as a dosage bottle after this session
7. To be used in the home or work-place after this session.
8. For protection or support before other work or discussion commences
9. Aiding development on a personal level (e.g. plant (or other) spirit/spiritual contact by the client through essences) – in case, practitioner acts as facilitator and observer for the client.

If you used any of the above methods or other methods of working with essences with your client during each session, please record these, together with any responses your client had or felt (these should be discussed with your client after each procedure):

Procedure 1. essence(s):

How used:

If you placed essences on your client's body, please include a drawing of the body, recording where you placed essences, or list the charkas, meridian points, reflexology zones, etc. used – if more relevant. Please include any physical as well as verbal responses by the client – energetic perceptions also – e.g. quality of muscle testing different, tension lifted or increased, breathing rate altered.

Procedure 2 etc.

Record of essences for use after the session by client.

Number of essences in dosage bottle and which essences (include maker)

Delivery

Frequency of use

For how long

Other therapies used: (Reiki, reflexology etc.)