

AAMET Frequently Asked Questions – For Newcomers

Updated 23 January 2009

What is AAMET? The Association for the Advancement of Meridian Energy Techniques (AAMET) is an association of likeminded peers, working together to propel Meridian Energy Therapies (such as EFT, TAT and BSFF) to the forefront of public/professional awareness and trust.

Where can I find more information? The official website is: www.aamet.org. AAMET also has a sister organisation, AAMET Buzz: www.aametbuzz.com, which exists to communicate AAMET news, articles and member info to/from the membership. AAMET Buzz is financially independent of AAMET. All AAMET members are strongly encouraged to sign up to the AAMET Buzz Newsletter.

Who are the officers of AAMET? The terms of reference and current membership of the AAMET Management Team, Ethics Committee and Training Panel Leaders are listed on the website.

Is AAMET a regulatory body? No. However one of its key objectives is to provide a forum in which its members can work together to define appropriate standards of professional training and practice.

Is AAMET formally recognised? AAMET is recognised by GRCCT (the General Regulatory Council for Complementary Therapies) as the 'Lead Body' for Meridian Energy Therapies in the UK.

What classes of membership are there? AAMET Member, AAMET Practitioner (Level 2 and Level 3), AAMET Trainer, AAMET Trainer of Trainers and AAMET Master (not yet in place). There are currently about 10,000 members, including 29 AAMET Trainers of Trainers, 276 AAMET Trainers and about 4,000 AAMET Practitioners, of whom about 450 are Level 3 and about 2,000 have elected to be listed on the website.

Is AAMET International? AAMET has Practitioners and Trainers in a large number of countries worldwide, including Trainers either resident or regularly visiting at least 24 countries, and Trainers of Trainers resident in 10 countries (UK, Ireland, Germany, Italy, Turkey, Spain, Israel, Saudi Arabia, New Zealand and USA)

How can I join? AAMET membership is open to anyone, without limitation. AAMET professional membership levels are subject to the AAMET Regulations/Guidelines (see below).

Why should I join? Membership is free, and gives you a voice, and a place to promote your professional interests, and a forum for exchange of up to date information on Meridian Energy Therapies. AAMET Practitioner status also normally confers eligibility for professional indemnity insurance. Working together, our aim is to achieve wide recognition for Meridian Energy Therapies.

How can I have my say? By submitting articles (to AAMET and or AAMET Buzz) and by taking part in the online discussion groups (see below) and by attending the annual AAMET Gathering in Jan/Feb.

What does membership cost? Membership of the association (and listing on the website) is currently free; however for **first time** listing on the website, there is a one-off listing fee of £10

Who can list their personal details on the website? Website listing is for AAMET Practitioners and above who hold valid AAMET certificates at the appropriate level. Listing is voluntary.

AAMET Regulations/Guidelines

What are the AAMET Regulations? The AAMET Regulations set out our formally agreed minimum professional standards for training (click to view):

- the [AAMET EFT Training Regulations](#) (1 page only)
- the [AAMET EFT Trainer and 'Trainer of Trainers' Certification](#)
- the AAMET Master Certification (in preparation)
- the [AAMET Code of Conduct and Ethics](#) (being re-drafted)
- the AAMET Disciplinary Procedure (in preparation)

What are the AAMET Guidelines? The AAMET Guidelines provide backup to the Regulations. Members are encouraged to follow the principle and ideally the detail of the Guidelines wherever possible, unless there is a good professional reason for not doing so, which they may be called to defend (click to view):

- the [AAMET Guidelines for EFT Trainers](#)
- the [AAMET Guidelines for CPD and Mentoring](#)

How do we register our acceptance of the Code and Regulations? All existing AAMET Practitioners and Trainers are expected to provide their Trainer with a signed [acceptance form](#) (by a date to be decided, probably during the second half of 2009). New trainees should sign during training.

Which online e-Groups should I join?

- the [AAMET-Training-Panel](#) is a discussion forum for all matters relating to professional standards and training; all members are encouraged to join and take part in the discussions
- the [AAMET-Trainers](#) is a forum for discussion of training issues; membership is restricted to AAMET Trainers. All AAMET Trainers are expected to join in order to keep up to date.

How do I become an AAMET Practitioner/Trainer? By successfully completing AAMET training at the appropriate level and by signing the [acceptance form](#), which should be given to your Trainer during Training. To view a list of approved AAMET Trainers, click [here](#) and then 'EFT Trainers'.

How do I list my details on the AAMET website? Once your Trainer has informed AAMET of your successful completion of the training, you will then be able to add details to your AAMET website profile. Practitioners seeking listing for the first time should pay the £10 first time listing fee either via their Trainer or direct to AAMET using the following [payment procedure](#).

What are the requirements for continuing professional development (CPD) and mentoring ? The [Guidelines](#) call for a minimum of 30 hours CPD per year for all Practitioners (Level 2 and Level 3) and all Trainers. In this context, CPD means **any** activity (not just EFT related) which can reasonably be expected to add to a practitioner/trainer's competence or personal development, or further the interests of the EFT community and/or AAMET. Records should be kept for at least 7 years in case they may be asked for by an AAMET Trainer (or Trainer of Trainers) during a periodic audit.

What are the requirements for mentoring? The [Guidelines](#) call for a minimum of 6 hours one-to-one, or 12 hours group mentoring per year in addition to the above 30 hours CPD. Mentoring means any one- to-one or group meeting led by a practitioner or trainer (preferably with a higher level of practice or greater experience than yourself) in which you can discuss your EFT work with clients, your personal development and the growth of your EFT practice, seek advice and gain support. Records should be kept for 7 years.