



THE MILESTONES INSTITUTE

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BOOK REPORT FORM FOR AAMET LEVEL 2 PRACTITIONER

Three single-page book reports are required for AAMET Level 2 status. One is required (*The Promise of Energy Psychology, Revolutionary Tools for Dramatic Personal Change*, Feinstein, Eden and Craig (2005), New York: Penguin Publishing). The other two may be chosen from the [CPD/Booklist Reading List](#). All are available from www.amazon.com.

- Please include ***the title of the book, its author/s, date of publication, and publishing company***. No particular format is required.
- Please write a single ***paragraph giving an overview of the contents*** of the book: what you would say if someone asked you what the book was about, whether or not you felt it was valuable to you as an EFT Practitioner, and why. Please don't copy from the back cover.
- Please identify ***three to five concepts (with or without quotes from the book)*** that you want to be sure to remember yourself, and why.
- Here is an example from ***The Promise of Energy Psychology, Revolutionary Tools for Dramatic Personal Change***, Feinstein, Eden and Craig, p. 115.
 1. "The skilled psychotherapist uses language to inspire, to open the perception of new possibilities (*reframing*), to counter limiting beliefs, and to expand self-concept...With energy psychology, you initiate such shifts in consciousness by combining the use of words and images with the stimulation of points. Stimulating these points alters your neurochemistry in ways that enhance the impact of the words and images you focus upon." This quote reminds me to remember to be especially aware of the language I choose to use in a session, whether it's utilizing the client's own words, pre-framing, re-framing or using my own intuition.