

Emotionally Focused Therapy

Couples | Individuals | Families

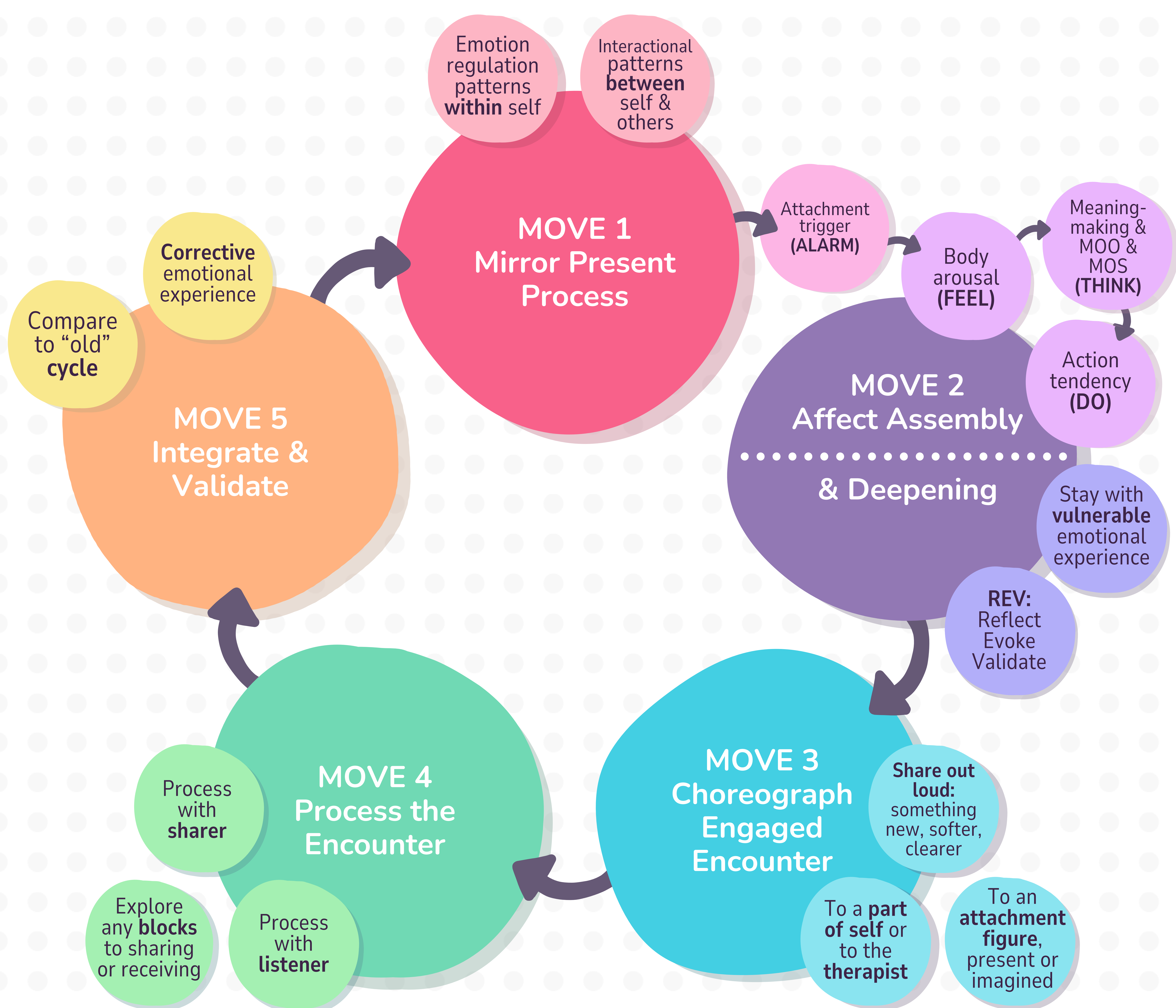
Three Stages of EFT

Stage 1 - Stabilisation

Stage 2 - Restructuring

Stage 3 - Consolidation

Five Moves of the EFT Tango



EFT Micro-Skills

- ❤️ **RISSSSC**
- 🔍 **Reflection**
- 🔍 **Evocative Question**
- ✅ **Validation**
- 🎯 **Conjecture**
- 🎯 **Proxy Voice**
- 👤 **Reframe**

Experiencing Scale

- 1 Not yet engaging
- 2 Discussing intellectual concepts
- 3 Describing emotions from a distance
- 4 Experiencing emotions here & now - alive & felt**
- 5 Exploring & grappling with emotions
- 6 Finding the order & wisdom in emotions
- 7 Feeling lighter & clearer - integrated

