

EFCT IN A PAGE - FOR THERAPISTS





REMEMBER:

Safety is EVERYTHING

in EFGT

Our focus is on building healthy, secure attachments with those who

matter most

Tracking a cycle

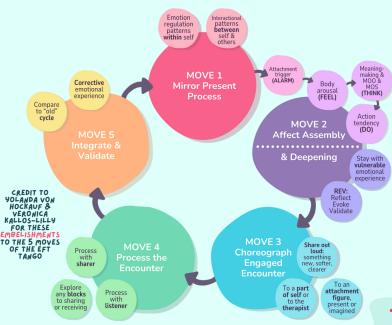
contains &

makes sense

of distress

5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012



RISSSSC

Use RISSSSC to draw out softer emotions

- REPEAT key phrases
- Use IMAGES
- Keep vocal tone SOFT
- Go SLOW to go deeper
- Keep language SIMPLE
- Keep the focus SPECIFIC
- Use the CLIENT'S words

EFCT THERAPIST MICRO-INTERVENTIONS



Evocative Responding What's happening inside?

EFGT requires a special therapeutic alliance - the therapist is the temporary attachment figure



Validation That makes so much sense



Tentative Conjecture That sounds scary for you



Attachment Reframe It hurts because it matters

TIP: Halve uour pace &

double your

empathy &

validation

EFCT ROADMAP - 3 STAGES & 9 STEPS

TRACKING THE RELATIONAL CYCLE CREDIT TO SCOTT WOOLLEY

WORKING WITH EMOTION IN EFCT

PRIMARY ADAPTIVE EMOTIONS SOFT

SURPRISE

SADNESS

FEAR

SHAME

VULNERABLE LESS VISITED HARDER TO SHARE LINKED TO NEEDS **CONTAIN INNER** WISDOM **BUILDS BONDS**

The goal of every EFCT session is to change the way a person interacts with their emotional world so they can:

1.Get better at regulating their 2. Discover their order & meaning

3. Use this to pinpoint needs

ANGER NUMBNESS SHUTTING ANXIETY

Validate

contain

EASILY SEEN DEFENSIVE SHORT-TERM **CAN CAUSE** DAMAGE TO

SECONDARY REACTIVE EMOTIONS

> FAST SURFACE-LEVEL **PROTECTIVE** BOND

SECONDARY EMOTIONS ATTACHMENT FEARS Track the cycle that causes emotional disconnection to ATTACHMENT LONGINGS

show how partners impact

each other

Stage 1: Stabilisation

STEP 1: Assessment & alliance STEP 2: Tracking patterns

STEP 3: Accessing primary emotions

STEP 4: Attachment reframe

Stage 2: Restructuring

STEP 5: Expanding & sharing vulnerable, primary emotion STEP 6: Promoting acceptance STEP 7: Asking for attachment needs

Stage 3: Consolidation

STEP 8: Practical problem-solving STEP 9: Consolidating & prep for





EFFT IN A PAGE - FOR THERAPISTS





EFFT is about

creating

strong family

bonds that

build

resilience

The EFFT

therapist guides

the family to new

patterns of

parental

availability,

responsiveness & clear attachment

signals

We work with

parents to

make them a

strong



WORKING WITH CAREGIVING & ATTACHMENT NEEDS IN EFFT

CLEAR

SIGNALS OF **CARE FROM**

PARENT TO

CHILD

We make sure that the child is not asked to care for the parent or to feel responsible for their attachment needs.

We don't encourage the parent to take their attachment needs to the child.

CLEAR

SIGNALS OF

NEED FROM

CHILD TO

PARENT

CHILD'S ATTACHMENT NEEDS

ASKING FOR:

ACCEPTANCE,

SAFETY,

ENCOURAGEMENT

COMFORT, LOVE,

SUPPORT,

GUIDANCE,

BOUNDARIES

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EFFT THERAPIST MICRO-INTERVENTIONS



Evocative Questions What's happening inside?

EFFT requires a special therapeutic alliance - the therapist is the temporary attachment figure



Validation That makes so much sense



Tentative Conjecture That sounds scary for you



Attachment Reframe It hurts because it matters

TIP: Behind every protest or hard-tounderstand behaviour is a need



The process of change in EFFT focuses on stabilizing a family's negative interactional pattern, restructuring parent & child interactions & consolidating the felt security gained through these new patterns of connection.

TRACKING THE INTERLINKING RELATIONAL CYCLES IN FAMILIES



EFFT ROADMAP - 3 STAGES

Stage 1: Stabilisation

- Identifying patterns of emotional regulation & communication patterns within the family that create disconnection & distress.
- Stepping out of "old" patterns by sending clear signals.

Stage 2: Restructuring

- Diving more deeply into each person's inner world to access parents' care-giving & child's attachment needs.
- Building stronger bonds between family members & resilience in each person.
- Revising beliefs about self & other.

Stage 3: Consolidation

Ongoing action to shape the family life where individuals can grow & develop, safely connected to each other.

Meet the challenges of life with greater flexibility & security.



OFFERING:

CARE, COMFORT,

SUPPORT, LOVE

GUIDANCE,

LIMITS, ADVICE,

SAFETY,

ENCOURAGEMENT,

LISTENING,

NURTURE



EFIT IN A PAGE - FOR THERAPISTS





EFIT is about

befriending your inner

world

Our focus is on building healthy, secure

attachments with self & others

Tracking cycles makes

sense of

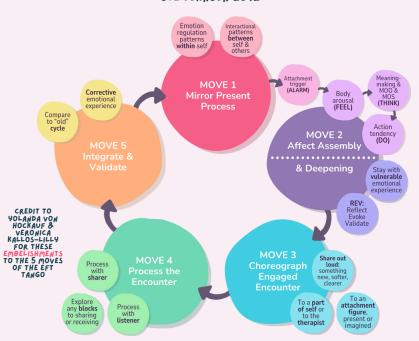
distress &

stuck

patterns

5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012



WORKING WITH EMOTION IN EFIT



The goal of every EFiT session is to change the way a person interacts with their emotional world so they can:

1.Get better at regulating their 2. Discover their order & meaning

3. Use this to pinpoint needs

ANGER NUMBNESS SHUTTING ANXIETY

Validate contain

SECONDARY REACTIVE EMOTIONS

FAST SURFACE-LEVEL **EASILY SEEN PROTECTIVE** DEFENSIVE SHORT-TERM CAN CAUSE DAMAGE TO BOND

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Use IMAGES

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REMEMBER: A person's attempt to cope with emotional pain can sometimes make it worse

EFIT THERAPIST MICRO-INTERVENTIONS

Empathic Reflection AB) I see sadness in your eyes

TIP: Halve

your pace &

double your

empathy &

validation

Evocative Responding What's happening inside?

> Validation That makes so much sense

EfiT requires a special therapeutic alliance - the therapist is the temporary attachment ' figure



Proxy voice The sad part of you says..



Reframe Your best attempt to cope



Tentative Conjecture That sounds scary for you

EFIT ROADMAP: 3 STAGES

Stage 1: Stabilisation

- Identifying patterns of emotional regulation & patterns of interaction with others that keep you stuck.
- Starting to gain access to your inner world & stepping out of "old" patterns.

Stage 2: Restructuring

- Diving more deeply into your inner world to let the wisdom of your emotions inform you about your needs.
 Claiming needs & acting on them.
 Revising beliefs about self & other.

Stage 3: Consolidation

- Ongoing action to shape the life you want informed by the wisdom of your
- Meet the challenges of life with greater flexibility & security.



