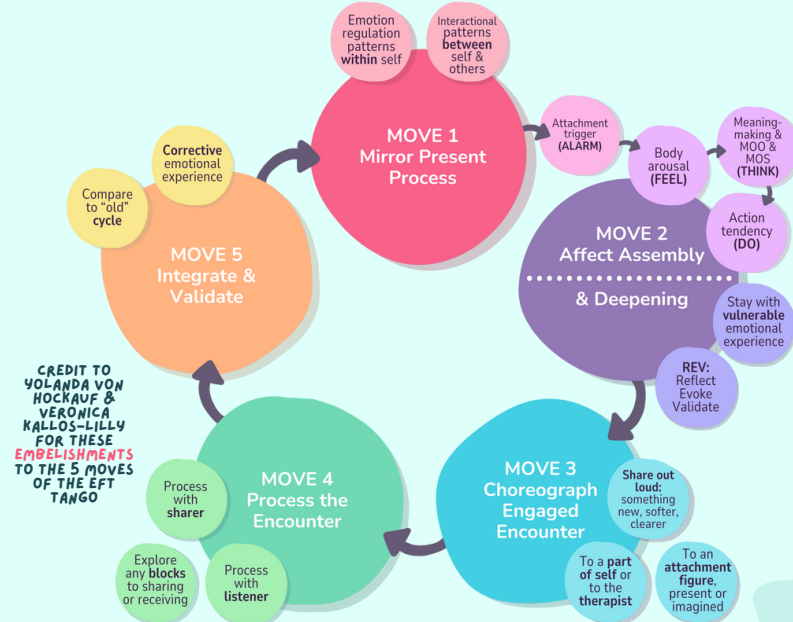


EFCT IN A PAGE - FOR THERAPISTS

5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012



REMEMBER:
Safety is EVERYTHING in EFCT

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

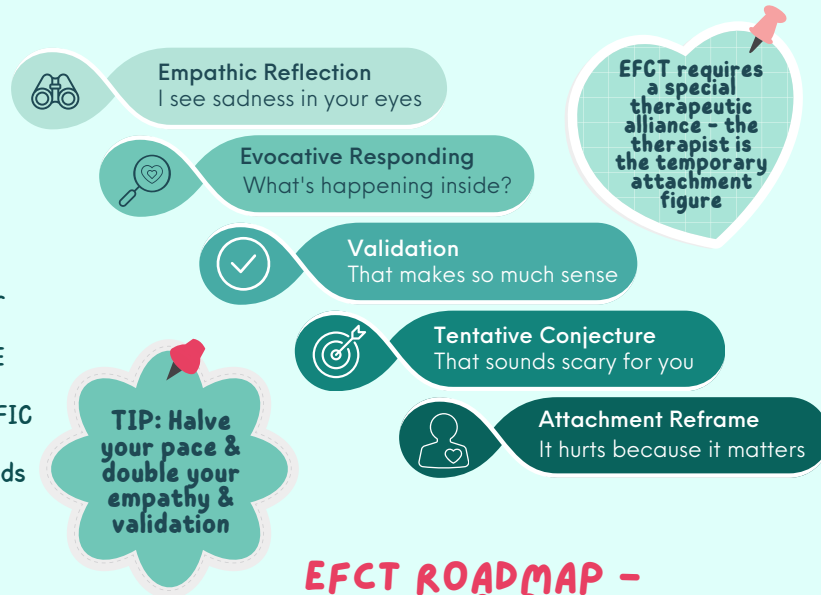
Tracking a cycle contains & makes sense of distress

RISSSSC

Use RISSSSC to draw out softer emotions

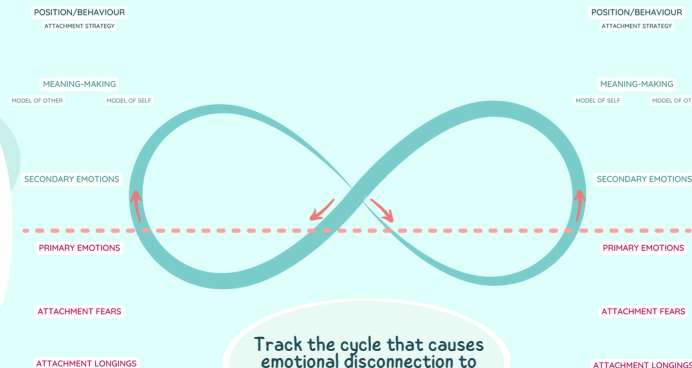
- R** REPEAT key phrases
- I** Use IMAGES
- S** Keep vocal tone SOFT
- S** Go SLOW to go deeper
- S** Keep language SIMPLE
- S** Keep the focus SPECIFIC
- C** Use the CLIENT'S words

EFCT THERAPIST MICRO-INTERVENTIONS



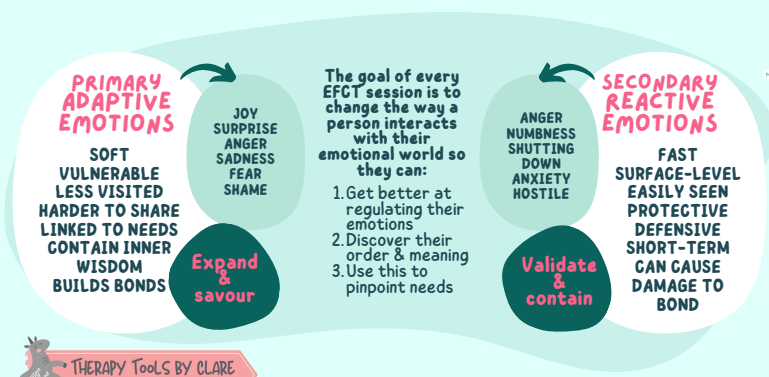
TRACKING THE RELATIONAL CYCLE

CREDIT TO SCOTT WOOLLEY

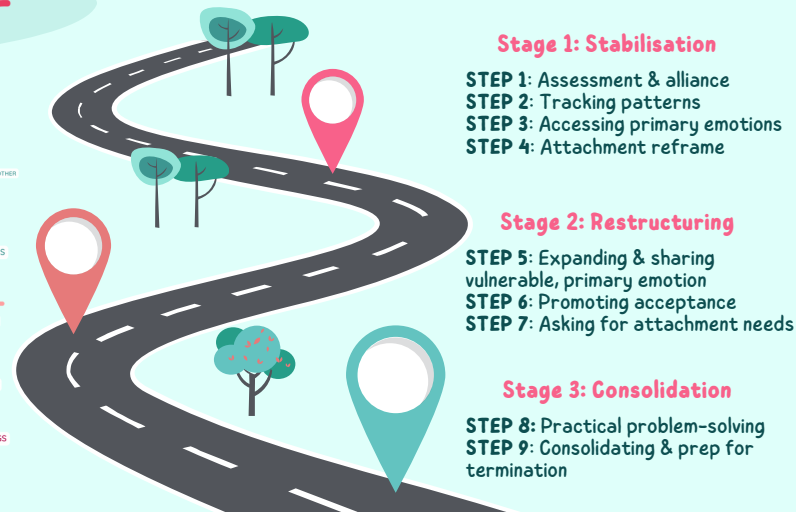


Track the cycle that causes emotional disconnection to show how partners impact each other

WORKING WITH EMOTION IN EFCT



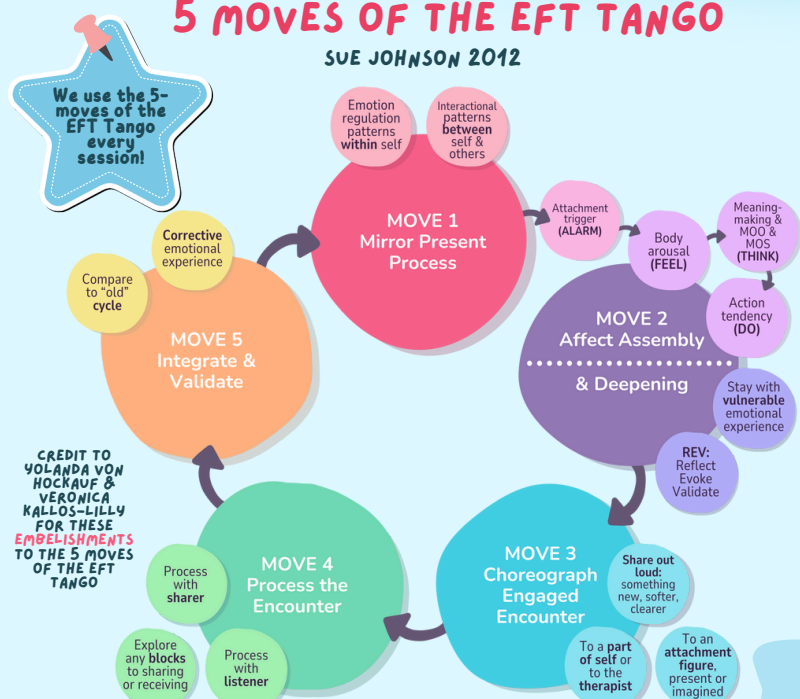
EFCT ROADMAP - 3 STAGES & 9 STEPS



EFFT IN A PAGE - FOR THERAPISTS

5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012



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 parenting team

RISSSSC

Use RISSSSC to draw out softer emotions

- R** REPEAT key phrases
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EFFT THERAPIST MICRO-INTERVENTIONS



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.

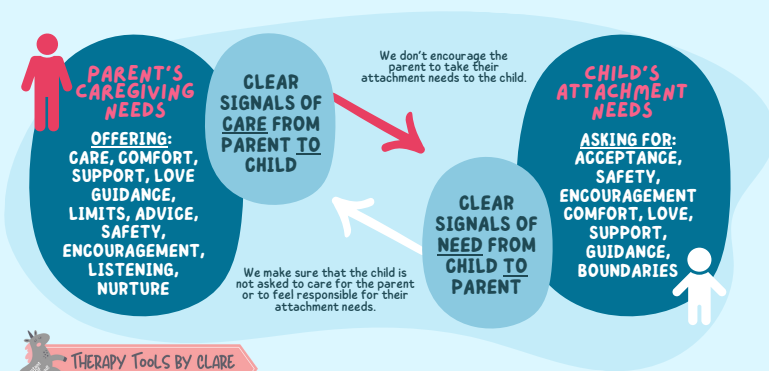
Stage 2: Restructuring

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

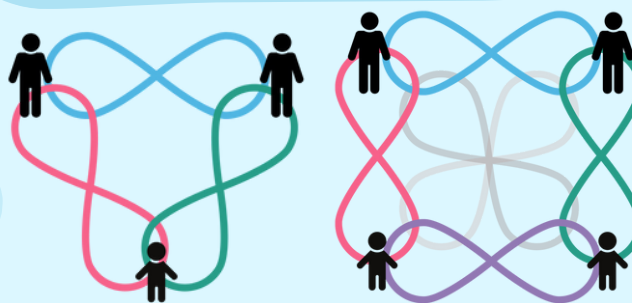
Stage 3: Consolidation

- 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.

WORKING WITH CAREGIVING & ATTACHMENT NEEDS IN EFFT



TRACKING THE INTERLINKING RELATIONAL CYCLES IN FAMILIES

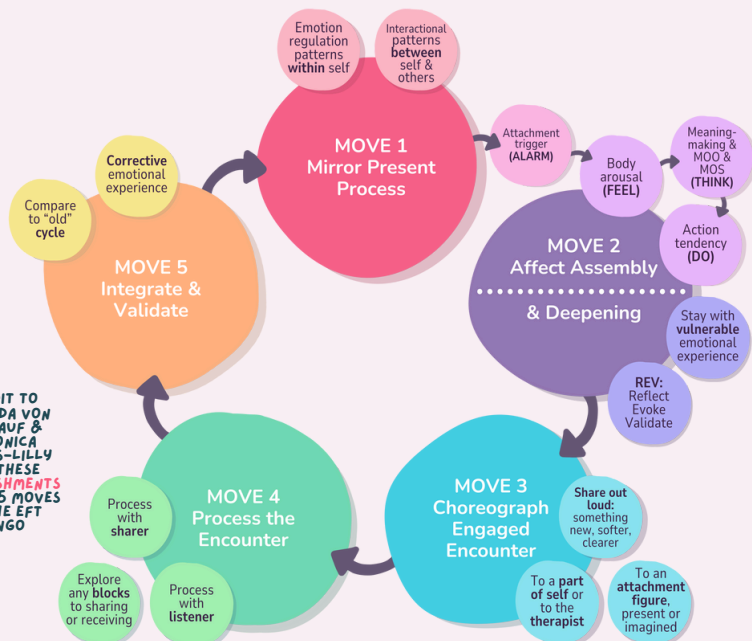


The process of change in EFFT focuses on stabilizing a family's negative interactional pattern, restructuring parent & child interactions & consolidating the felt security gained through these new patterns of connection.

EFIT IN A PAGE - FOR THERAPISTS

5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012



CREDIT TO YOLANDA VON HOCKAUF & VERONICA KALLOS-LILLY FOR THESE EMBELLISHMENTS TO THE 5 MOVES OF THE EFT TANGO

EFIT is about befriending your inner world

Our focus is on building healthy, secure attachments with self & others

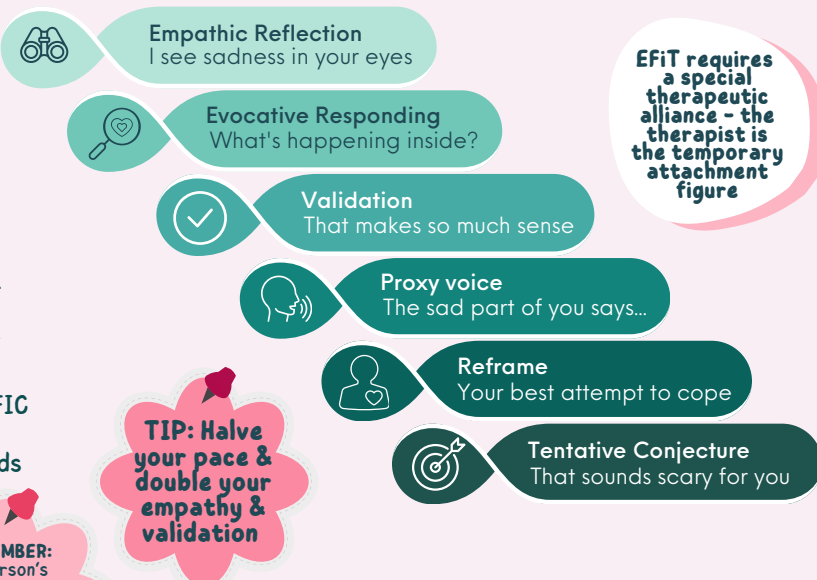
Tracking cycles makes sense of distress & stuck patterns

RISSSSC

Use RISSSSC to draw out softer emotions

- R** REPEAT key phrases
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EFIT THERAPIST MICRO-INTERVENTIONS



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

WORKING WITH EMOTION IN EFIT

PRIMARY ADAPTIVE EMOTIONS

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

JOY SURPRISE ANGER SADNESS FEAR SHAME

Expand & savour

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 emotions
2. Discover their order & meaning
3. Use this to pinpoint needs

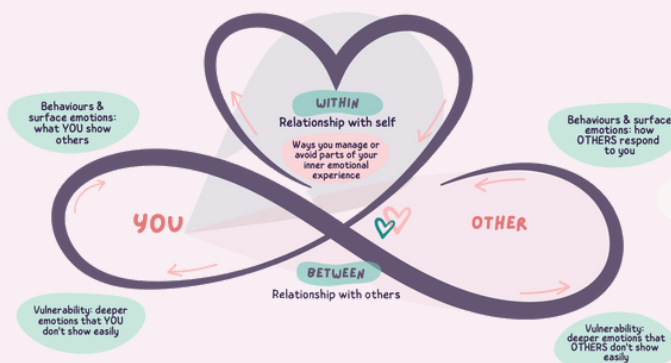
SECONDARY REACTIVE EMOTIONS

ANGER NUMBNESS SHUTTING DOWN ANXIETY HOSTILE

Validate & contain

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

TRACKING CYCLES "WITHIN" & "BETWEEN"



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 inner world.
- Meet the challenges of life with greater flexibility & security.