

EFCT FOR RELATIONSHIPS



WHAT IS EMOTIONALLY FOCUSED COUPLE THERAPY (EFCT)?

- EFCT is an evidence-based therapy model for improving individual wellbeing & relationship satisfaction developed by Dr Sue Johnson in the 1980s.
- Drawing on attachment science, EFCT focuses on building attachment security in meaningful relationships, believing that secure attachment bonds are a basic need for all humans.

WHAT HAPPENS IN EFCT FOR RELATIONSHIPS?

- EFCT aims to help you and your partner(s) to create a secure attachment bond so that you feel happier together, can solve problems as a team & can flourish in life.
- EFCT is a non-blaming approach that follows emotion to help partners to send clearer signals of need & to build a secure attachment bond.

WORKING WITH EMOTIONS IN EFCT

Your EFT therapist will work with **EMOTION** as it emerges in the process. Sometimes, they will **SLOW** fast emotion & other times, they will **EXPAND** softer emotions.

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

- Get better at regulating their emotions
- Discover their order & meaning
- Use this to pinpoint needs

ANGER
NUMBNESS
SHUTTING DOWN
ANXIETY
HOSTILE

Validate & contain

SECONDARY REACTIVE EMOTIONS

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

A.R.E OF ATTACHMENT

SUE JOHNSON 2008



Here are the building blocks of secure attachment between people who matter to each other.

A A - **ARE** you there for me? Do you have my back?

R R - will you **RESPOND** to me when I call? Can I count on you being there when I need you?

E E - are you **ENGAGED** with me? Do I matter to you? Are you interested in me?

REMEMBER:
Safety is **EVERYTHING** in EFCT
We can't ask partners to be vulnerable & to take emotional risks without safety

REMEMBER:
All humans need loving attachment bonds
Everything is easier when we are connected to our special others

INGREDIENTS NEEDED FOR GREAT EFT

✓ Safety (emotional & physical)
I will protect you & our bond

🤝 Responsibility-taking
I own my part in our distress

👂 Openness to hearing
I want to understand you

🛡️ Lowering defences
I will share more of me

👤 Risking vulnerability
I will show you the real me

👍 Clear signals
I will let you know my needs

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

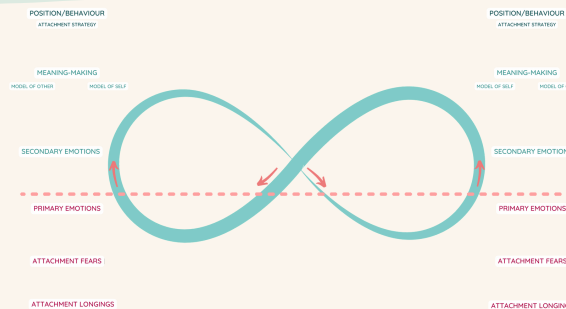
Beneath our surface-level reactions are our deepest fears & needs

Bonds are built & strengthened when people can share their softer emotions.

EFCT requires each partner to be willing to look within at their own role in the distress AND to see their partner differently

TRACKING THE RELATIONAL CYCLE

CREDIT TO SCOTT WOOLLEY



Your EFCT therapist is a process consultant who will **SLOW** & reflect the **PROCESS** to explore the moments when you & your partner become disconnected.

We call this a negative pattern or a cycle & we help you to get to know it, to exit it & to create a new positive cycle.

EFCT ROADMAP - 3 STAGES & 9 STEPS

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 termination

