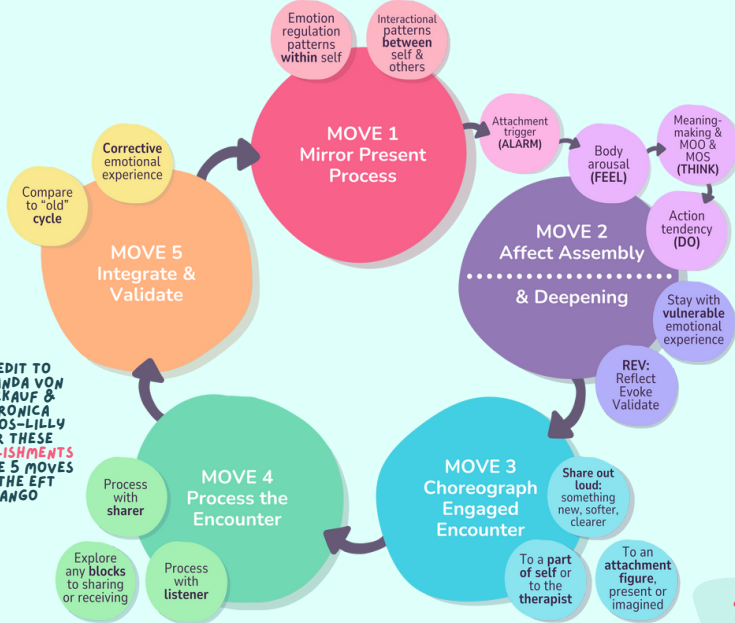


EFT IN A PAGE - FOR THERAPISTS

5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012



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

REMEMBER: Safety is EVERYTHING in EFT

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

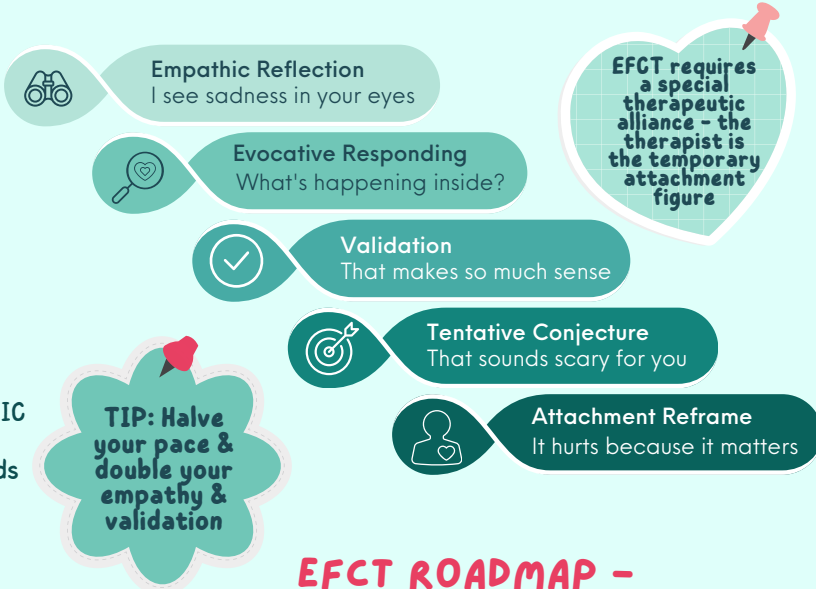
Tracking a cycle contains & makes sense of distress

RISSSSC

Use RISSSSC to draw out softer emotions

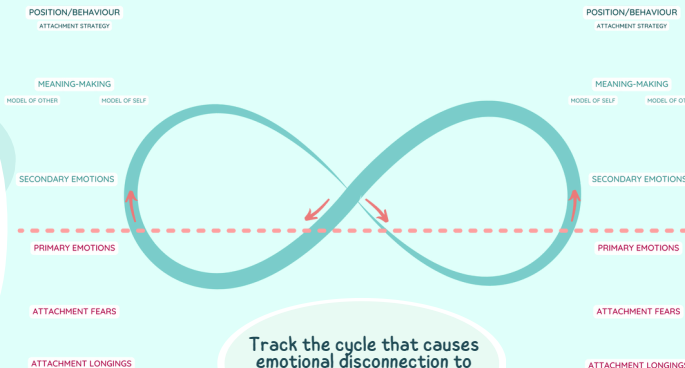
- R** REPEAT key phrases
- I** Use IMAGES
- S** Keep vocal tone SOFT
- S** Go SLOW to go deeper
- S** Keep language SIMPLE
- S** Keep the focus SPECIFIC
- C** Use the CLIENT'S words

EFT 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 EFT

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 EFT 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

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

ANGER NUMBNESS SHUTTING DOWN ANXIETY HOSTILE

Validate & contain

EFT 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