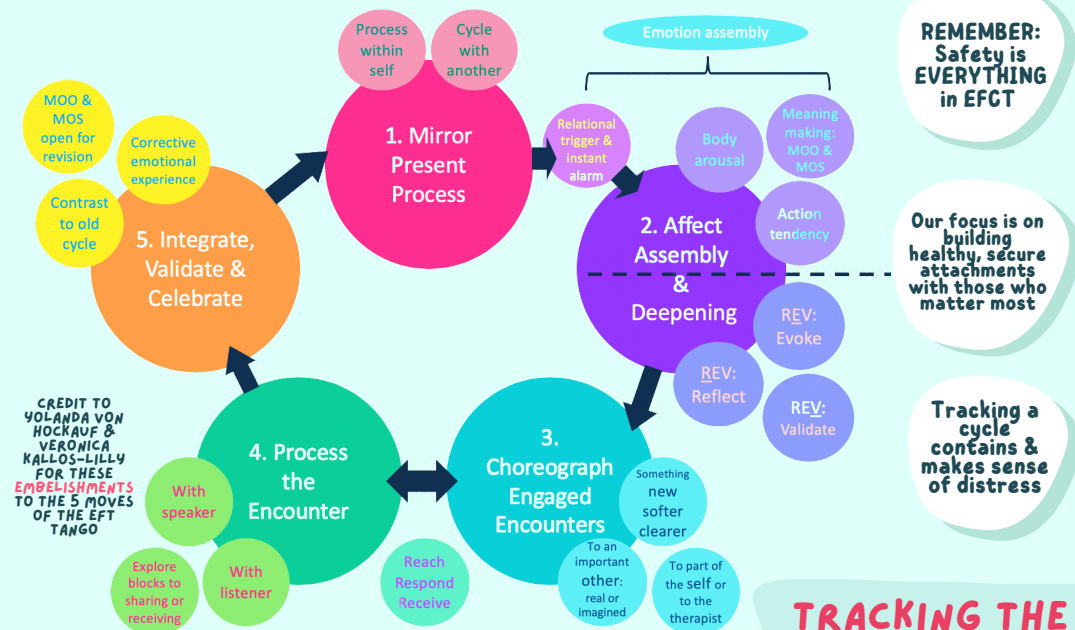


EFCT IN A PAGE - FOR THERAPISTS

5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012

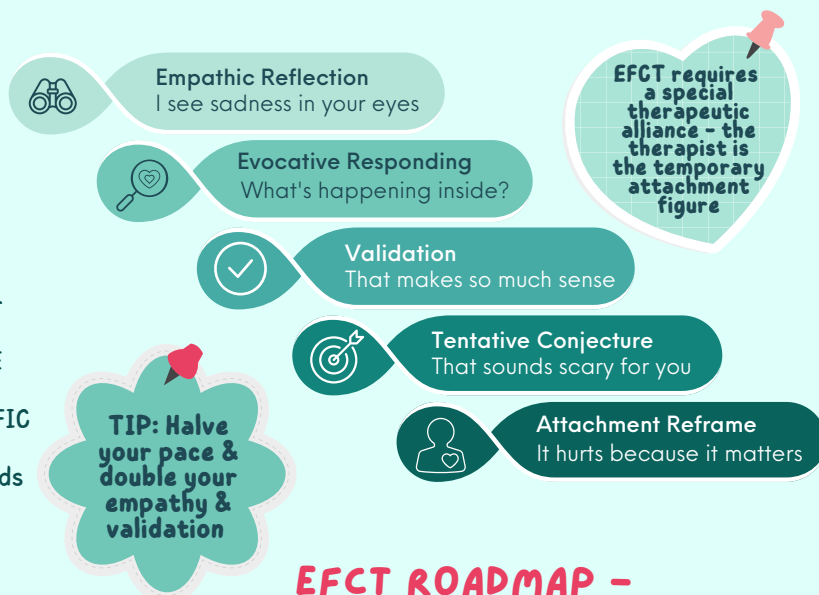


RISSSSC

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



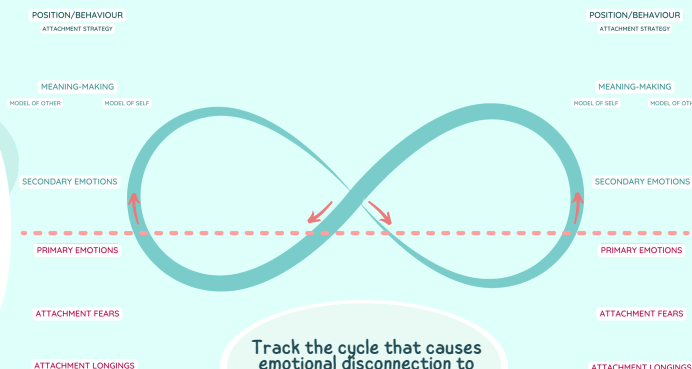
EFCT ROADMAP - 3 STAGES & 9 STEPS

WORKING WITH EMOTION IN EFCT



TRACKING THE RELATIONAL CYCLE

CREDIT TO SCOTT WOOLLEY



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