

## 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

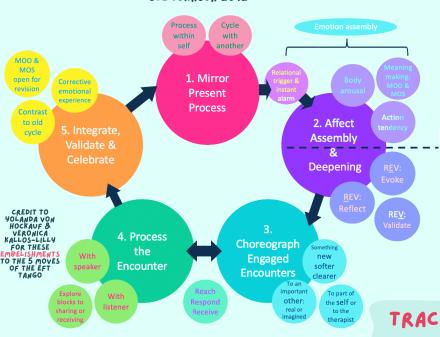
contains &

makes sense

of distress

## 5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012



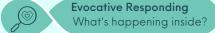
#### RISSSSC

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





EFCT 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 your 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

JOY SURPRISE

SADNESS

FEAR SHAME

SOFT 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 emotions 2. Discover their

order & meaning 3. Use this to pinpoint needs

SHUTTING ANXIETY

Validate

contain

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

SECONDARY REACTIVE EMOTIONS

FAST SURFACE-LEVEL BOND

PRIMARY EMOTIONS PRIMARY 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

