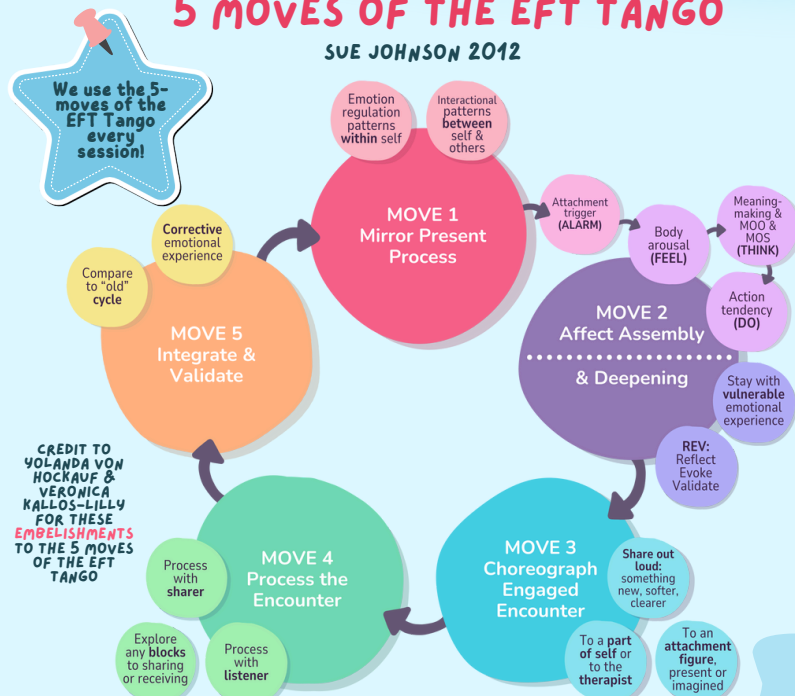


EFFT IN A PAGE - FOR THERAPISTS

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
- 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

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.

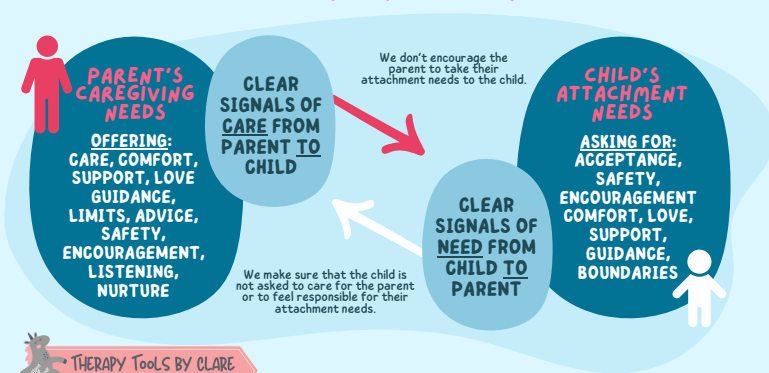
Stage 2: Restructuring

- 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.

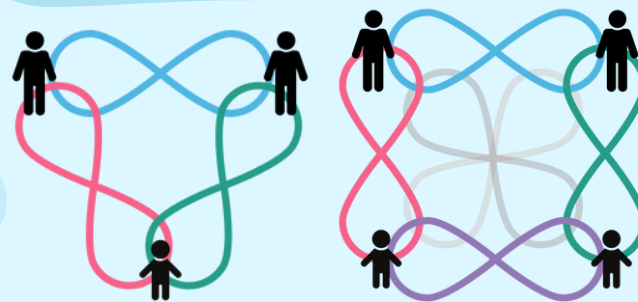
Stage 3: Consolidation

- 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.