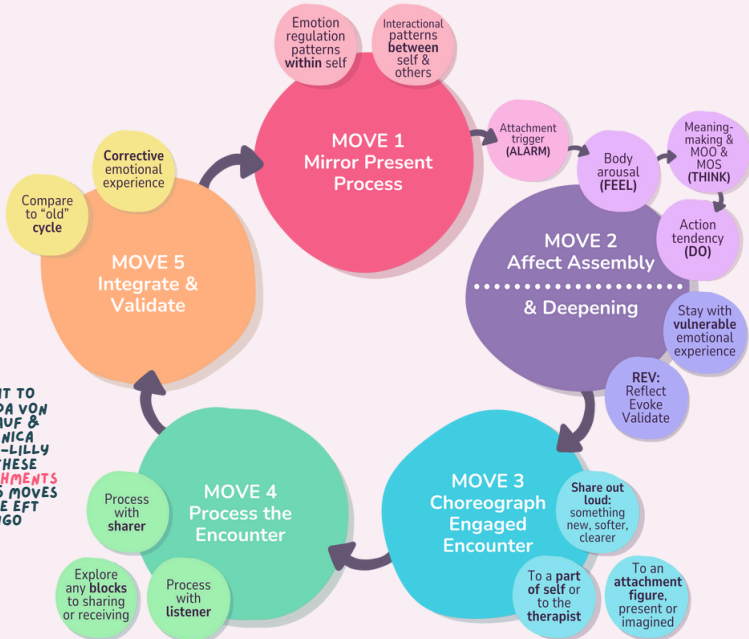


# EFIT IN A PAGE - FOR THERAPISTS

## 5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012



EFIT is about befriending your inner world

Our focus is on building healthy, secure attachments with self & others

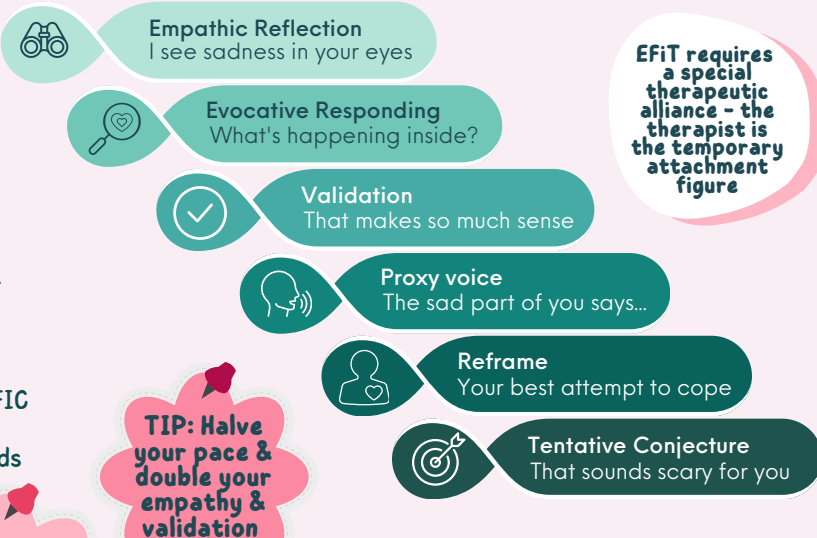
Tracking cycles makes sense of distress & stuck patterns

## 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

## EFIT THERAPIST MICRO-INTERVENTIONS



## WORKING WITH EMOTION IN EFIT

### 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 EFIT 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

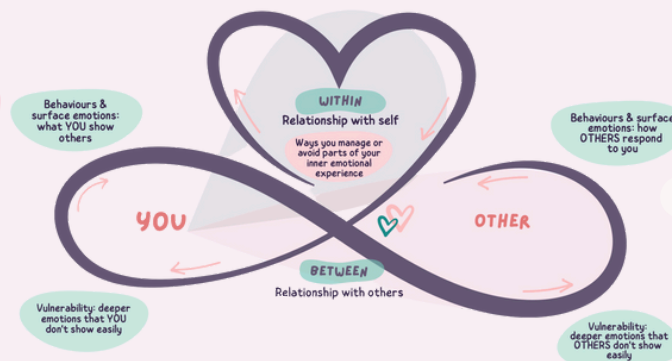
### SECONDARY REACTIVE EMOTIONS

ANGER NUMBNESS SHUTTING DOWN ANXIETY HOSTILE

Validate & contain

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

## TRACKING CYCLES "WITHIN" & "BETWEEN"



## EFIT ROADMAP: 3 STAGES

### Stage 1: Stabilisation

- Identifying patterns of emotional regulation & patterns of interaction with others that keep you stuck.
- Starting to gain access to your inner world & stepping out of "old" patterns.

### Stage 2: Restructuring

- Diving more deeply into your inner world to let the wisdom of your emotions inform you about your needs.
- Claiming needs & acting on them.
- Revising beliefs about self & other.

### Stage 3: Consolidation

- Ongoing action to shape the life you want informed by the wisdom of your inner world.
- Meet the challenges of life with greater flexibility & security.