

EFFT - FOR FAMILIES

WHAT IS EMOTIONALLY FOCUSED FAMILY THERAPY (EFFT)?

EFFT is an evidence-based therapy model for improving individual wellbeing & relationship satisfaction developed by Dr Sue Johnson in the 1980s.

Drawing on attachment science, EFFT focuses on building attachment security in family relationships, believing that secure attachment bonds are a basic need for all humans, regardless of age.

WHAT HAPPENS IN EFT FOR FAMILIES?

EFFT aims to help you and your family to create secure attachment bonds between members so that you feel happier together, can solve problems as a team & can flourish in life.

EFFT is a non-blaming approach that follows emotion to help family members to send clear signals of need & to build security in their attachment bonds.

A.R.E. OF ATTACHMENT

SUE JOHNSON 2008

Here are the building blocks of secure attachment between people who matter to each other.

These are the elements of secure bonding between family members.

REMEMBER:
Safety is EVERYTHING in EFFT
We need family members to feel safe in order to be vulnerable & to take new steps

REMEMBER:
All humans need loving attachment bonds
Everything is easier when we are connected to our special others

A A - ARE you there for me?
Do you have my back?

R R - will you RESPOND to me when I call? Can I count on you being there when I need you?

E E - are you ENGAGED with me? Do I matter to you? Are you interested in me?

Our focus is on building healthy, secure attachment bonds between loved-ones

Beneath our surface-level reactions are our deepest fears & needs

INGREDIENTS NEEDED FOR GREAT EFFT



Safety (emotional & physical)
I will protect you & our bond



Responsibility-taking
I own my part in our distress



Openness to hearing
I want to understand you



Lowering defences
I will share more of me



Risking vulnerability
I will show you the real me



Clear signals
I will let you know my needs

Bonds are built & strengthened when people can share their softer emotions & signal their needs.

EFFT helps parents to step into their caregiving role & children to access & clearly signal their attachment needs.

WORKING WITH EMOTIONS IN EFFT

Your EFT therapist will work with EMOTION as it emerges in the process. Sometimes, they will SLOW fast emotion & other times, they will EXPAND softer emotions.

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 EFFT 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
4. Send clear signals to important others

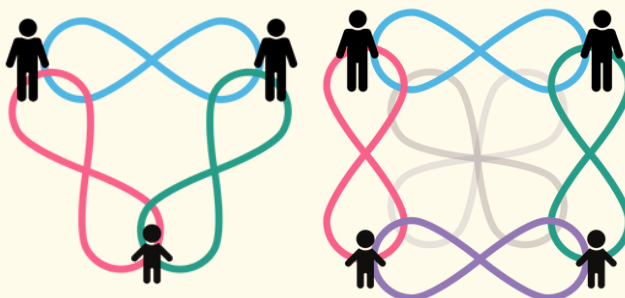
ANGER
NUMBNESS
SHUTTING DOWN
ANXIETY
HOSTILE

Validate & contain

SECONDARY REACTIVE EMOTIONS

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

TRACKING THE INTERLINKING RELATIONAL CYCLES IN FAMILIES



Your EFFT therapist is a process consultant who will work with the whole family & with dyads (pairs) to SLOW & reflect the PROCESS to understand the moments when you become disconnected.

We identify stuck patterns (cycles) & we help you to create new positive cycles between family members - building security & resilience.

EFFT ROADMAP - 3 STAGES

Stage 1: Stabilisation

- Identifying patterns of emotional regulation & communication patterns within the family that keep you stuck.
- 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.

