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EFT FOR INDIVIDUALS (EFIT)



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EFIT trusts in the

wisdom of your

emotional world &

aims to help you

to interact

differently with

your most primary

emotions

WHAT IS EMOTIONALLY FOCUSED THERAPY (EFT)?

EFT is an evidence-based therapy model for improving individual wellbeing & attachment security in relationships developed by Dr Sue Johnson in the 1980s.

Drawing on attachment science, EFT focuses on building a person's resilience, developing their psychological flexibility & fostering attachment security in their relationships. This helps people to overcome obstacles, to live a full & happy life & to nurture healthy attachment bonds with others.

WHAT HAPPENS IN EFT FOR INDIVIDUALS (EFIT)?

EFT for individuals aims to help you to identify & change patterns that keep you stuck in painful emotions & that block you from living the life you want.

As part of the work, we help you to exit these patterns, to more fully connect with your emotional world in positive ways & to let the wisdom of your inner world drive your actions & choices. We help you to strengthen relationships with those who matter most, knowing that secure attachments are vital to us all as humans.

BREAKING MYTHS To get off to a great start in your EFIT work, here are some mythbreaking benefits of emotions. **REMEMBER:** Our best attempt to cope with emotional pain can Emotions are not problems sometimes make it to be solved Our focus is on helping you to conenct with worse Emotions are important & your deepest needs & longings useful in decision-making Paying attention to emotional pain makes it easier to process **REMEMBER:** Hanging out with emotions All humans need loving takes us closer to our needs attachment bonds Everything is easier We need others to flourish in life when you are connected - isolation is traumatising to your special others including yourself!



🛇 WORKING WITH EMOTIONS IN EFIT 🎾

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



EFIT ROADMAP - 3 STAGES

Stage 1: Stabilisation

Claiming needs

Owning & expressing needs

- 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.

Lowering defences

Understanding protections

Risking vulernability

Touching & sharing pain

INGREDIENTS NEEDED FOR

GREAT EFIT

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Vulnerable emotions tell us about what

is most important to

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Feeling safe to share openly

Self-reflection

Willingness to look at patterns

Openness to contact

Visiting emotional places

Safety

Beneath our surface-level reactions are softer, vulnerable

emotions