

EFT FOR INDIVIDUALS (EFIT)



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 myth-breaking benefits of emotions.

REMEMBER:
Our best attempt to cope with emotional pain can sometimes make it worse

REMEMBER:
All humans need loving attachment bonds
Everything is easier when you are connected to your special others - including yourself!

1. Emotions are not problems to be solved
2. Emotions are important & useful in decision-making
3. Paying attention to emotional pain makes it easier to process
4. Hanging out with emotions takes us closer to our needs
5. We need others to flourish in life - isolation is traumatising
6. How we "show up" in relationships impacts how others respond to us

INGREDIENTS NEEDED FOR GREAT EFIT

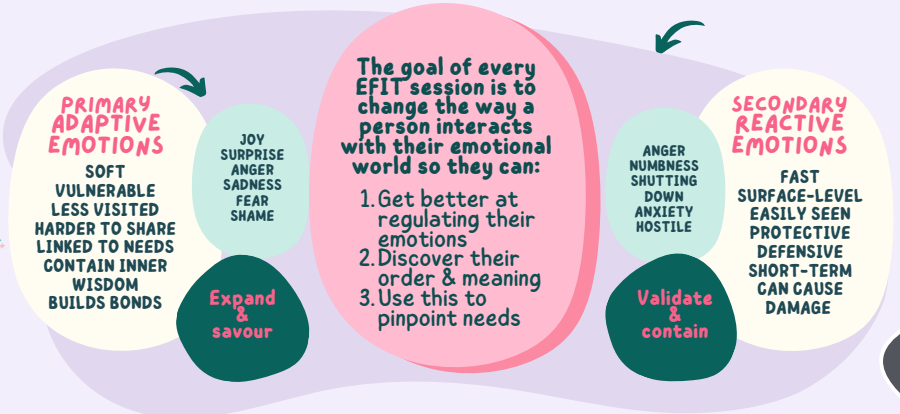
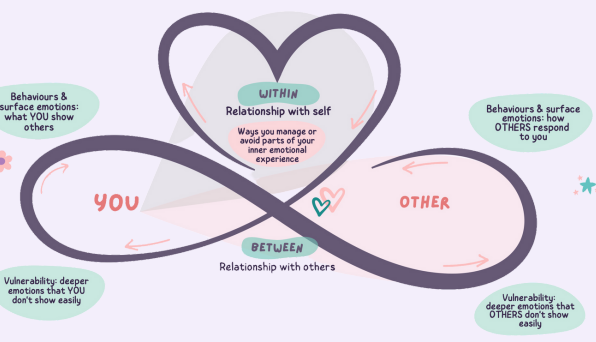


EFIT trusts in the wisdom of your emotional world & aims to help you to interact differently with your most primary emotions

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.

TRACKING CYCLES "WITHIN" & "BETWEEN"



EFIT ROADMAP - 3 STAGES

