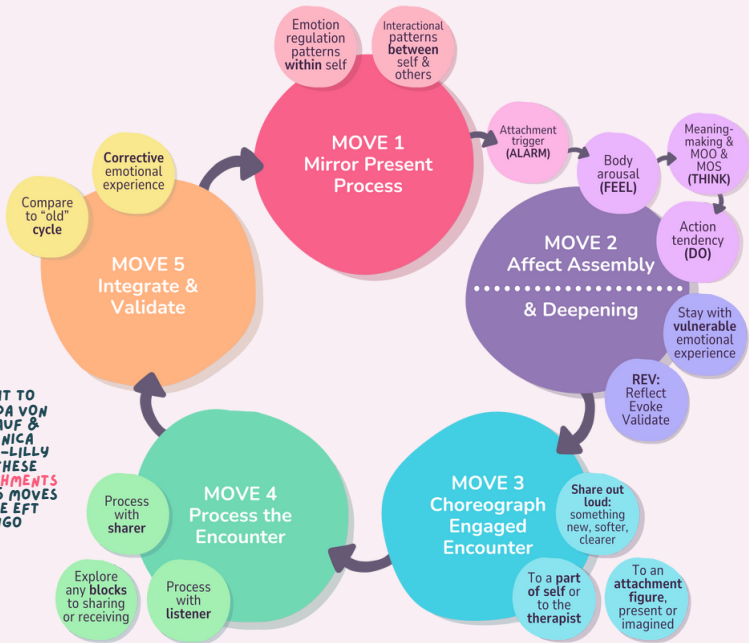


# EFT IN A PAGE - FOR THERAPISTS

## 5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012



CREDIT TO YOLANDA VON HOCKAUF & VERONICA KALLOS-LILLY FOR THESE EMBELLISHMENTS TO THE 5 MOVES OF THE EFT TANGO

## WORKING WITH EMOTION IN EFT

### 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 EFT 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

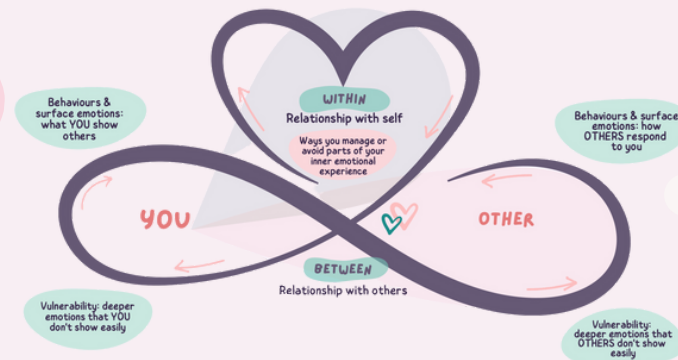
FAST SURFACE-LEVEL EASILY SEEN PROTECTIVE DEFENSIVE SHORT-TERM CAN CAUSE DAMAGE TO BOND

EFT 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

## TRACKING CYCLES "WITHIN" & "BETWEEN"

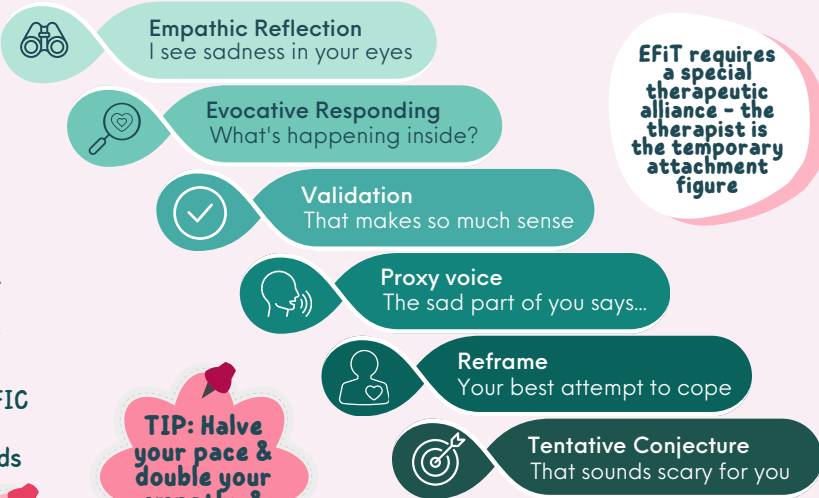


## RISSSSC

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

## EFT THERAPIST MICRO-INTERVENTIONS



TIP: Halve your pace & double your empathy & validation

REMEMBER: A person's attempt to cope with emotional pain can sometimes make it worse

## EFT ROADMAP: 3 STAGES & 9 STEPS

### 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.