

EFIT IN A PAGE - FOR THERAPISTS





EFIT is about

befriending

your inner

world

others

Tracking cycles makes

sense of

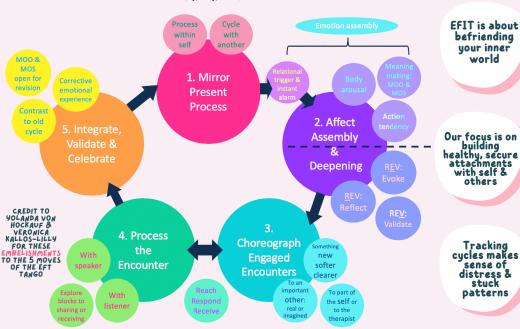
distress &

stuck

patterns

5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012



RISSSSC

Use RISSSSC to draw out softer emotions

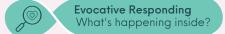
- REPEAT key phrases
- Use IMAGES
- Keep vocal tone SOFT
- Go SLOW to go deeper
- Keep language SIMPLE
- Keep the focus SPECIFIC
- Use the CLIENT'S words

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

it worse

EFIT THERAPIST MICRO-INTERVENTIONS

Empathic Reflection AB) I see sadness in your eyes





EfiT requires a special therapeutic alliance - the therapist is the temporary attachment figure



Proxy voice The sad part of you says...



Reframe Your best attempt to cope



Tentative Conjecture That sounds scarv for you

TIP: Halve your pace & double your empathy & validation

EFIT 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.

TRACKING CYCLES "WITHIN" & "BETWEEN" WORKING WITH EMOTION IN EFIT





PRIMARY ADAPTIVE

EMOTIONS

SOFT

VULNERABLE

LESS VISITED

HARDER TO SHARE

LINKED TO NEEDS

CONTAIN INNER