

3 common mistakes therapists make that can cost them dearly

...and how Emotionally Focused Therapy (EFT) can help

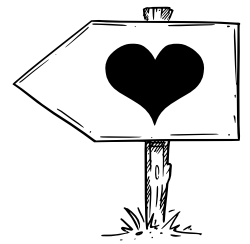
by EFT Trainer & Clinical Psychologist Dr Clare Rosoman

1 Pathologising emotion

If you see your clients' emotion as a problem to solve or as a symptom to modify, then you can find yourself fighting against what is natural. This can create dashed hopes for your clients & a sense of defeat for you as a therapist.

EFT remedy:

EFT prioritises human emotion as a rich source of meaning & interpersonal connection that is vital for our wellbeing. EFT invites open curiosity as we help our clients to interact differently with their emotional world & to tap into its wisdom. We aim to expand our clients' window of tolerance for being with their most vulnerable, primary emotions. Far from seeing emotions as problems to solve, we see them as providing us with a compass-heading, pointing us in the direction of what matters most in life & connecting us to our special others.



2 Being the expert

Feeling pressure to be the expert & to have the right answers, the right strategy to address the problem & the right response comes from a place of genuine desire to be the best for your clients. However, this is an exhausting & impossible standard to meet, which can lead to burnout & discouragement for therapists.

EFT remedy:

EFT is deeply respectful & non-pathologising, which takes you out of the "expert" role & allows you to authentically connect with your clients as fellow humans – with the same struggles & longings as you. In EFT, we create meaningful change in-session using the therapeutic relationship & key interventions, where clients connect with themselves & with those who matter most in ways that create lasting change - revising working models of self & other.

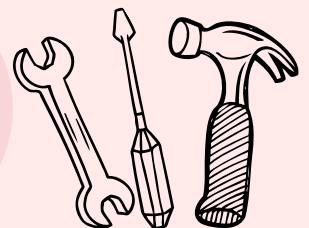


3 Using tools that aren't yielding results

If, like many of us, you are using tools that just don't seem to be helping your clients to make the changes they want to see (& that you want for them), then it is easy to feel helpless & to question our role as therapists.

EFT remedy:

EFT focuses your work on your clients' experience with clear therapist tools & interventions to keep the work experiential & on-target. In EFT we create moments of powerful change in every session – what a preventative for burnout that is! EFT is grounded in science & is evidence-based. EFT gives you the comfort of knowing that you & your clients are investing in a model that is grounded in attachment science. It does what it says on the box & we can show you how.



Better therapy starts with EFT

Learn EFT with
EFT Trainer
Dr Clare Rosoman
bceft.com.au

