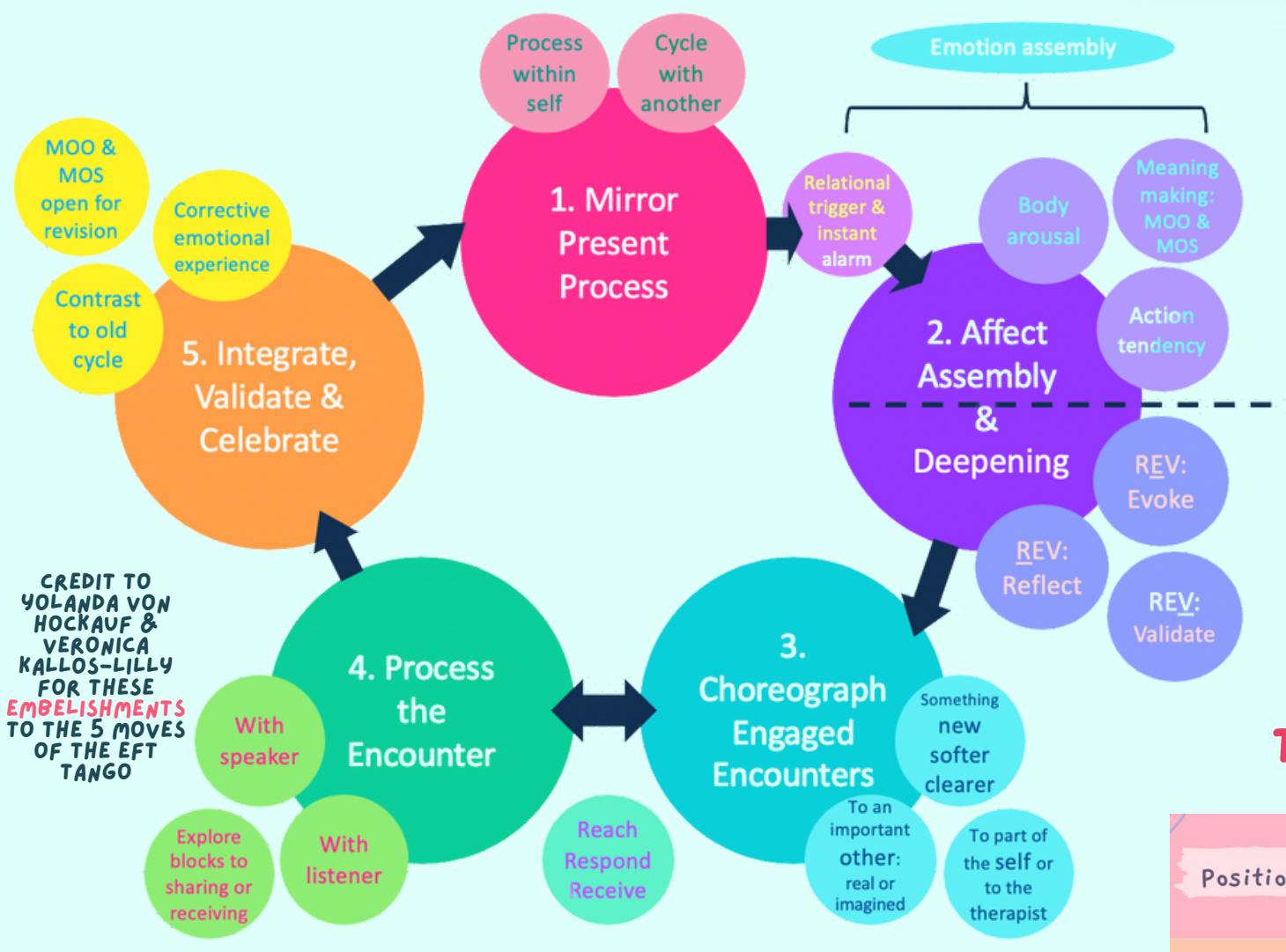


5 MOVES OF THE EFT TANGO SUE JOHNSON 2012



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

REMEMBER: Safety is EVERYTHING in EFT

Our focus is on building healthy, secure attachments with those who matter most

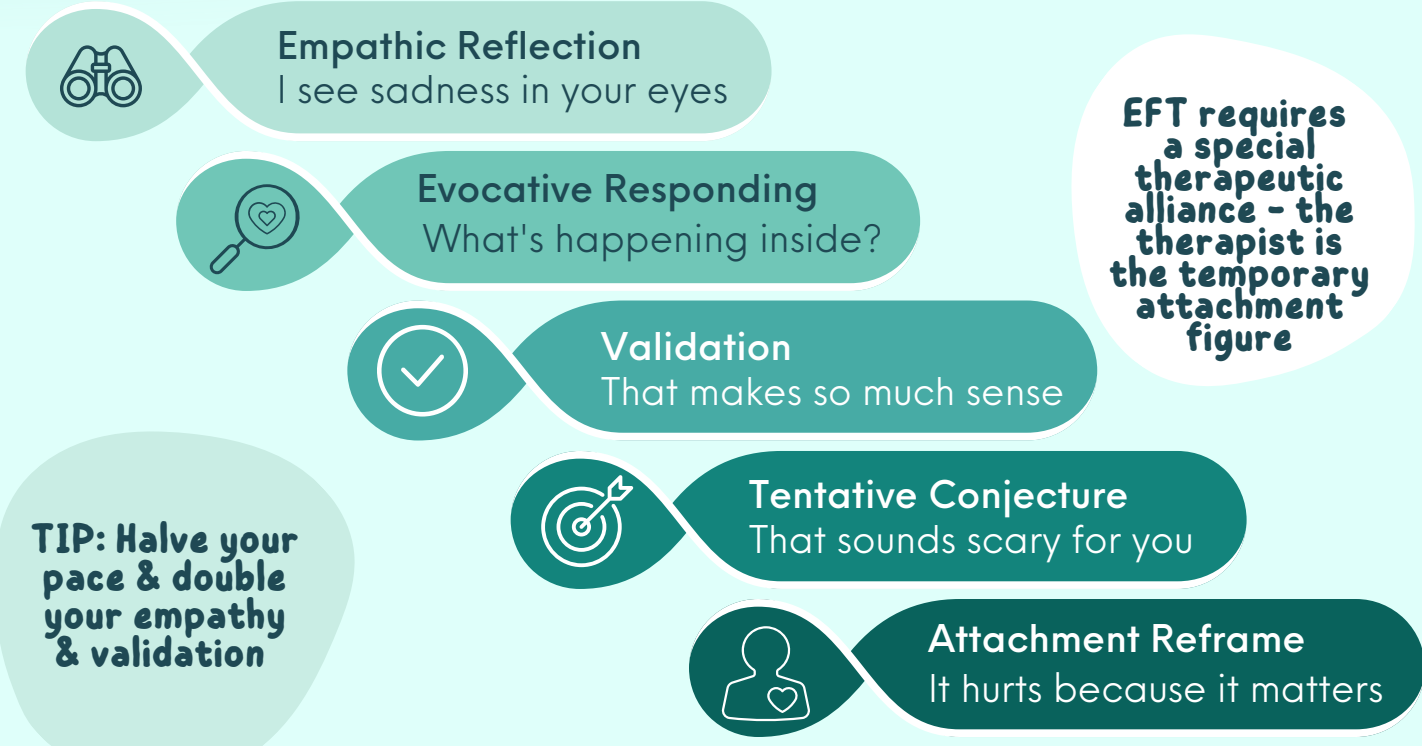
Tracking a cycle contains & makes sense of distress

RISSSSC

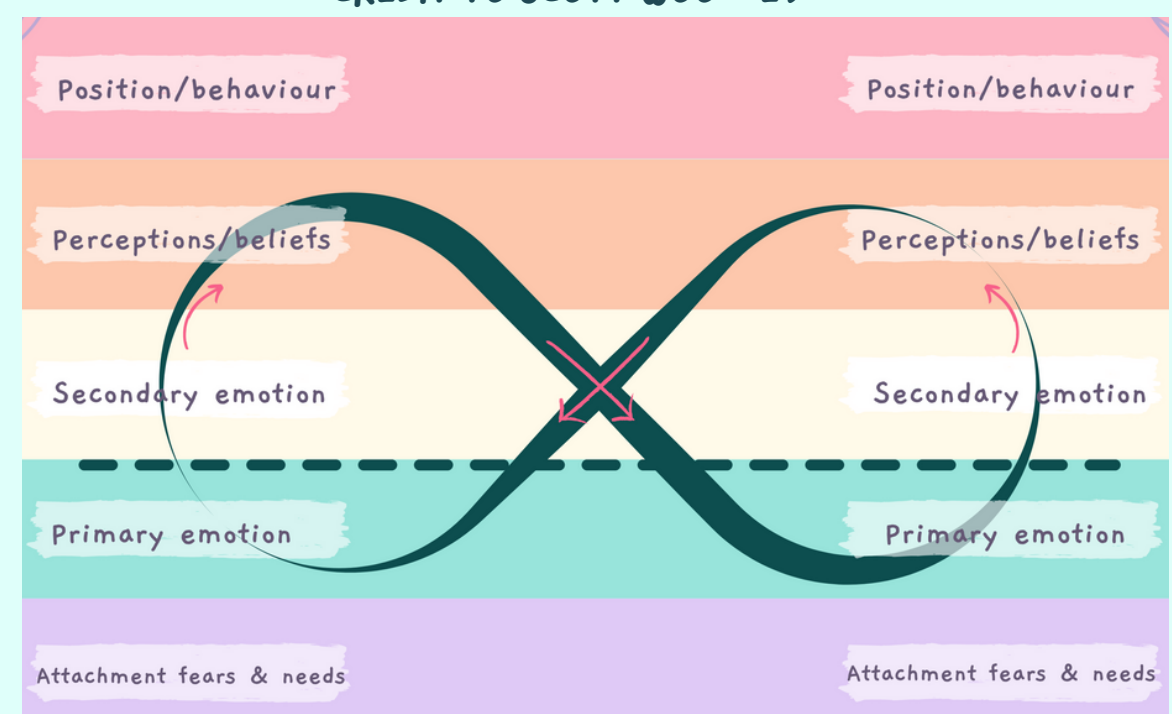
Use RISSSSC to draw out softer emotions

- 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



TRACKING THE RELATIONAL CYCLE CREDIT TO SCOTT WOOLLEY



EFT ROADMAP - 3 STAGES & 9 STEPS



- Stage 1: Stabilisation**
 - STEP 1: Assessment & alliance
 - STEP 2: Tracking patterns
 - STEP 3: Accessing primary emotions
 - STEP 4: Attachment reframe
- Stage 2: Restructuring**
 - STEP 5: Expanding & sharing vulnerable, primary emotion
 - STEP 6: Promoting acceptance
 - STEP 7: Asking for attachment needs
- Stage 3: Consolidation**
 - STEP 8: Practical problem-solving
 - STEP 9: Consolidating & prep for termination

WORKING WITH EMOTION IN EFT

