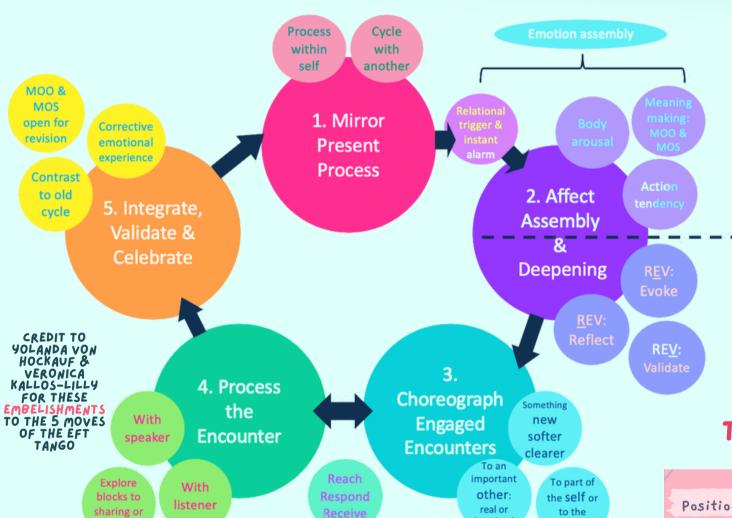
EFT IN A PAGE THE PROPERTY OF AUTHOR

5 MOVES OF THE EFT TANGO

SUE JOHNSON 2012



WORKING WITH EMOTION IN EFT

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

2. Discover their

pinpoint needs

order & meaning

emotions

3. Use this to

PRIMARY

ADAPTIVE

EMOTIONS

SOFT

VULNERABLE

LESS VISITED

HARDER TO SHARE

LINKED TO NEEDS

CONTAIN INNER

WISDOM

BUILDS BONDS

SURPRISE

ANGER

SADNESS

SHAME

Expand

savour

SECONDARY

REACTIVE

EMOTIONS

FAST

SURFACE-LEVEL

EASILY SEEN

PROTECTIVE

DEFENSIVE

SHORT-TERM

CAN CAUSE

DAMAGE TO

BOND

ANGER

NUMBNESS

SHUTTING

DOWN

ANXIETY

HOSTILE

Validate

contain

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

REPEAT key phrases

RISSSSC

Use RISSSSC to draw out

softer emotions

Use IMAGES

Keep vocal tone SOFT

Go SLOW to go deeper

Keep language SIMPLE

Keep the focus SPECIFIC

Use the CLIENT'S words

EFT THERAPIST MICRO-INTERVENTIONS



TIP: Halve your pace & double

your empathy & validation

Empathic Reflection

I see sadness in your eyes



Evocative Responding What's happening inside?



Validation That makes so much sense

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

Tentative Conjecture That sounds scary for you



Attachment Reframe It hurts because it matters

Position/behaviour Position/behaviour Perceptions/beliefs Perceptions/beliefs Secondary emotion Secondary motion Primary emotion Primary emotion

TRACKING THE RELATIONAL CYCLE CREDIT TO SCOTT WOOLLEY

Attachment fears & needs Attachment fears & needs

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