

EFT Training Note Form

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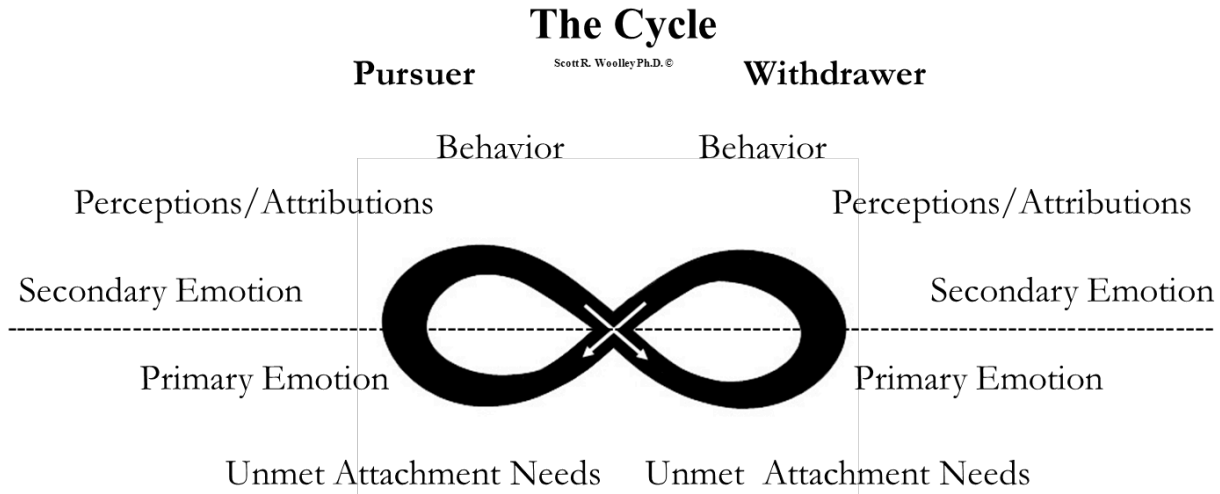
Date: _____ Session # _____ Length: _____ Clients: _____

Therapy Stage: De-escalation Reengagement Consolidation

Steps Covered:

- 1. Alliance and assessment
- 2. Identify negative interaction cycle and positions in that cycle
- 3. Access emotions underlying interactional positions
- 4. Reframe the problem in terms of emotions, attachment needs, & the cycles
- 5. Identification with disowned needs and aspects of self and integrating into interactions
- 6. Promote acceptance of partner's experiences & new patterns
- 7. Restructure the interaction and create emotional engagement
- 8. New solutions to old issues
- 9. Consolidating new cycles of attachment

Aspect of cycle highlighted in session:



Session Content Issues:

Key Emotions, Metaphors, Images, Client Phrases, and Positive Shifts in Session:

Interventions used:

- Empathic reflection
- Validation of client realities & emotional responses
- Evocative responding
- Heighten
- Empathic conjecture/interpretation and inferences
- Track and reflect process of interaction, make positions and cycles explicit
- Reframe experience/interaction in terms of attachment context & cycle
- Restructuring and shaping interactions (enactments)
- Diagnostic pictures explicate
- Individual session
- Disquisition

Homework:

Plan for Next Session: