EFT Session Note Form

Date: __________ Session: # ______ Couple: ________ Pursuer/Blame/Complain: _____ Withdrawer/Defend/Stonewall: ________
Trauma Survivor? _____ Attachment Styles: ______________________________   ______________________________
Attachment Injuries? __________________________________________________________________________________________

In this session:

Stage 1 De-Escalation
☐ 1. Alliance and assessment integrating into interactions
☐ 2. Identify negative interaction cycle and positions in that cycle
☐ 3. Access emotions underlying interactional positions
☐ 4. Reframe the problem in terms of cycle, secondary & primary emotions, & attachment needs.

Stage 2 Reengagement
☐ 5. Identification with disowned needs and aspects of self and integrating these into relationship interactions
☐ 6. Promote acceptance of partner’s experiences & new patterns
☐ 7. Restructure the interaction and create emotional engagement (Withdrawer first, then more-blaming partner)

Stage 3 Consolidation
☐ 8. New solutions to old issues
☐ 9. Consolidating new cycles of attachment

Cycle w/ Secondary Emotions and Behaviors: Draw out cycle, include physical sensations, behavior, thoughts and feelings:

Cycle w/ Primary Emotions and Behaviors:

Key Attachment Metaphors, Images, Client Phrases:

What do you think went well?

What areas do you want me to focus in this session to help you?

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