

*The Center For Emotionally
Focused Therapy*

EFT Case Outline Form

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EFT Nine Steps

Step 1. Create an alliance and delineate conflict issues in the core attachment struggle.

Step 2. Identify the negative interaction cycle.

Step 3. Access the unacknowledged emotions underlying the interactional positions.

Step 4. Reframe the problem in terms of underlying emotions and attachment needs. The negative cycle is the common enemy.

Step 5. Promote identification with disowned attachment emotions and attachment needs. The negative cycle is the common enemy.

Step 6. Promote acceptance of the partner's experience and create new interaction responses.

Step 7. Facilitate the expression of needs and wants; create emotional engagement and bonding events that redefine the attachment.

Step 8. Facilitate the emergence of new solutions to old relationship problems.

Step 9. Consolidate new positions/cycles of attachment behaviors.

A. Three questions or areas where you need assistance:

- 1.
- 2.
- 3.

B. Significant information such as ethnicity, session number, commitment, children, employment, living situation, support networks, past or present additional treatment, etc:

C. Presenting problems and goals:

D. Cycle (action tendencies, perceptions, reactive emotions, primary emotions)

E. Significant attachment injuries and history of abuse, trauma, violence, affairs, chemical usage, etc.;

F. Couple Strengths:

G. Positive shifts, effective reframes, key metaphors, and symbols:

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Therapist Checklist:

1. Cycle and characteristics?
2. Primary attachment emotions driving cycle?
3. Attachment issues and fears?
4. What step?
5. Pivotal issues in treatment?
6. Key images and metaphors used?
7. Current blocks to connection?
8. Alliance in tact?
9. Review last session notes?
10. Couple's strengths and positive shifts?

EFT Stages

1. De-escalation
2. Changing Interactional Positions
3. Consolidation

Interventions in EFT

1. Empathic reflection
2. Validation of emotions and realities
3. Evocative questioning and responding
4. Heighten and expand
5. Empathic interpretation and conjecture
6. Track and reflect process
7. Reframe negative interactional patterns
8. Restructuring and shaping emotional interactions
9. Diagnostic pictures explicate
10. Individual sessions
11. Disquisitions

Notes and Feedback on EFT Case Presentations