

EFT ASSESSMENT AND SESSION NOTES

Date: _____

Names of clients _____

Partner A

Partner B

Names of important players (e.g. children) _____

Duration of relationship _____ Marital Status _____ Referral Source _____

Reasons for seeking therapy at this time:

Partner A

Partner B

Stated goals for each partner:

Partner A

Partner B

Level of commitment – Partner A

1 2 3 4 5
Low High

Level of confidence – Partner A

1 2 3 4 5
Low High

Level of distress – Partner A

1 2 3 4 5
Extremely Unhappy Extremely Happy

Level of commitment – Partner B

1 2 3 4 5
Low High

Level of confidence – Partner B

1 2 3 4 5
Low High

Level of distress – Partner B

1 2 3 4 5
Extremely Unhappy Extremely Happy

Quality of sexual connection/physical affection:

How do they repair, and how long before they repair:

Partner A

Partner B

As children, whom would they go to for comfort and what was the response (use specific examples):

Has there ever been anyone in their lives they could reach for to find comfort:

How their parents handled conflict:

Previous relationship history:

Loss or trauma:

Other pertinent info:

Apparent negative cycle:

- Attack – Defend _____
- Pursue-Distance _____
- Demand-Defend/Appease _____
- Withdraw-Withdraw _____
- Complex Traumatic _____

Positive cycles/strengths (describe):

Therapist sense of alliance with client (yes/no)

Partner A

Partner B

Very easy to engage client

Moderately easy to engage client

Difficult to engage client

Very hard to engage client

Accompanying problems

Depression

Anxiety/PTSD

Alcohol/drug use

Other psychiatric conditions

Physical problems

How did they meet/what was the attraction:

Pivotal incidents:

Contraindications for EFT:

Other observations:

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<p>1. Action Tendencies – Behavioral Reactivity Responses to Connection and Disconnection in Relationship: What do you do with those feelings of loneliness or when you get angry? Help me understand what it looks like for you when you are upset with or hurt by your partner? How do you pursue for emotional closeness? What does that look like?</p>		
<p>2. Perceptions/Thoughts of Self/Other: While you are upset and/or hurting what is it you are telling yourself about this relationship and your partner/yourself?</p>		
<p>3. Secondary Emotions that lead to Primary Emotions: When you are walking away and feeling like you want to give up on him/her what is it that you are feeling? When you are frustrated/annoyed/irritated with your partner, is it possible that you might be feeling a bit lonely-sad-scared as well underneath it all?</p>		
<p>4. Primary Emotions fueled by attachment longings – List primary emotions for each partner here: What is happening for you behind that anger and frustration?</p>		
<p>5. Attachment Needs/Longings not being met in present relationships:</p>		
<p>6. Describe the cycle as you would describe it to the couple in session:</p>		

Step 1: Create an alliance and delineate conflict issues in core struggles.
Step 2: Identify the negative interaction cycle.
Step 3: Access the unacknowledged emotions underlying interactional positions.

Step 6: Promote acceptance of the partner’s experience and create new interaction patterns.
Step 7: Facilitate the expression of needs and wants; create emotional engagement.

Step 4: Reframe the problem in terms of underlying emotions and attachment needs. Step 5: Promote identification with disowned needs and aspects of self, integrating these into relationship interactions.	Step 8: Facilitate the emergence of new solutions to old relationship patterns. Step 9: Consolidation of the new patterns.
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