EFT Training Note Form

Date: Session # Length: Clients:

Therapy Stage: □ De-escalation □ Reengagement □ Consolidation

Steps Covered:

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 emotions, attachment needs, & the cycle

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

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

Session Content Issues:

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

Withdrawer

Pursuer

Behavior

Perceptions/Attributions

Secondary Emotion

Attachment Needs

Primary Emotion

Attachment Needs

Perceptions/Attributions

Secondary Emotion

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 sessions
□ Disquisition

Homework:

Plan for Next Session:

Signature

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