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

<table>
<thead>
<tr>
<th>Perceptions/Attributions</th>
<th>Behavior</th>
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<tbody>
<tr>
<td>Secondary Emotion</td>
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Pursuer

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Attachment Needs

Aspect of cycle highlighted in session (including action, perceptual, reactive emotion and primary emotion levels):

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 ____________________________________________________________