



rebecca jorgensen, ph.d. Emotionally Focused Therapy

EFT Group Presentation Form

Date: _____

EFT Nine Steps

Step 1. Creating an alliance and delineating conflict issues in core struggle.

Step 2. Identify the negative interaction cycle.

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

Step 4. Reframing the problem in terms of underlying emotions and attachment needs.

Step 5. Promoting identification with disowned needs and aspects of self; integrating these into relationship interactions.

Step 6. Promoting acceptance of the partner's experience and creating new interaction patterns.

Step 7. Facilitating the expression of needs and wants; creating emotional engagement.

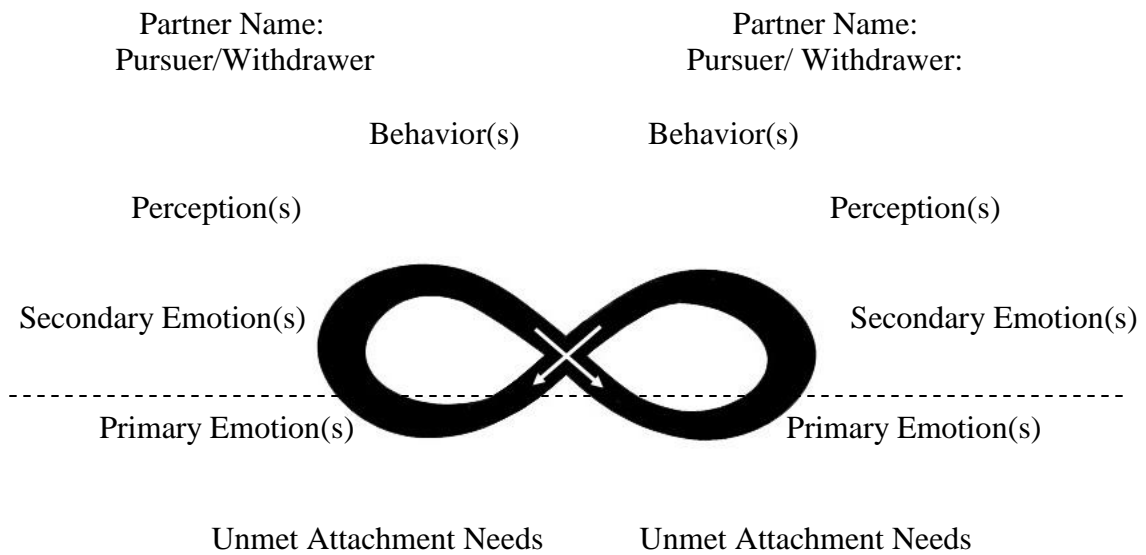
Step 8. Facilitating the emergence of new solutions to old relationship patterns.

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

Length of treatment: _____ Session # presenting: _____

The Cycle

Scott R. Woolley Ph.D. ©



A. Exceptions to the rigid patterns or strengths of the relationship.

B. Possible Reframe(s) and Metaphor(s) used in session(s):

EFT Stages:

- 1) De-escalation
- 2) Restructuring the BOND
- 3) Consolidation

C. List Three Questions or areas where you need assistance from the group today.

1)

2)

3)

EFT Interventions:

- 1) Empathic reflection
- 2) Validation of emotions and realities
- 3) Evocative responding
- 4) Heighten & EXPAND
- 5) Empathic Interpretation
- 6) Track & Reflect Process
- 7) Reframe Negative Interaction Patterns
- 8) Restructuring & Shaping Emotional Interactions
- 9) Diagnostic Pictures Explicate Impasse
- 10) Individual TX
- 11) Address ATTACHMENT INJURIES!

D. Significant Couple-Family Demographics: (Presenting Problem from the couples perspective, length of relationship, previous treatment, children etc:

E. Significant Individual HX (psychotropic medications, previous diagnosis, relevant attachment history etc. :

Partner #1 Name: _____ Partner # 2 Name:

F. Significant attachment injuries in relationship, identify whether or not these injuries have been discussed in session(s):

G. Group feedback Summary: