

# 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:**

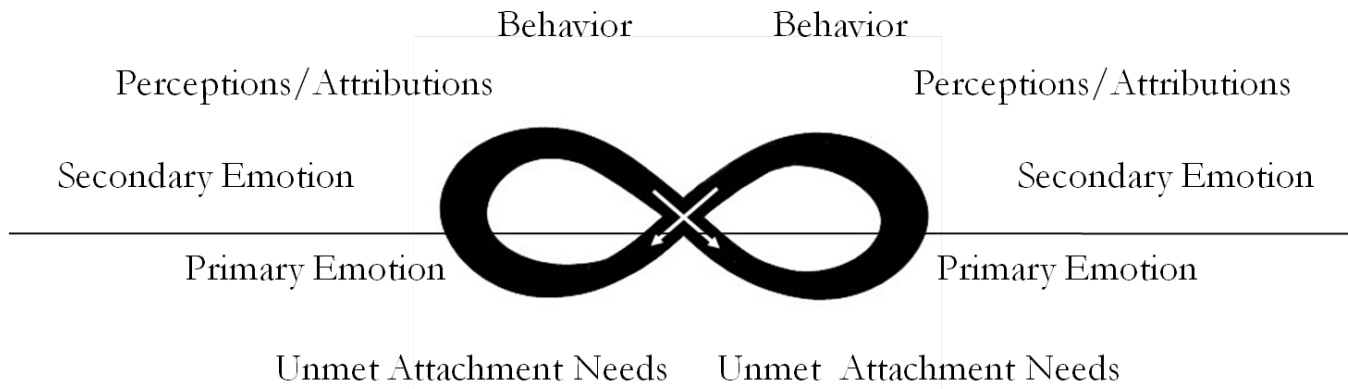
**Aspect of cycle highlighted in session** (including action, perceptual, reactive emotion and primary emotion levels):

## The Cycle

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**Partner**

**Partner**



**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** \_\_\_\_\_