

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 3 Consolidation


- 8. New solutions to old issues
- 9. Consolidating new cycles of attachment

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

Session Content Issues:

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

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

Interventions used:

- | | |
|---|---|
| <input type="checkbox"/> Empathic reflection | <input type="checkbox"/> Track and reflect process of interaction, make positions and cycles explicit |
| <input type="checkbox"/> Validation of client realities & emotional responses | <input type="checkbox"/> Reframe experience/interaction in terms of attachment context & cycle |
| <input type="checkbox"/> Evocative responding | <input type="checkbox"/> Restructuring and shaping interactions (enactments) |
| <input type="checkbox"/> Heighten | <input type="checkbox"/> Diagnostic pictures explicate |
| <input type="checkbox"/> Empathic conjecture/interpretation and inferences | <input type="checkbox"/> Individual sessions |
| | <input type="checkbox"/> Disquisition |

Homework:

Plan for Next Session:

Signature _____