

EFT Case Consultation

Date of Current Session _____ Session # _____ Date of First Session _____ Couple _____

Positions in Cycle _____ Trauma History? _____

Where are you in the treatment process?

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 cycle, secondary & primary emotions, & attachment needs.

Stage 3 - Consolidation

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

Stage 2 - Re-engagement

- 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 (Withdrawer first, then more-blaming partner)

Cycle w/ Secondary Emotions and Behaviors:

Cycle w/ Primary Emotions and Attachment Needs:

Key Attachment Metaphors, Images, Client Phrases:

What do you think went well?

Where would like help with this session?

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 |