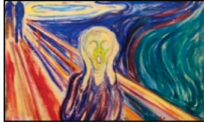


Emotion is an *Active Process*

a rapidly unfolding process of perception - sensation - meaning - action

cue/perception > sensation > meaning making > action

What is the (frightening) cue? > What does your body do? > What does it say to you? > What do you do?



1

Video Example

Watch assembling of M's emotion

Watch for the elements of emotion:

Trigger / Perception, Bodily Arousal, Meaning, Action Tendency.

EFT with Individuals and Couples: Attachment Theory in Practice. Brubacher, 2020.

2

EFT STAGES & STEPS

STAGE ONE: STABILIZATION / DE-ESCALATION

Step 1: Alliance & Assessment

Step 2: Identify negative cycle / Attachment issues

Step 3: Access underlying attachment emotions

Step 4: Reframe problem as cycle, disconnection — attachment needs/fears

STAGE TWO: RESTRUCTURING THE BOND

Step 5: Access vulnerabilities — implicit needs, fears, models of self

Step 6: Promote acceptance by other — expand dance

Step 7: Structure reach & respond — express attachment needs — create bonding interactions

STAGE THREE: CONSOLIDATION

Step 8: Facilitate new solutions

Step 9: Consolidate new positions, cycles, stories of secure attachment

© S. Johnson

3

EFIT STAGES & STEPS

STAGE ONE: STABILIZATION

Step 1: Assessment & Identify Treatment Goals (using UP model)

Step 2: Identify negative music and dances with significant others — affect regulation patterns, model of self and other, negative cycles that prime distress, depression and anxiety

Step 3: Assemble / Deepen — Access core “frightening, alien and unacceptable” emotion

Step 4: Frame problem RE: negative dramas with key others, triggering vulnerabilities and unmet needs, and constricted ways of addressing these, triggering confirming negative dramas.

STAGE TWO: RESTRUCTURING ATTACHMENT — MODELS of SELF and OTHER for EMOTIONAL BALANCE

Step 5: Deepen / Distill core fears, vulnerabilities / insecurities, existential dilemmas

Step 6: Promote acceptance by self, key others — real or representational

Step 7: Structure corrective emotional experiences — acceptance of needs — coherent secure models of self and other

STAGE THREE: CONSOLIDATION


© S. Johnson

18

EFT with Individuals and Couples: Attachment Theory in Practice, Brubacher, 2020.

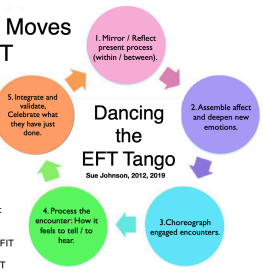
4

The 5 Basic Moves of EFT



Dancing the EFT Tango

Sue Johnson, 2012, 2019



The second figure can be:

- therapist
- part of self
- an imaginary other in EFIT
- a partner in EFCT
- family members in EFFT

5

Empathic Responsiveness is the Essence of Emotionally Focused Therapy

The empathic responsiveness of the therapist creates safety. The goal is to guide partners into this responsiveness with each other.


“Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant with the weak and the wrong. Sometime in your life you will have been all of these.”

—Lloyd Shearer

Most Basic EFT Intervention: **Empathic Reflection**

- Creates safety
- Focuses and slows processing
- Better organizes & distills experience — creates coherence

“Grasp the moment as it flies”




© S. Johnson

19

EFT with Individuals and Couples: Attachment Theory in Practice, Brubacher, 2020.

6




Tango Move 1 - Reflection of present process - to name that tune -

Secondary attachment strategy - (Turn it up? Turn it down?)

Mirror the core repetitive pattern of emotion regulation in which client is caught.

Watch Luke - What is his basic attachment strategy?



7

Facilitating Depth of Emotional Experiencing

1 — 2 — 3 — **4** — 5 — 6 — 7

Levels 1 - 3 - Detached from inner experience, impersonal, abstract, general, external descriptions.

Level Four - Attending to felt flow of inner experiencing.

Level 5 - 7 - Expansive - increasingly concrete, "alive" - felt shift emerges, increasing trust of inner experience (as reliable guide).

Notice proximity to / distance from experience:
"It feels like a wounded animal."

Brubacher's abbreviation of Client Experiencing Scale (Klein et al., 1986)
EFT with Individuals and Couples: Attachment Theory in Practice. Brubacher, 2020. 20

8

Empathic Attunement & Reflecting Role-play

Client: I feel like a wounded animal. There is a wound — there is a problem — there is something that needs to be healed. But it hurts so bad that the animal won't let you touch that area and fix it.

Before role play:

1. Notice any fears that come up for you as a therapist, when your client says and does this.
2. What is your automatic impulse of how to response?

Therapist:

1. Attune with your own emotional experiencing to the client's experience. Get a felt sense of the client's experience.
2. Use reflection and validation. Use your voice tone and your pacing to "stay with," and reflect present moment process.
3. Do not ask questions. Trust the power of reflection. Use emotional images to bring experience alive.

10 min role play; 5 debrief

9

Debriefing Role-play

"Client:" When did you feel most understood?
When/did you *experience* some new emotional awareness - an attachment frame for your problem?

Therapist: When did you feel most closely attuned with the "client"?
When/did you slow down to engage the "client" in present moment experience?
When/did you "linger with" emotional experience?

Observer: What did you notice about the depth of client's experiencing?
What did you notice that the therapist did that increased client's depth of experiencing?

EFT with Individuals and Couples: Attachment Theory in Practice, Brubacher, 2020.

21

10

Tasks of EFT - across modalities - through all stages of change

Task 1. Creating and Maintaining a Therapeutic Alliance

Task 2. Accessing, Assembling, Expanding, Distilling
and Deepening Emotion

Task 3. Restructuring Key Interactions and Key Ways of
Engaging

Specifically applied to EFIT, Constrained strategies for engagement / emotion regulation are the problem in anxiety and depression

11

EFT Interventions

Experiential - to create alliance, access, expand and reprocess emotion

- Empathic, evocative reflection
- Validation
- Evocative Questions
- Heightening elements of experience
- Conjecture (interpretations at the leading edge of experience)

Systemic - to reflect patterns and shape new patterns of emotion regulation


- Track and Reflect processes and patterns
- Reframe
- Shape encounters - direct sharing of distilled messages with imagined other, therapist, parts of self in EFIT, partner in EFCT:
 - present positions, newly accessed emotional experience, or new responses
 - always explore: the impact of disclosing
- Respect reluctance - "slice risks thinner"
- Contain negative messages - "catch the bullet".

EFT with Individuals and Couples: Attachment Theory in Practice, Brubacher, 2020.

22

12

Key factors central to the success of EFT



Task Alliance
Emotional Depth
Affiliative Interactions

Case Example of Dr. Sue Johnson
Monitoring and Facilitating "T.E.A."

Brubacher, L. L., & Wiebe, S. A. (2019). Process-research to Practice in Emotionally Focused Couple Therapy: A Map for Reflective Practice. *Journal of Family Psychotherapy*

13

The Horse Whisperer - Amygdala Whispering




Following and Leading - Attuning to the Window of Tolerance

When people are processing threat in an unfamiliar emotional place, they need repetition - 5 - 6 times - before they can take in a new cue or frame. - Johnson, 2019, p.174

EFT with Individuals and Couples: Attachment Theory in Practice. Brubacher, 2020.

14



R. I. S. S. C. - the core nonverbal practices of an EFT therapist

R: REPEAT poignant emotion-laden words to deepen experience. *Emotional handles.* "Crushed" "Like just before the bee is going to sting."

I: IMAGES evoke emotions more than abstract labels.

S: SIMPLE. words, succinct responses engage emotional experience.

S: SLOW pacing deepens client's emotional experiencing.

S: SOFT, low, soothing tone of voice creates safety and encourages.

C: CLIENT'S words and phrases used in a supportive and validating manner orders and distills.


15

Case Formulation - Assessment

1. Genuine Encounter - Alliance
2. Process vs. Content
3. EFIT: *Emotional disorders* are disordered versions of what is otherwise a healthy response - Bowlby; Barlow UP
EFCT: Relationship distress - repetitive patterns of coping with *separation distress* - *lack of attuned responsiveness*.
4. Goals: collaborative, concrete, specific, realistic.
EFCT: Assess for compatible agendas, safety.

See Johnson, 2019, pp. 77 - 84 & 132-137

EFT with Individuals and Couples: Attachment Theory in Practice, Brubacher, 2020.



16

The Tango in EFIT sessions – Video demonstration of EFIT – Discussion and clinical exercise

17
