

### What can you find in ~ 15 minutes from this first session regarding the following?

1. *Ways of regulating emotion.* - **the protection/prison cycle.**
2. *Within-between cycle* - the pattern of inner turmoil - interpersonal problems
3. *Emotional handles.* Core evocative words, images.
4. *Key elements of emotional disorders sense of uncontrollability and perceived danger*
  - *feeling lonely, unlovable, unwanted, helpless*
  - *sense of loss*
  - *intense unacceptable negative emotion, lacking clarity*
  - *vigilance for threat*
  - *avoidance strategies*
5. *Goals for therapy*

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### EFT Tango with a trauma survivor

#### Identify:

- How I stay close to his emotional experience.
- What is his typical pattern as he describes it?
- The emerging shifts in his emotional experience?
- Reflecting present process, assembly of emotion, deepening of emotion, shaping different encounters
- Bodily signs of emotional experience
- The power of imagined encounter with attachment figure - depth of change
- Coherent narrative

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### Shaping Encounters in EFIT

Choosing *which dyad* to shape and process an encounter:

- 1) In which dyad is emotion most alive?
- 2) In which dyad is emotion most blocked?
- 3) Which attachment figure (imagined other or therapist's presence) may be the best resource in this moment?
- 4) Before shaping an encounter between with two aspects of self, check if emotion is adequately assembled and distilled
- 5) Encounter between therapist and client emerges spontaneously - use Move 4 of the Tango to explicitly process that experience.
- 6) When the imagined other is an "offending other," such as in trauma resolution, take extreme care to hold *other* and not *self* as responsible; validate needs for permanent distance from abuser.

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### The Problem — EFIT

*Amy: Well I guess I am depressed. Down. No energy. My boyfriend says I am depressed. (She laughs.) I just lost my job cause my boss said I was too anxious and not focused enough, and I guess I do worry about things. (Begins to cry) My boyfriend, Tim, says he is busy with his job but... I think maybe he is getting ready to move on. Used to call him all the time, but now am just sleeping a lot, watching TV and eating bad stuff... bit pathetic... but I am fine really.*

*Therapist: Sounds like you are feeling out of control in your life, Amy — getting down — worried and unsure about lots of things. It hard to know how to believe you can move forward in your life?*

*Amy: Oh — well. (Smiles and flips her hand in the air) I never seem to get it right anyway really — I am just waiting for Tim to tell me we are done, and well, I didn't want that job anyway.*

*Amy: My mum says I just need to grow up and stop being a drama queen. We fight a lot. So I just left and zoned out on TV soaps till about 4am. She told me about a job interview but... what's the point? I wouldn't get it anyway. Do you think I am a really nut-case? (Sighs.)*

*Therapist: Everything seems pointless, some part of you says nothing is going to work? (She nods.) When you get really down — who can you turn to for support?*

*Amy: Turn to? What do you mean? My mum just lectures me — don't have any friends here really — and my boyfriend is busy all the time so... I cuddle the neighbour's cat sometimes. (Giggles.) I never really was good at making friends. I was always the odd one out, shy. So...*

*Therapist: Sounds kind of lonely.*

*Amy: (Tears up, nods glumly) Sure, but what can you do? The only time I feel good is when I swim — used to swim a lot — compete even. But couldn't make the finals so... I just want to feel better. At 28 years old I should be in control of my life.*

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### As you listen to this transcript, identify:

- Patterns of Affect Regulation - How does Amy deal with her vulnerable emotions?
- Patterns of Engagement with Others. Connection and disconnection. How does she portray others?
- View of Self. What are themes /emotional handles in her description / model of self, especially with regards to worthiness, competence?
- Themes of emotional disorders\* - How does her experience reflect these themes and how does attachment theory help you depathologize them?

\* **Depression and Anxiety** - Lonely, unlovable, unwanted, helpless, (Bowlby) Intense negative emotion, vigilance, perceived danger, avoidance, fears emotion, fears fear itself, negative attributions, sense of uncontrollability.

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### The Tango in EFCT sessions – Video demonstrations of EFCT – Discussion and clinical exercise

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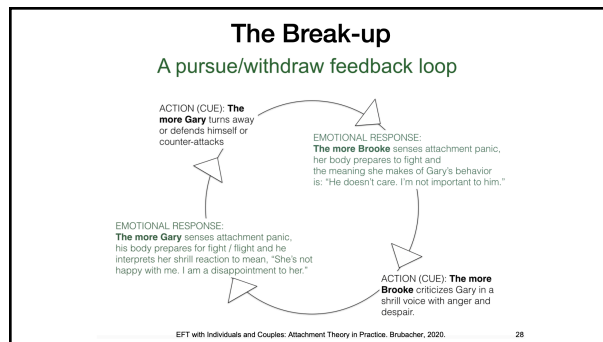
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**Escalated Couple**

- A high conflict couple impacted by trauma, emotion dysregulation, hyperactivity, prescription drug addiction, accusations of domestic violence, an affair, other suspicions of infidelity
- Watch for assessment questions, tracking the cycle, accessing primary emotion, power of enactments, slow pace.
- Couple has confirmed they are in a lot of pain and that they very much want to repair the relationship. Therapist has assessed for safety to do couple therapy.

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**Gay Couple completing Stage 1  
change event of Stabilization**

Growing awareness of their negative cycle as the problem.

T. the pursuer - escalates in desperation like a speeding train  
J. the withdrawer - steps back and lets the train run its course

They can slow down the cycle slow it down: When J "steps in" T. says it is like J puts brakes on a speeding train.

The trigger that begin's T.'s desperate escalation and angry complaints is a look on of admonishment or disapproval on J.'s face or any sign that J. may be about to flee.

The cue for J. is T.'s raised voice. This triggers what he calls his reaction of "all flight no fight".

available at: <https://steppingintoeft.com>

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## Couple with an Attachment Injury in Stage 2 Change Event

Maintaining Task Alliance  
Deepening Emotional Engagement  
and Shaping Affiliative Interactions

Interventions

- Heightening - with repetition and imagery
- Shaping, directing and processing enactments
  - reflecting
  - evoking
  - validating
  - conjecturing
  - tracking
  - reframing

all in the attachment channel

available at: [www.attachmentinjuryrepair.com](http://www.attachmentinjuryrepair.com)

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## Integration, Further Resources, Questions, and Wrap-up

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## Emotionally Focused Therapy

Dr. Sue Johnson

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## Emotionally Focused Couple Therapy: Key Ingredients of Change



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Training Videos: 40% discount, using coupon **intoef140**

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## Emotionally Focused Therapy





EFT workbook, 2005    EFT Casebook, 2011    EFFT, 2019

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## Emotionally Focused Individual Therapy





Johnson (2009)    Brubacher (2018)    Johnson (2019)    Brubacher (2017)

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### EFT Stance on Diversity

We aim to cultivate a climate of inclusion, an environment where all can feel safe, valued, cared for, and given an opportunity to form meaningful connections with each other. In all facets of our work we strive to embody what we hope to see in the world — a just, loving humanity and community in which people are free to be themselves fully — where people can embrace their most basic universal human attachment needs without fear of persecution or marginalization as a result of religion, race, ethnic or national origin, sexual orientation, gender expression, age, class, mental health, physical character or disability. These values are inherent in the attachment science and humanistic approach to intervention that all our work is based on.

Specifically, humanistic approaches such as EFT are collaborative and respectful. We create a safe place for people and treat them as persons not problems or types. Our approach is non-pathologizing in practice.

Our values are inclusive and egalitarian while viewing human connection as sacred — something to be honoured and cultivated.

Our scientific and theoretical base outlines key universals, emotion and attachment, while respecting individual differences.

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### Thank you for your interest in Emotionally Focused Therapy Hope to see you in future EFT trainings



"Love guards the heart from the abyss." (Mozart) "That statement is more than just poetic."

- S Johnson in Deciphering the language of Love in *Scientific American Mind*, (June 2017)

Brubacher (2020). The hand-out may only be copied for noncommercial use with appropriate referencing.  
EFT with Individuals and Couples: Attachment Theory in Practice. Brubacher, 2020. 33

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