EFT Laber

Tracking and reflecting the Cycle

EFT Laben

You will learn

Aspects of tracking and reflecting 5 levels of the cycle Common enemy How to write EFT notes

EFT

Susan M. Johnson, Ed.D.

is the main proponent of Emotionally Focused Couple Therapy (EFT). The content and philosophy presented in the EFT Lab are almost entirely based on Dr. Johnson's work. Dr. Johnson's books on EFT include:

Johnson, S.M. (2002). Emotionally focused therapy with trauma survivors. Strengthening attachment bonds. New York, NY: Guilford Press.(p.62-82)

Johnson, S.M. (2004). The practice of emotionally focused couples therapy: Creating connections. New York, NY: Brunner/Mazel. (p. 113-130)

Johnson, S.M., Bradley, B., Furrow, J.L., Lee, A., Palmer, G., Tilley, D., & Woolley, S. (2005). *Becoming an emotionally focused couple therapist: The Workbook*. New York, NY: Brunner-Routledge. (p. 105-111; 129-134)

Johnson, S.M. (2008). *Hold me tight: Seven conversations for a lifetime of love*. New York, NY: Little Brown. (p. 65-97)

FFT Laber

The clips you will see in this segment of the EFT Lab have been provided by:*

Dr. Sue Johnson videos available through:

ICEEFT & Psychotherapy.net:

Emotionally Focused Therapy in Action

(Sue with Matt and Rhea)

Psychotherapy.net:

Therapy with the Experts

(Sue with Scott and Leslie)

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Aspects of tracking and reflecting

Stance - tentative, collaborative, accepting, firm

Tone - friendly, light, "standing beside", egalitarian

Language - non-blaming, vivid, metaphoric, colloquial, attachment oriented, includes their words

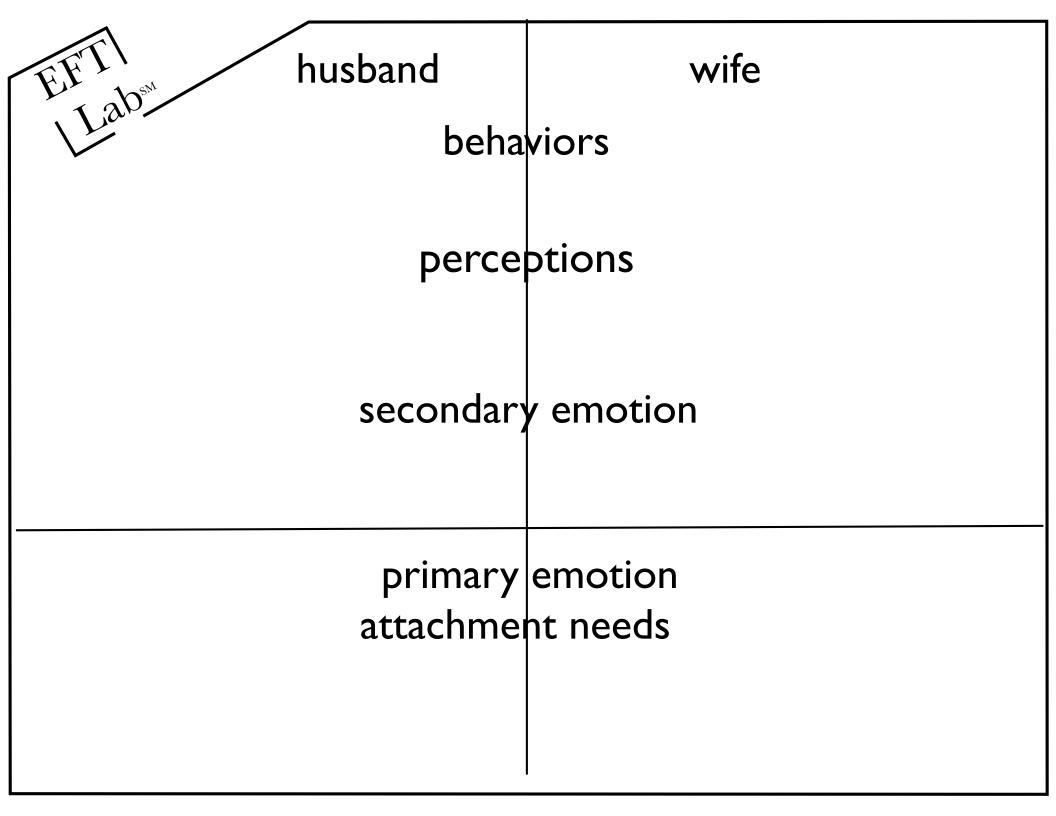
Levels - behaviors, perceptions, secondary emotion, primary emotion, attachment needs

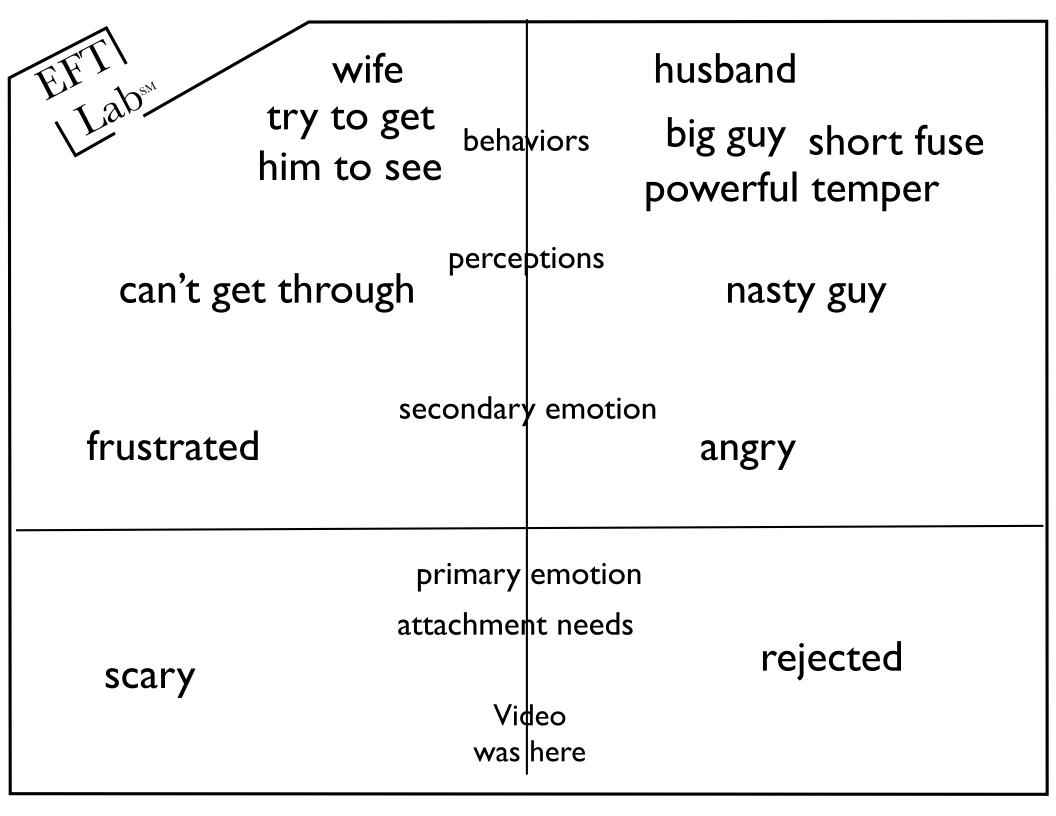
Questions - designed to move them to a stepped back position; look at inner state and outer moves

Pace - deliberate, balanced between couple, repeats, equal responsibility

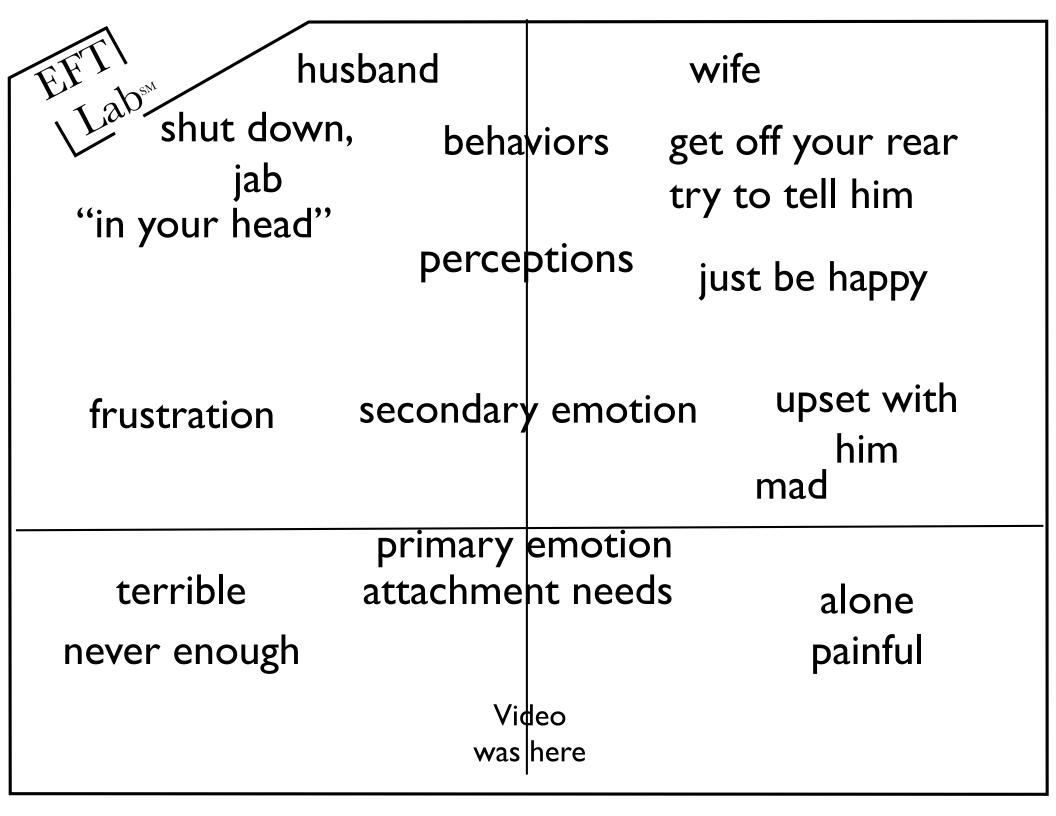
Cycle 5 levels include for both partners:

- 1. Behaviors
- 2. **Perceptions/Attributions-**View of Self and View of Partner in relationship
- 3. **Secondary** Reactive Emotions
- 4. Primary Attachment Emotions
- 5. Attachment Needs





husband	wife	
behav	iors	get off your rear
perceptions		try to tell him
	ptions	just be happy,
secondar	y emotion	upset with him angry/mad
primary attachme	emotion nt needs	alone painful
	deo here	



H.T.absin husband	wife	
beha	viors	defensive blow up
perce	otions	
secondary	emotion	angry
primary	emotion nt needs	are you there for me?

husband in my cave		wife	
in my cav island	e beha	viors	defensive blow up
I'm doing the best I can	perce	ptions	
angry	secondar	y emotion	angry
	primary attachme	emotion nt needs	are you there for me?
			starved

husband in my cave		wife	
in my cav island	e beha	viors	defensive blow up
I'm doing the best I can	perce	otions	
angry	secondar	y emotion	angry
confused over whelmed	primary attachme	emotion nt needs	are you there for me? starved

wife I	wife 2	
Vid was	leo here	

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