

EFT TRAINING NOTE FORM

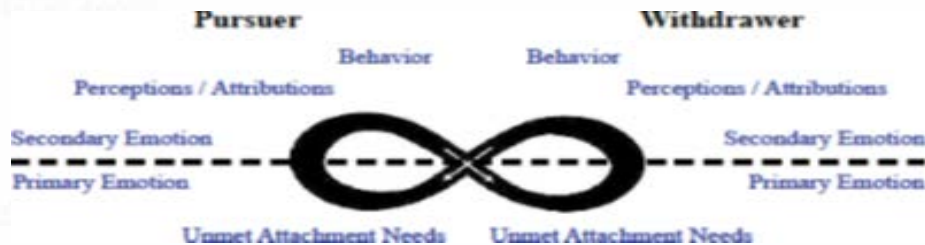
Date: _____ Session # _____ Length: _____ Clients: _____

Therapy Stage: De-escalation Reengagement Consolidation

Steps Covered:

- | | |
|--|---|
| <input type="checkbox"/> 1. Alliance and assessment | <input type="checkbox"/> 6. Promote acceptance of partner's experiences & new patterns |
| <input type="checkbox"/> 2. Identify negative interaction cycle and positions in that cycle | <input type="checkbox"/> 7. Restructure the interaction and create emotional engagement |
| <input type="checkbox"/> 3. Access emotions underlying interactional positions | <input type="checkbox"/> 8. New solutions to old issues |
| <input type="checkbox"/> 4. Reframe the problem in terms of emotions, attachment needs, and the cycles | <input type="checkbox"/> 9. Consolidating new cycles of attachment |
| <input type="checkbox"/> 5. Identification with disowned needs and aspects of self and integrating into interactions | |

Aspect of Cycle Highlighted in Session:



Session Content Issues:

Key Emotions, Metaphors, Images, Client Phrases, and Positive Shifts in 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 and emotional responses | <input type="checkbox"/> Reframe experience/interaction in terms of attachment context and 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: