

# EFT Group Presentation Form

Date: \_\_\_\_\_

## EFT Nine Steps

*Step 1.* Creating an alliance and delineating conflict issues in core struggle.

*Step 2.* Identify the negative interaction cycle.

*Step 3.* Accessing the unacknowledged emotions underlying the interactional positions.

*Step 4.* Reframing the problem in terms of underlying emotions and attachment needs.

*Step 5.* Promoting identification with disowned needs and aspects of self; integrating these into relationship interactions.

*Step 6.* Promoting acceptance of the partner's experience and creating new interaction patterns.

*Step 7.* Facilitating the expression of needs and wants; creating emotional engagement.

*Step 8.* Facilitating the emergence of new solutions to old relationship patterns.

*Step 9.* Consolidating new positions/cycles of attachment behaviors.

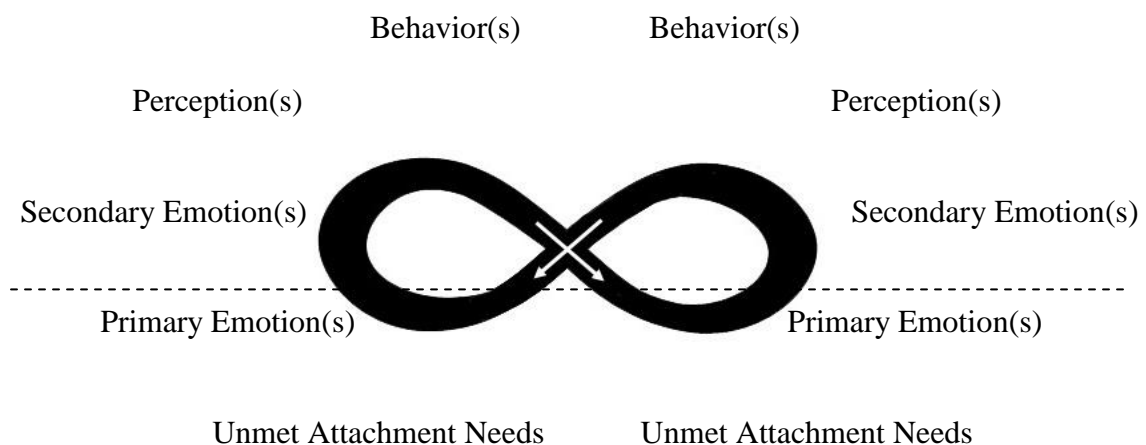
Length of treatment: \_\_\_\_\_ Session # presenting: \_\_\_\_\_

## The Cycle

Scott R. Woolley Ph.D. ©

Partner Name:  
Pursuer/Withdrawer

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Pursuer/ Withdrawer:



A. Exceptions to the rigid patterns or strengths of the relationship.

B. Possible Reframe(s) and Metaphor(s) used in session(s):

## EFT Stages:

- 1) De-escalation
- 2) Restructuring the BOND
- 3) Consolidation

## EFT Interventions:

- 1) Empathic reflection
- 2) Validation of emotions and realities
- 3) Evocative responding
- 4) Heighten & EXPAND
- 5) Empathic Interpretation
- 6) Track & Reflect Process
- 7) Reframe Negative Interaction Patterns
- 8) Restructuring & Shaping Emotional Interactions
- 9) Diagnostic Pictures Explicate Impasse
- 10) Individual TX
- 11) Address ATTACHMENT INJURIES!

C. List Three Questions or areas where you need assistance from the group today.

1)

2)

3)

D. Significant Couple-Family Demographics: (Presenting Problem from the couples perspective, length of relationship, previous treatment, children etc:

E. Significant Individual HX (psychotropic medications, previous diagnosis, relevant attachment history etc. :

Partner #1 Name: \_\_\_\_\_ Partner # 2 Name:

F. Significant attachment injuries in relationship, identify whether or not these injuries have been discussed in session(s):

G. Group feedback Summary: