

## EFT Case Consultation Notes

Date    Session #    Pursuer/Blamer    Withdrawer/Defender    Trauma Survivor?

### **Background Info:**

#### **In this session:**

##### **Stage 1 De-escalation**

- 1. Alliance and assessment integrating into interactions
- 2. Identify negative interaction cycle and positions in that cycle
- 3. Access emotions underlying interactional positions
- 4. Reframe the problem in terms of cycle, secondary & primary emotions, & attachment needs.

##### **Stage 2 Re-engagement** (Withdrawer first, then more-blaming partner)

- 5. Identification with disowned needs and aspects of self and integrating these into relationship interactions
- 6. Promote acceptance of partner's experiences & new patterns
- 7. Restructure the interaction and create emotional engagement

##### **Stage 3 Consolidation**

- 8. New solutions to old issues
- 9. Consolidating new cycles of attachment

#### **Interventions Used:**

- Empathic reflection
- Validation of client realities & emotional responses
- Track and reflect process of interaction, make positions and cycles explicit
- Reframe experience/interaction in terms of attachment context & cycle
- Evocative responding       Heighten
- Empathic conjecture/interpretation and inferences
- Restructuring and shaping interactions (enactments)
- Diagnostic pictures explicate
- Disquisition

#### **Cycle w/ Secondary Emotions and Behaviors:**

#### **Cycle w/ Primary Emotions and Behaviors:**

#### **Key Attachment Metaphors, Images, Client Phrases:**

**What do you think went well?**

**Where do you most need help?**