

EFT and the Intra-psyctic Softening Process

Therapy

Process:

- Empathic Attunement to clients' emotional meanings or feelings.
- Facilitation of particular modes of emotional processing and meaning creations at particular times

Goal:

- Self-reorganization of emotion schemes and personal meaning

Working with Emotions

- EFT therapists acting as emotion coaches (Greenberg, 2002)
- Help people improve identity and relationships by guiding people to
 - a) become aware of feelings and needs
 - b) communicate these in non-demanding ways to promote security, identity and affection

Treatment Principles

Relationship Principles: Facilitate a safe, productive therapy relationship.

1. **Empathic attunement:** Be present, attend to enter and track the client's immediate experiencing.
2. **Therapeutic bond:** Communicate empathy and caring to client (bond aspect of alliance).
3. **Task collaboration:** Facilitate involvement in goals and tasks of therapy (task/goal aspects of alliance).

Task Principles: Facilitate therapeutic work on specific therapeutic tasks:

4. **Experiential processing:** Help client work in different ways at different times. Identify markers as opportunities for different therapeutic tasks
5. **Task Completion/Focus:** Facilitate client completion of key therapeutic tasks.
6. **Growth & Development:** Foster client growth, empowerment and choice.

Empathy-Based Tasks

Task Marker	Intervention	End State
Problem-Relevant Experience (e. g., interesting, troubling, puzzling)	Empathic Exploration	New meaning or clear marker, explicated
Vulnerability (Painful emotion/shame related to self)	Empathic Affirmation	Self-affirmation (feels understood, hopeful, stronger)

Relationship tasks

Beginning of therapy	Alliance Formation	Productive working environment
Therapy Complaint or Withdrawal Difficulty (questioning goals or tasks;persistent avoidance of relationship or work)	Alliance Dialogue (each explores own role in difficulty)	Alliance repair (stronger therapeutic bond or investment in therapy; greater self-understanding)

Reprocessing Tasks

Trauma Narrative (internal pressure to tell difficult life stories, e.g., trauma)	Trauma Retelling	Relief, restoration of narrative gaps
Meaning Protest (life event violates cherished belief)	Meaning Work	Revision of cherished belief
Problematic Reaction Point (puzzling over-reaction to specific situation)	Systematic Evocative Unfolding	New view of self in-the-world-functioning

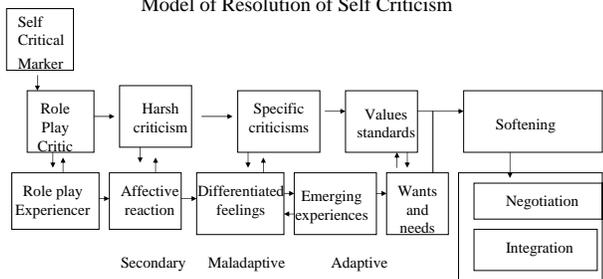
Experiencing tasks

Attentional Focus Difficulty (confused, overwhelmed)	Clearing a Space	work productively with experiencing (working distance)
Unclear Feeling (vague, external or abstract)	Experiential Focusing	Symbolization of felt sense, carrying forward, felt shift
Difficulties expressing feelings (avoiding feelings, difficulty answering feeling questions, prepackaged)	Allowing and Expressing Emotion (also Focusing, Unfolding, Chairwork)	Successful, appropriate expression of emotion to therapist and others

Enactment tasks

Markers	Tasks	Resolutions
Self-Evaluative Split (Self-criticism, tornness)	Two-Chair Dialogue	Self acceptance Soften/Integrate
Self-Interruption Split (Blocked feelings, resignation)	Two-Chair Enactment	Self-expression Empowerment
Unfinished Business (Lingering bad feeling re: significant other)	Empty Chair Work	Understand or Hold accountable. Forgive /soften or Let go of resentments, Unmet needs affirm self.

Model of Resolution of Self Criticism



Resolution of Unfinished Business

