




Emotion and the Distressed Couple - Emotionally Focused Therapy In Action

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With Emotionally Focused Therapy we are in the territory of the:

We know

- Understandable
- Predictable
- Explainable
- Changeable
- **The Territory** – The Problem
- **The Destination** – Goal
- **The Map** – Key Moves/Moments

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EFT is Experiential and Systemic



- Looks within at how people construct their emotional experience of relatedness.
- Includes person centred skills and ways of being.



- Looks between at how people engage significant others.
- Includes systemic skills and tasks.

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Emotionally Focused Therapy

Looks within and Looks between

In order to:



- Assemble, Deepen, Expand constricted emotional responses.
- Shape new forms of engagement with others.
- Foster constructive dependency

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Focus on Emotion



Research repeatedly tells us that when therapists help clients deepen emotion, clients attain better outcomes in therapy.

'If we can become comfortable with the power of emotion, it becomes the therapist's greatest ally, rather than a disruptive force to be contained.'

Sue Johnson

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Elements of Emotion


- Trigger or Cue
- Initial Perception / Rapid Appraisal
- Body Response / Arousal / Embodied Feeling
- Meaning Creation / Reappraisal
- Action Tendency / Behavioural Response

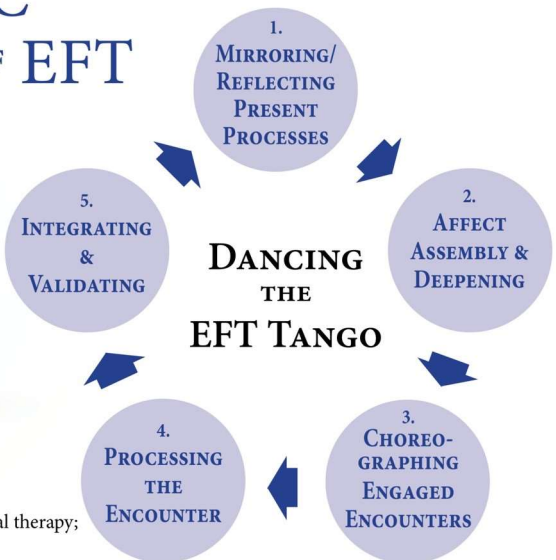
Magda Arnold (1960)

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THE 5 BASIC MOVES OF EFT






**DANCING
THE
EFT TANGO**

The second figure can be:


- a therapist;
- part of self;
- an imaginary other in individual therapy;
- a partner in couple therapy;
- different family members in family therapy.

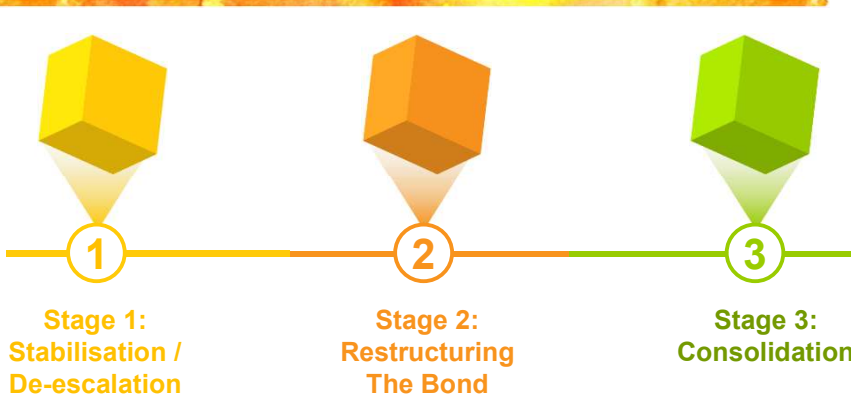
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EFT Stages





**Stage 1:
Stabilisation /
De-escalation**

**Stage 2:
Restructuring
The Bond**

**Stage 3:
Consolidation**

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Links:

Email Sandra at: AcRE.EFTtraining@gmail.com

Website: www.acreefttraining.com

British EFT Centre: www.beftcentre.org

ICEEFT: <https://iceeft.com>