

EFT Session Note Form

Date: _____ Session: # _____ Couple: _____ Pursuer/Blame/Complain: _____ Withdrawer/Defend/Stonewall: _____
Trauma Survivor? _____ Attachment Styles: _____
Attachment Injuries? _____

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 Reengagement

- 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 (Withdrawer first, then more-blaming partner)

Stage 3 Consolidation

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

Cycle w/ Secondary Emotions and Behaviors:

Draw out cycle, include physical sensations, behavior, thoughts and feelings:

Cycle w/ Primary Emotions and Behaviors:

Key Attachment Metaphors, Images, Client Phrases:

What do you think went well?

What areas do you want me to focus in this session to help you?

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 & emotional responses | <input type="checkbox"/> Reframe experience/interaction in terms of attachment context & 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 |