Healing Attachment Injuries with EFT

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Read more about it...


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Attachment Injury Defined

• Attachment Injury is conceptualized as a wound that occurs when one partner fails to respond to the other in a critical time of need, and this incident then becomes a clinically recurring theme and creates a barrier to relationship repair. The injury is considered a trauma.

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• Partners remain stuck in an injury-specific, rigid, interaction cycle fueled by secondary emotional responses.

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Key Attachment Injuries:

Examples of moments of high need.
- During Times of Fragility
- During Times of Need
- During Times of Loss
- During Times of Illness
- During Times of Trauma
- During Times of Uncertainty
- During Times of Transition

Characteristics of Attachment Injury

- A betrayal of trust – Abandonment at a crucial moment of need.
- Form of relationship trauma – Defines the relationship as insecure.
- Create impasses in relationship repair.
- Attachment significance – not content – is key.
- Indelible imprint – the only way out is through.
Attachment Injuries

• Signs:
  – Long-lasting emotional wounds
  – PTSD
  – View of Self
  – Inability to forgive
  – Pivotal moment now defines the relationship

When do you do the steps of repair?

In Stage 1: Process the attachment injury and its impact on their presenting negative cycle. Deepen only enough to access the attachment emotions that were triggered.
When do you do the steps?

In Stage 2: The deeper attachment injury repair and forgiveness work happens here. The injured partner goes first.

Attachment Injury Resolution Model (AIRM)

Phase 1
Cycle De-escalation Related to the injury

Phase 2
Injury-Specific Emotional Engagement (WRE/PS)*
Forgiveness And Reconciliation
* Hurt partner goes first

Phase 3
- Acceptance of Apology
- Expression of Attachment needs
- Responsiveness
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<tr>
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<th>Attachment Injury Resolution Model</th>
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<tbody>
<tr>
<td>1)</td>
<td>The hurt partner begins to describe an incident in which he/she felt abandoned, betrayed, devalued or helpless.</td>
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<td>2)</td>
<td>Injuring partner acknowledges the hurt partner’s pain and suffering and elaborates on how the event evolved for him/her.</td>
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<td>3)</td>
<td>The hurt partner unpacks secondary emotion, negative models of self and other, and the attachment significance the event had for him/her.</td>
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<td>4)</td>
<td>The injuring partner unpacks secondary emotions, owns responsibility and expresses empathy, regret and is open to the Attachment Significance for hurt partner.</td>
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<td>5)</td>
<td>The hurt partner does the equivalent of Step 5 in EFT and deeply processes their primary vulnerable attachment-related emotions related to incident.</td>
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<td>6)</td>
<td>Injuring partner is emotionally accessible, expresses remorse, regret, empathy, responsibility and offers a good apology. Promote Acceptance by hurt partner.</td>
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<td>7)</td>
<td>The hurt partner accepts the apology and is open to partner’s emotional expressions, and risks asking for Attachment Needs.</td>
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<td>8)</td>
<td>The other responds in a caring manner creating an antidote bonding event. Relationship is redefined as a potential safe haven.</td>
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