

KAREN NADON, MA, LPC

EFT Assessment and Session Notes							Date:							
Name	es of cli	ents												
				Partn	er A					Partner	В			
Name	es of im	portant	t playe	rs (e.g. ch	nildren)									
Duration of relationship Marital St						rital Statı	ıs		Refe	erral	Source			
Reaso	ons for s	seeking	therap	y at this	time:									
			Par	tner A						Р	artne	er B		
	d goals			ner:										
			Par	tner A				Partner B						
										Level of				
1 Low	2			5 High						1 Extreme Unhappy	ly		Extre	mely
_evel	of com	mitmer	nt – Pai	rtner B	Level	of con	fidence -	– Partner BLevel of distress – Partner B						
1 Low	2	3	4	5 High	1 Low	2	3	4	5 High	1 Extreme Unhappy	-	3	4 Extre Happ	5 mely Dy
Quali	ty of se	xual co	nnectio	on/physic	cal affec	tion:								
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пом	uo triey	repair,	anu m	ow long l	Jeiore t	ney re	pair.							

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Partner A	Partner B
As children, whom would they go to for comfort a	nd what was the response (use specific examples):
7, 60	······································
Has there ever been anyone in their live	os thou could reach for to find comfort:
rias there ever been anyone in their nive	es they could reach for to find conflort.
How their parents	handled conflict:
·	
Previous relation	onship history:
Loss or t	trauma:
	
Other pert	inent info:
Other pert	ment mo.

Apparent negative cycle: Attack – Defend Pursue-Distance Demand-Defend/Appeas Withdraw-Withdraw Complex Traumatic	e					
Positive cycles/strengths (describ	oe):					
Therapist sense of alliance with o	client (yes/no)	Partner A	Partner B			
Very easy to engage client						
Moderately easy to engage clien	t					
Difficult to engage client						
Very hard to engage client						
Accompanying problems						
Depression						
Anxiety/PTSD						
Alcohol/drug use						
Other psychiatric conditions						
Physical problems						
How did they meet/what was the	e attraction:					
Pivotal incidents:						
Contraindications for EFT:						
Other observations:						
				_		
Date:	Partner A:	Pa	rtner B:			



2.	Action Tendencies – Behavioral Reactivity Responses to Connection and Disconnection in Relationship: What do you do with those feelings of loneliness or when you get angry? Help me understand what it looks like for you when you are upset with or hurt by your partner? How do you pursue for emotional closeness? What does that look like? Perceptions/Thoughts of Self/Other: While	
	you are upset and/or hurting what is it you are telling yourself about this relationship and your partner/yourself?	
	Secondary Emotions that lead to Primary Emotions: When you are walking away and feeling like you want to give up on him/her what is it that you are feeling? When you are frustrated/annoyed/irritated with your partner, is it possible that you might be feeling a bit lonely-sad-scared as well underneath it all?	
	Primary Emotions fueled by attachment longings – List primary emotions for each partner here: What is happening for you behind that anger and frustration?	
	Attachment Needs/Longings not being met in present relationships:	
	Describe the cycle as you would describe it to the couple in session:	

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Step 2: Identify the negative interaction cycle.

<u>Step 3:</u> Access the unacknowledged emotions underlying interactional positions.

<u>Step 6</u>: Promote acceptance of the partner's experience and create new Interaction patterns.

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Attachment Needs/Longings not being met in present relationships -	Attachment Needs/Longings not being met in present relationships -
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<u> Step 1</u> :	Create an alliance and delineate conflict issues in core struggles.
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Date:	Session #
Goals for this Session:	
Partner A:	Partner B:
Action Tendencies –	Action Tendencies –
Perceptions/Thoughts of Self/Other -	Perceptions/Thoughts of Self/Other -
Secondary Emotions that lead to Primary Emotions -	Secondary Emotions that lead to Primary Emotions -
Primary Emotions fueled by attachment longings –	Primary Emotions fueled by attachment longings –
Attachment Needs/Longings not being met in present relationships -	Attachment Needs/Longings not being met in present relationships -
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Action Tendencies –	Action Tendencies –
Perceptions/Thoughts of Self/Other -	Perceptions/Thoughts of Self/Other -
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Step 1 : Create an alliance and delineate conflict issues in core struggles.	Step 6: Promote acceptance of the partner's experience and create new
Step 2: Identify the negative interaction cycle.	Interaction patterns.
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<u>Step 3</u>: Access the unacknowledged emotions underlying interactional positions.

<u>Step 7</u>: Facilitate the expression of needs and wants; create emotional engagement.





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