EFT Training Note Form

Date:	Session #	_ Length:	Clie	ents:				
Steps Covered: Stage 1 De-Esc 1. Alliance and a 2. Identify negat 3. Access emotic 4. Reframe the p Stage 3 Consoli 8. New solutions 9. Consolidating	alation assessment integrating interior interaction cycle and port underlying interaction or oblem in terms of emotion idation s to old issues new cycles of attachment	o interactions positions in that cyc al positions ons, attachment nee	ele		these into r 6. Promote ac		ctions er's experiences	
Session Contentions,	Metaphors, Images	s, Client Phraso	es, and	l Positive Sh	ifts in Session	:		
Withdrawer					Pursuer			
		Behav	ior	Ι	Behavior			
Perceptions/Attributions					Perceptions/Attributions			
Secondary	Emotion					Sec	ondary	Emotion
Primary Emotion					Primary Emotion			
	Atta	chment N	eeds	Atta	achment N	Needs		
Interventions u ☐ Empathic ref ☐ Validation of ☐ Evocative res ☐ Heighten	lection f client realities & emo sponding njecture/interpretation	tional responses		Track and refle	ect process of in ience/interaction and shaping inte tures explicate	n and primary teraction, make n in terms of atte tractions (enactions)	positions and achment conte	cycles explicit
Signature								