

# EFT CHEAT SHEET

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## EMOTIONALLY FOCUSED THERAPY

### Emotionally Focused Therapy

It is a structured, short-term approach grounded in attachment theory. It focuses on creating secure emotional bonds by helping clients explore their emotional experiences and changing negative interaction patterns.

### Basic Philosophy

- Emotional security and closeness are foundational to healthy relationships.
- Expressing primary emotions like fear and sadness helps strengthen bonds.
- Deep emotional experiences drive lasting change in relationships.

### Key Concepts

- Primary vs. Secondary Emotions:** Distinguish between underlying emotions (primary) and surface reactions (secondary).
- Attachment Needs:** Emotional distress stems from unmet security & connection needs.
- Negative Interaction Cycles:** Recognize patterns where one seeks closeness and the other withdraws.
- Defensive Behaviors:** View negative behaviors as protective responses to emotional pain.

### Therapy Goals

- Foster secure, empathetic relationships through emotional bonding.
- Transform negative cycles into healthy, supportive exchanges.
- Encourage open sharing of vulnerable emotions to strengthen trust and intimacy.
- Help clients manage their emotional reactions more constructively.

### Therapeutic Process

- Assessment:** Identify the negative interaction cycles and attachment needs that contribute to relationship distress.
- De-escalation:** Help clients understand and interrupt their negative patterns of interaction.
- Restructuring:** Guide clients in expressing their primary emotions and needs, fostering emotional responsiveness.
- Consolidation:** Strengthen new patterns of interaction, promoting ongoing emotional security and connection.

### Therapeutic Techniques

- Empathy and Validation:** Validate clients' emotions to build trust and emotional safety.
- Evocative Questions:** Elicit primary emotions by exploring deeper feelings beneath surface reactions, helping clients connect with core emotional needs.
- Emathematics:** Encourage clients to express their emotional needs directly to their partner during sessions.
- Reframing:** Help clients see negative behaviors as attempts to meet attachment needs rather than personal attacks.
- Restructuring Interactions:** Help clients change the way they respond to one another emotionally, fostering more supportive interactions.

### Application

EFT is effective for couples with emotional disconnection or conflict, individuals with attachment issues, and in family therapy to strengthen bonds and resolve conflicts.

## TECHNIQUES

### Establishment

- Encourage clients to share vulnerable emotions directly with their partners in session.
- Help clients practice emotional openness in safe, supported environments.
- Strengthen emotional bonds by fostering meaningful and open emotional exchanges, deepening trust.

### Defusing Defenses

- Help clients recognize and soften protective behaviors that block emotional intimacy.
- Guide them to approach each other with vulnerability instead of defensiveness, lowering emotional barriers.
- Encourage openness and reduce emotional distance between partners.

### Reframing Needs

- Facilitate the expression of real emotional requirements that foster security and connection.
- Encourage clients to turn toward each other in moments of distress instead of withdrawing or attacking.
- Deepens emotional intimacy and enhances the bond between partners.

### Creating New Emotional Responses

- Encourage clients to express emotions in new ways that align with their deeper needs.
- Guide partners to respond to each other with supportive and caring behaviors, breaking old harmful cycles.
- Helps create nurturing emotional interactions, fostering lasting change and security.



# Therapy Cheat Sheets

**Terry Kottman, Kristin Meany-Walen**



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The Guide to Self Healing Tamikio L. Dooley, 2023-01-04 The Guide to Self Healing the Mind is a mind blogging process Our mind must stimulate positivity to behave in productive ways Diet and exercise are most common suggestions to self esteem energy and creativity but these suggestions may not serve as the best guided to individual lifestyle To function without dieting and exercising the mind should engage in constructive stimulation Practice relaxing the mind is a wonderful self healing process This book shares natural self healing suggestions literature love art health travel food mind body soul self healing and self care Individuals can practice peace and harmony relaxing the mind Tamikio L Dooley shares significant information exercises checklists challenges and topics creating mindfulness guidelines soothing the body and maintaining a healthy energetic way of life

**Emotionally Focused Couple Therapy For Dummies** Brent Bradley, James Furrow, 2013-07-08 A practical down to earth guide to using the world's most successful approach to couple therapy One of the most successful therapeutic approaches to healing dysfunctional relationships emotionally focused couple therapy provides clients with powerful insights into how and why they may be suppressing their emotions and teaches them practical ways to deal with those feelings more constructively for improved relationships Unlike cognitive behavioural therapy which provides effective short term coping skills emotionally focused therapy often is prescribed as a second stage treatment for couples with lingering emotional difficulties Emotionally Focused Couple Therapy For Dummies introduces readers to this ground breaking therapy offering simple proven strategies and tools for dealing with problems with bonding attachment and emotions the universal cornerstones of healthy relationships An indispensable resource for readers who would like to manage their relationship problems independently through home study Delivers powerful techniques for dealing with unpleasant emotions rather than repressing them and for responding constructively to complex relationship issues The perfect introduction to EFT basics for therapists considering expanding their practices to include emotionally focused therapy methods Packed with fascinating and instructive case studies and examples of EFT in action from the authors case files Provides valuable guidance on finding selecting and working with the right EFT certified therapist

**The Creative Therapist** Bradford Keeney, 2010-04-15 In The Creative Therapist Bradford Keeney makes the case that creativity is the most essential aspect of vibrant meaningful and successful therapy No matter what therapeutic orientation one practices it must be awakened by creativity in order for the session to come alive This book presents a theoretical framework that provides an understanding of how to go outside habituated ways of therapy in order to bring forth new and innovative possibilities A basic structure for creative therapy based on the outline of a three part theatrical play is also set forth With these frameworks practical guidelines detail how to initiate and implement creative contributions to any therapeutic situation

**Cracking the Centenarian's Code** D J BARUAH, 2025-05-15 Hacks for a healthy long life based on the latest SCIENTIFIC FINDINGS Are you serious about living long and healthy Otherwise DO NOT WASTE YOUR TIME Unlock the Secrets to a Century of Vibrant Living ALL PAGES ARE COLOURED Most of us hit 40 and start counting down like we've got an expiration date Newsflash But evolution tells another story designed us for 100 years not retirement home bingo at 65 The Solution Stop obsessing over anti aging and start pro living This book is your cheat sheet to the science backed habits that actually work with zero kale propaganda Just Hold onto your reading glasses this isn't a typical lecture it's a book on facts and figures grounded in the latest scientific findings about uncovering the wisdom of 100 year olds How to live longer without giving up joy Dark chocolate and naps are still allowed Want to join the 100 Club where people dance at weddings in their 90s and nap like experts This fun science packed guide reveals the cutting edge longevity research to help you Eat smart Hint Wine and beans fad diets Move Naturally No gym required just walk garden or chase goats Hack Stress Sardinian style chill beats meditation apps Boost Gut

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Pathophysiology Made Incredibly Easy in Second Edition continues the tradition of an entertaining practical and informative reference Thirteen chapters organized by body system provide easy to follow pathophysiology for scores of disorders Diagnostic test findings and current treatment complete each disorder entry Specific chapters address cancer infection immune disorders and genetics Each chapter includes a summary of key points and features light hearted headings and illustrations to enhance learning Key terms bullets checklists graphics and cartoon characters call special attention to important information New features include 10 additional disorders a complete update of all existing disorders including HIV AIDS and cancer A comprehensive case study test evaluates the reader s understanding     **The Menopause Makeover** Staness Jonekos,2012-03-20 Inspired by bridal organizers The Menopause Makeover helps women create a personalized makeover plan and stay motivated to beat belly bulge tone up and get off the mood swing roller coaster for good     *The Big Activity Book for Anxious People* Jordan Reid,Erin Williams,2019-05-07 Reid Williams are funny as hell Amy Morrison founder of Pregnant Chicken Feeling anxious Who isn t Your most irrational and sometimes rational fears are hilarious fodder for this sharp and relatable activity book These days anxiety is simply part of the human experience Part journal part coloring book part weird coping mechanisms and part compendium of soothing facts The Big Activity Book for Anxious People will be an outlet for anyone who wants to take a break from reality laugh through her fears and realize with every page that she is not alone and to help her figure out what to do when it s 3AM and she s wide awake worrying about whether she cc ed the right Bob on that email Probably Activities include Fun Facts about Aging Public Speaking A Diagram Your Hotel Room Carpet A Petri Dish of Horrors Obscure Diseases You Probably Don t Have Zen Mantras For The Anxiously Inclined Soothing Facts about Hand Sanitizer On a bad day try coloring in the soothing grandma On a really bad day find step by step instructions on how to build an underground bunker Reid and Williams want everyone to remember that they re in good company anxious people are some of the funniest and most interesting and creative humans on the planet They know because they are two of them     *The Peptide Protocols Master Bible* Dr. Dexter X. Freeman,2025-08-17 The Peptide Protocols Master Bible Evidence Based Guide Made Simple to Next Generation Peptides Combos Usage Dosing Cycling for Weight Loss Muscle Growth Longevity Body Optimization By Dr Dexter X Freeman Unlock the full potential of cutting edge peptide therapy made simple practical and powerful Whether your goal is to build lean muscle burn stubborn fat enhance mental clarity or extend your

healthspan The Peptide Protocols Master Bible is your definitive guide to using next generation peptides safely and effectively Written by renowned cellular health expert Dr Dexter X Freeman this comprehensive handbook demystifies the science of peptides and offers step by step protocols for optimizing physical performance hormonal balance recovery cognitive health and longevity Drawing from the latest clinical research and years of practical application Dr Freeman equips readers with the tools they need to get results fast Inside this master guide you ll discover The science behind how peptides work to regulate hormones repair tissue and rejuvenate cells Evidence based profiles for 50 peptides including usage benefits and safety considerations Over 150 powerful peptide stack combinations targeting fat loss muscle gain sexual health immunity and more Easy to follow dosing cycling and reconstitution instructions for beginners and experienced users alike Advanced protocols for anti aging cognitive enhancement and biohacking performance Troubleshooting tips lab testing guidance and recovery strategies to accelerate progress Designed for health seekers biohackers fitness enthusiasts and professionals alike this book takes the guesswork out of peptide therapy No fluff No hype Just real protocols real science and real results If you re ready to take control of your body s healing performance and vitality at the cellular level this guide will be your most trusted resource Take charge of your transformation inside and out Click Buy Now and unlock the secrets of next generation peptide science today

*Ethics in Psychotherapy and Counseling* Kenneth S. Pope, Melba J. T. Vasquez, 2016-01-11 The ethics book no psychology student or professional should be without Thoroughly updated and expanded to include recent research findings landmark legal decisions the Hoffman Investigation Report and changes in the ethical guidelines of the American Psychological Association and the Canadian Psychological Association the new 5th edition of *Ethics in Psychotherapy and Counseling* covers the latest developments in ethical thinking standards and practice You ll learn how to strengthen your ethical awareness judgement and decision making Distinguished Emeritus Professor Don Meichenbaum described the 5th edition as a MUST READ book for both beginning and seasoned clinicians and Professor David H Barlow wrote A stunningly good book If there is only one book you buy on ethics this is the one Covers the many changes and challenges brought about by new technology EHRs videoconferencing and texting as well as practicing across state and provincial borders Discusses moral distress and moral courage Includes 5 chapters on different aspects of critical thinking about ethical challenges including a chapter on Ethics Placebos Cons and Creative Cheating A User s Guide Deals with complex issue of culture race religion sexual identity sexual orientation and politics Provides steps to strengthen ethics in organizations Offers guidance on responding to ethics licensing and malpractice complaints not to imply that you ll need to after reading this book Keeps the focus on practical creative approaches to the responsibilities challenges and opportunities encountered by therapists and counselors in their work

**Counseling Toward Solutions** Linda Metcalf, 2008-03-10 When it was first published in 1995 Linda Metcalf s book *Counseling Toward Solutions* became an instant bestseller Written for counselors and teachers at all levels this revised and updated second edition of *Counseling Toward Solutions* presents a



positive program for changing individual behavior that empowers students of all ages to deal with their own problems gaining self esteem in the process      *Medication Safety* Henri Richard Manasse,2005 Medication safety is the most challenging goal for pharmacy practice and patient safety professionals in all health care facilities This book serves as an essential reference guide for planning and implementing a medication safety program Written by nationally recognized experts Medication Safety A Guide for Health Care Facilities provides a comprehensive analysis of principles and practices associated with the prevention and identification of medication errors as well as interdisciplinary facility wide recommendations for achieving medication safety in all settings This book is divided into four sections so users can easily find the information they need the Importance of Medication Safety the Medication Safety Team Building a Safe Medication Use System and Measuring Medication Safety Chapters include information on Business and financial justification for patient safety Best practices and scientific evidence Internal reporting and education Leadership in patient safety Medication safety in clinical trials Medication safety assessment tools The role of the pharmacist in medication safety Safe use of technology in medication safety Poison centers Use of drug information resources and more      *Foam Rolling For Dummies* Mike D. Ryan,2021-01-07 A full color step by step guide to get fit prevent injury and end pain using your foam roller Foam rolling is not just a fad if you re active in sport or work out regularly you know how crucial it is to keep your muscles limber and pain free to stay active and mobile As a form of Myofascial Release Therapy foam rolling is an effective technique for unlocking your tight muscles and restrictive myofascial connective tissue Foam rolling helps increase your overall body mobility and joint range of motion decreases pain and shortens recovery times and it generally supercharges your body to reap the benefits of your active lifestyle Written in an easy to follow no jargon style by NFL physical therapist and trainer for 26 years Mike Ryan Foam Rolling For Dummies shares proven roller tips usually reserved for professional athletes to help you quickly restore healthy harmony between your muscles and joints Once you know the science behind foam rolling you ll understand how to use specific body rolling techniques to address specific problems and goals whether they re eliminating painful muscle trigger points loosening tight fascia improving body flexibility or just relaxing muscles faster after a workout Enhance athletic performance Improve injury prevention Learn rapid roller techniques Manage fibromyalgia Reduce soft tissue injuries Understand your myofascial system Reduce painful muscles Whether you want to maximize your fitness program manage your muscle pain or pursue other health goals this guide puts on a roll for an enhanced body and an enhanced life

**Partners in Play** Terry Kottman,Kristin Meany-Walen,2016-01-08 Play therapy expert Terry Kottman and her colleague Kristin Meany Walen provide a comprehensive update to this spirited and fun text on integrating Adlerian techniques into play therapy Clinicians school counselors and students will find this to be the definitive guide for using Adlerian strategies with children to foster positive growth and effective communication with their parents and teachers After an introduction to the basics of the approach and the concepts of Individual Psychology the stages of Adlerian play therapy are outlined through

step by step instructions detailed treatment plans an ongoing case study and numerous vignettes In addition to presenting up to date information on trends in play therapy this latest edition emphasizes the current climate of evidence based treatment and includes a new chapter on conducting research in play therapy Appendixes contain useful worksheets checklists and resources that can be easily integrated into practice Additional resources related to this book can be found in the ACA Online Bookstore at [www.counseling.org/publications/bookstore](http://www.counseling.org/publications/bookstore) and supplementary material Here Requests for digital versions from ACA can be found on [www.wiley.com](http://www.wiley.com) To purchase print copies please visit the ACA website Reproduction requests for material from books published by ACA should be directed to [publications@counseling.org](mailto:publications@counseling.org)

**The Insight Cure** John Sharp, MD, 2020-11-10 Every person has a story a personal narrative that informs their life their decisions and their way of thinking But did you know that it also affects the wiring of your brain Renowned psychiatrist and professor at Harvard Medical School John Sharp M D offers an eight step process to discovering your unconscious narrative and using your new insight to eradicate the false truth that has been at the core of your self sabotage His unique approach integrates four core domains of applied psychology control mastery theory attachment theory narrative therapy and positive psychology with his own research and professional experience to construct an insightful and soul searching path to insight Throughout his step by step process Dr Sharp provides The Sharp Focus to distill and emphasize important concepts Quizzes to help you analyze your internal and external tendencies First Impressions case studies from his professional practice Awareness insight change and narrative tools to facilitate your transformation Gut Checks to help you figure out if you are ready to move on to the next step in the process Dr Sharp s approach is simple and accessible with the power to wield profound results Through exercises quizzes thorough exploration of case studies and clear guidance you will be able to find your false truth rewrite your story and transform your life Once you have flipped the switch of insight nothing can hold back the light that shines from within

**Stronger After Stroke, Second Edition** Peter Levine, 2012-12-12 Stronger After Stroke puts the power of recovery in the reader s hands by providing simple to follow instructions for reaching the highest possible level of recovery Basic concepts covered include repetition of task specific practice proper scheduling of practice setting goals and measuring recovery Sections new to the second edition cover the latest research from neuroscience treatments for recovering sensation as well as recovery strategies for the young stroke survivor Also included is a breakdown of the phases of recovery and how these phases can provide structure to efforts towards recovery Stronger After Stroke promotes Repetition of task specific movements Proper scheduling of practice Challenges at each stage of recovery Setting goals and recognizing when they have been achieved The second edition is completely revised throughout incorporating feedback from readers and the latest research data Peter has written a new chapter on recovery core concepts that defines the stages of recovery and explains how these stages can structure efforts toward recovery There is also a new Question and Answer section culled from the talks Peter regularly gives on the subject

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