

EFT Case Formulation

Overall picture

- Stage 1: Unfold the narrative and observe the client's emotional processing style.
- Stage 2: Co-create a focus and identify a core emotion
- Stage 3: Attend to process markers and new meaning.

Stage 1:

- Step 1: Listen to the presenting problems (relational and behavioural difficulties)
- Step 2: Listen for and identify poignancy and painful emotional experience
- Step 3: Attend to and observe the client's emotional processing style.
- Step 4: Unfold the emotion-based narrative/life story (related to attachment and identity)

Stage 2:

- Step 5: Identify markers for task work
- Step 6: Identify underlying core emotion schemas, either adaptive or maladaptive.
- Step 7: Identify needs
- Step 8: Identify secondary emotions
- Step 9: Identify interruptions or blocks to accessing core emotion schemes.
- Step 10. Identify themes: self-self relations; self-other relations, existential issues.
- Step 11. co-construct the case formulation narrative linking presenting relational and behavioural difficulties to trigger events and core emotion schemes

Stage 3:

- Step12: Identify emerging task markers
- Step 13. Identify micromarkers
- Step 14: Assess how new meaning influences the reconstruction of new narratives and connects back to presenting problems.