

Emotionally Focused Family Therapy Worksheet: Version 2

Emotionally Focused Family Therapy (EFFT) aims to help families develop a sense of trust, mutual respect, and open communication. The purpose of Emotionally Focused Family Therapy is to help family members feel safe, respected, and understood. Families that attend therapy together develop the skills they need to create a safe, supportive atmosphere in which parents and children may openly speak and handle problems that arise frequently in their relationships.

There are basically 9 steps of Emotionally focused family therapy, and 3 major stages that include. Follow each and every step to understand and deal with the emotional unmet needs of your partner.

Assessment and Delineation of Problematic Cycles:

1. Create an alliance and delineate conflict issues in the struggle
2. Identify the negative interactional cycle
3. Assess Unavknolwedged feelings and attachment needs
4. Reframe Problems in terms of underlying emotions and needs



Reengagement Softening

Promote identification with disowned needs and aspects of needs
Promote acceptance of partner's experience
Facilitate the expression of unmet needs and wants



Consolidation

Facilitate the emergence of new solutions
Consolidate the new positions