

Therapist getting warmed up for a day of clients.



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@therapyjeff ✓

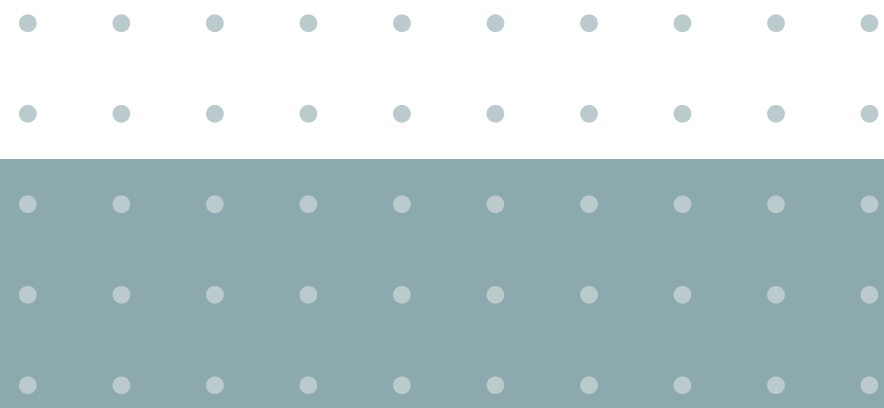
Therapist getting warmed up for a day of clients #therapy #mentalhealth See more

SCHEDULE

CST

- 11:00-11:05: Fun
- 11:05-11:10 Brief Overview
- 11:10-11:25: Interactive Discussion
- 11:25-12:30: Experiential Groups
- 12:30-12:45: Group Metaprocess
- 12:45: Prayer      





EFT +

ATTACHMENT

*Step 1: Alliance +
Assessment*



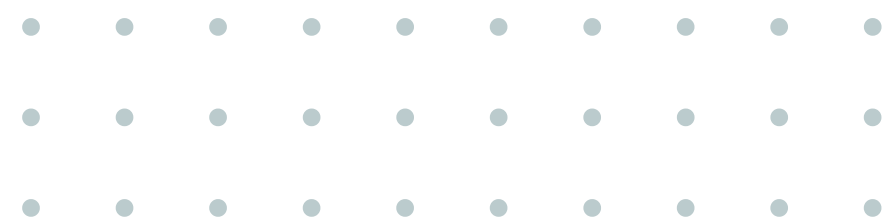


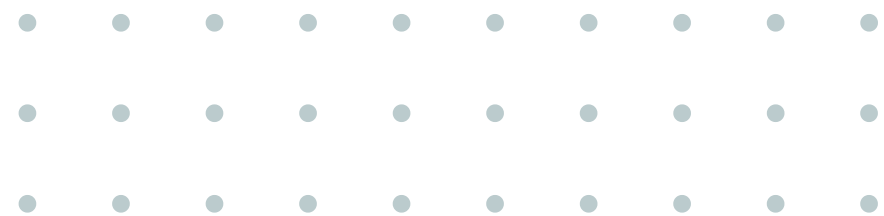
A **ACCESSIBLE**

R **RESPONSIVE**

E **EMOTIONAL ENGAGEMENT**

04. **LUKE 8:43-48**





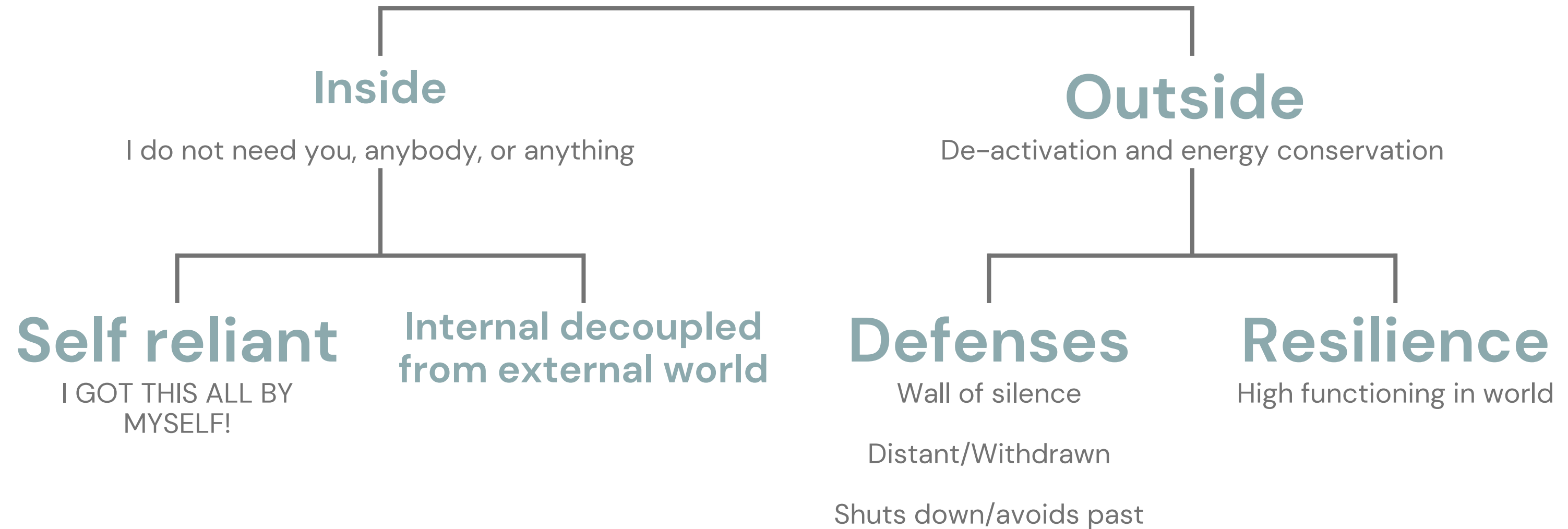
ANXIOUS ATTACHMENT

Feeling + Reeling – Not dealing



AVOIDANT ATTACHMENT

Dealing, but not feeling



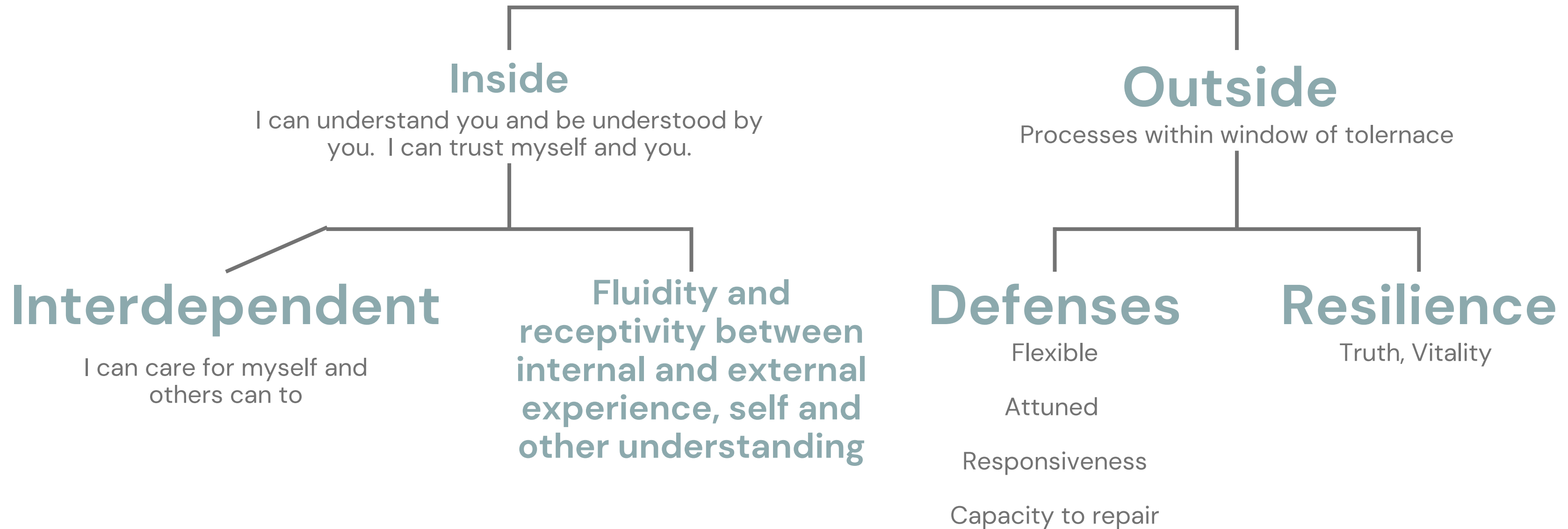
DISORGANIZED ATTACHMENT

Not feeling and not dealing



SECURE ATTACHMENT

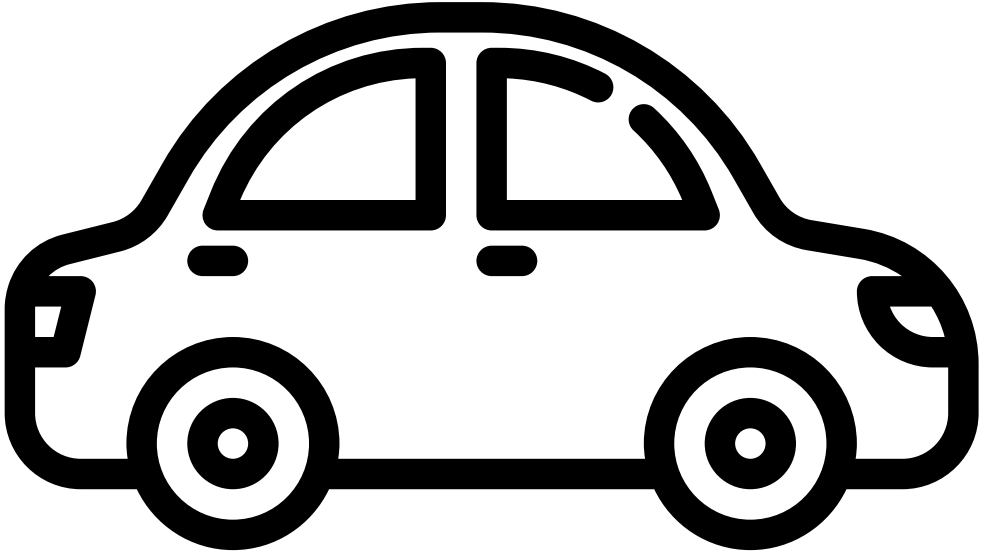
Feeling and dealing, while relating



STEPS + STAGES – OUR MAP



**Tasks + Interventions are
our CAR**



QUESTION 1

MULTIPLE CHOICE

What step would you be focused first if your clients whom you have had 4-5 sessions were in a cycle coming into session?

A: STEP 1

B: STEP 2

C: STEP 3

D: STEP 4

QUESTION 2

WRITTEN

What is step 3?

**Dive more
deeply into and
feel and share
the emotions
underlying and
fueling each
partners
position in the
cycle.**

QUESTION 3

WRITTEN

What are 3 tasks of EFT?

- 1. Create and maintain alliance**
- 2. Access and formulate emotion**
- 3. Restructure Interactions**

Discussion

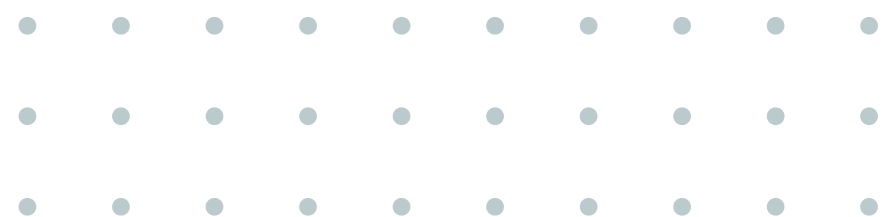
EXPERIENTIAL GROUPS

2 People will play couple

1 person **therapist**

1 Person will be timer (15
minute sessions each)

Process Coach



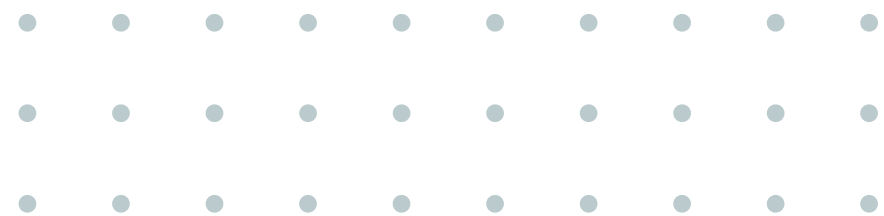
EXPERIENTIAL GROUPS

15 minute sessions with prompts + tasks for therapist

5-10 minute coaching

Rotate next couple, therapist timer

Process Coach will interject throughout



THERAPIST PROMPT

First Session

Step 1: Build alliance +
assess attachment
style of couple and
how they relate

Step 2: Map the cycle

Using Task 1 + 2



TIMER

Timer :
15 minute warning –
pop on to give 2
minute warning and
then says time



COUPLE 1

Prompt Couple:

Husband: pursuer (anxious attachment)

Wife: withdrawer (avoidant) first session

Process Coach: will interject throughout + at the end ask therapist the couples attachment style and who withdrawer and pursuer were



COUPLE 2

Prompt Couple: (Attack – Attack)
Wife (disorganized) – Withdrawer
Husband: (Anxious)– pursuer

Process Coach: will interject throughout + at the end ask therapist the couples attachment style and who withdrawer and pursuer were



COUPLE 3

Prompt Couple: (Withdraw-withdraw)
Wife (Anxious) – Burnt Out Pursuer
Husband: (Disorganized)– Withdrawer

Process Coach: will interject throughout + at the end ask therapist the couples attachment style and who withdrawer and pursuer were





BIG GROUP METAPROCESS

