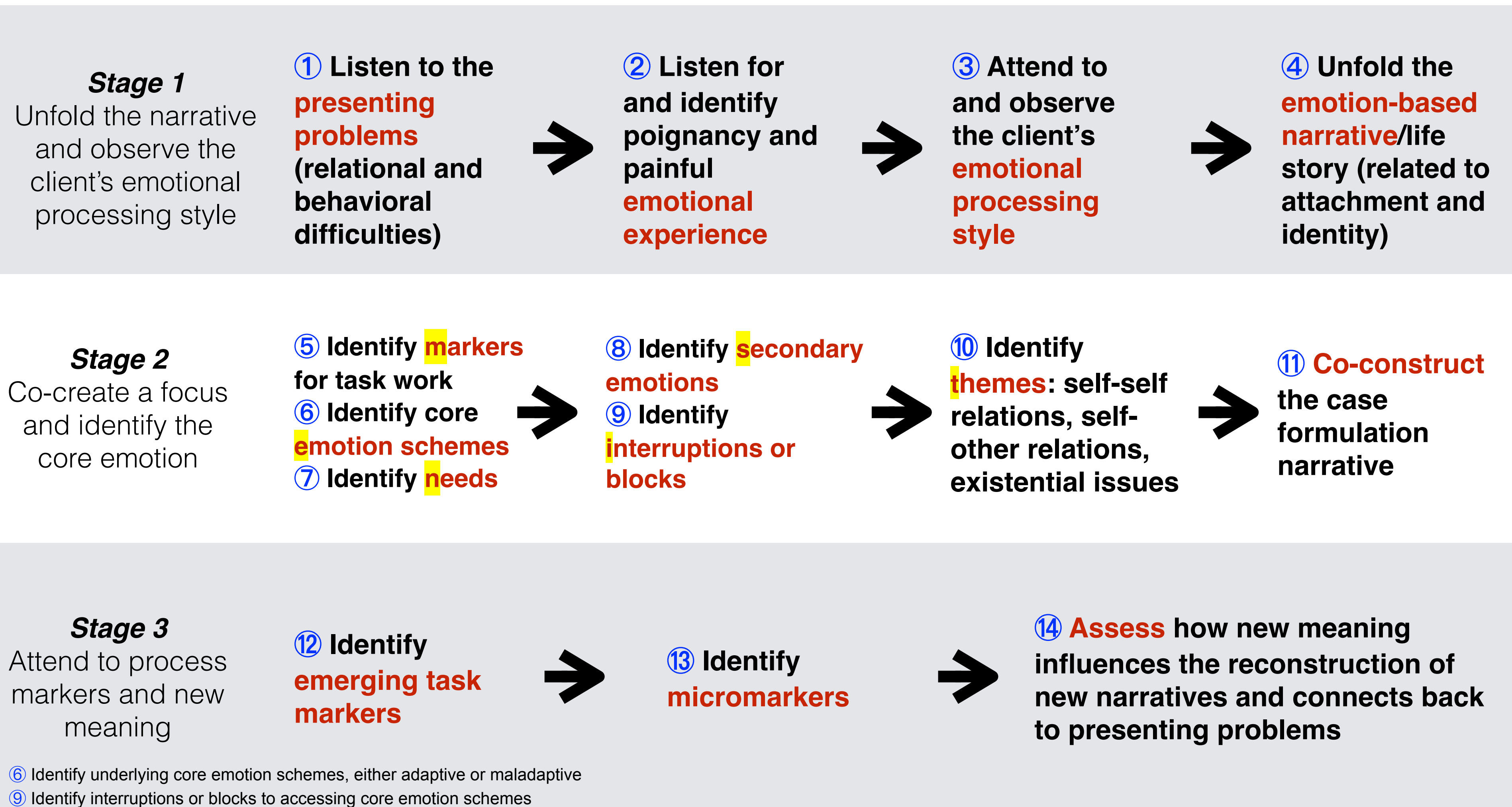


Stages and Steps of Case Formulation in EFT

Diagrammed by: James Even Chen (james@evenc.org)

- Extract process from content
- 3 Stages, 2 Tracks (Emotion & Narrative)

Source: *Case Formulation in Emotion-Focused Therapy: Co-Creating Clinical Maps for Change* (2014) by Rhonda N. Goldman, and Leslie S. Greenberg



⑥ Identify underlying core emotion schemes, either adaptive or maladaptive

⑨ Identify interruptions or blocks to accessing core emotion schemes

⑪ Co-construct the case formulation narrative linking presenting relational and behavioral difficulties to triggering events and core emotion schemes