



## Stages and Steps of Case Formulation in EFT

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- 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

**Stage 1**  
Unfold the narrative  
and observe the  
client's emotional  
processing style

① Listen to the  
**presenting  
problems**  
(relational and  
behavioral  
difficulties)



② Listen for  
and identify  
**poignancy and  
painful  
emotional  
experience**



③ Attend to  
and observe  
the client's  
**emotional  
processing  
style**



④ Unfold the  
**emotion-based  
narrative/life  
story** (related to  
attachment and  
identity)

**Stage 2**  
Co-create a focus  
and identify the  
core emotion

⑤ Identify **markers**  
for task work  
⑥ Identify core  
**emotion schemes**  
⑦ Identify **needs**



⑧ Identify **secondary  
emotions**  
⑨ Identify  
**interruptions or  
blocks**



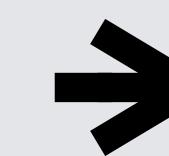
⑩ Identify  
**themes:** self-self  
relations, self-  
other relations,  
existential issues



⑪ Co-construct  
the case  
formulation  
narrative

**Stage 3**  
Attend to process  
markers and new  
meaning

⑫ Identify  
**emerging task  
markers**



⑬ Identify  
**micromarkers**



⑭ Assess how new meaning  
influences the reconstruction of  
new narratives and connects back  
to presenting problems

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