



Emotion Assessment



Principles of Change



Case Formulation



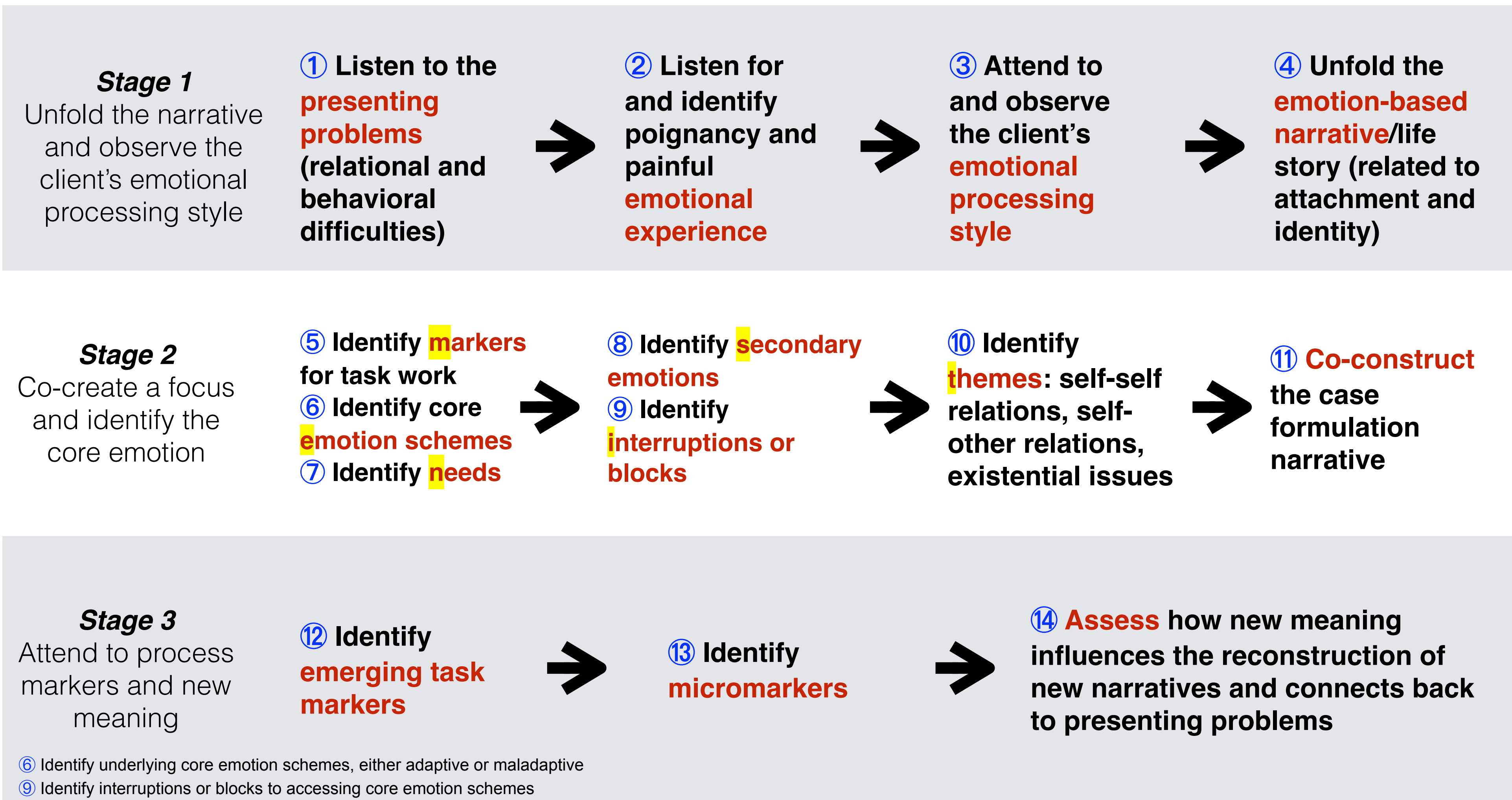
Problem Markers

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



- 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