



## 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