



Emotion Assessment



Principles of Change



Case Formulation



Markers and Tasks

Stages and Steps of Case Formulation in EFT

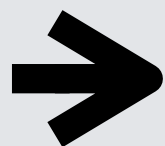
Diagrammed by: James Even Chen - james(at)evenc.org

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

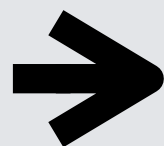
Source: *Case Formulation in Emotion-Focused Therapy: Co-Creating Clinical Maps for Change* (2014) by Rhonda N. Goldman, and Leslie S. Greenberg

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

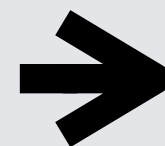
① Listen to the **presenting problems** (relational and behavioral difficulties)



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



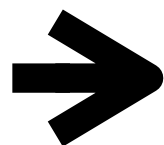
③ Attend to and observe the client's **emotional processing style**



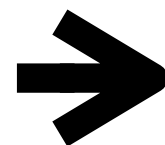
④ Unfold the **emotion-based narrative**/life story (related to attachment and identity)

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

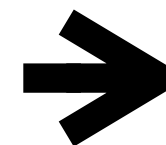
⑤ Identify **markers** for task work
⑥ Identify **core emotion schemes**
⑦ Identify **needs**



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



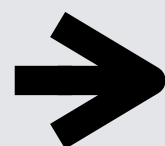
⑩ Identify **themes**: self-self relations, self-other relations, existential issues



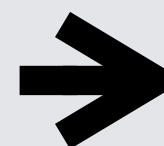
⑪ **Co-construct** the case formulation narrative

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