



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