

## **EFT SELF-SUPERVISION SESSION CHECKLIST**

1. Did I spend sufficient time with each partner? Yes No

2. If not, did I lay out why I was spending more time with one partner? Yes No

3. Did I debrief the couple (e.g., How are we doing here? How was this session for you)? Yes No

4. Did I demonstrate sufficient warmth, concern and genuineness? Yes No

5. Did I inquire sufficiently whether I was correctly understanding the couple? Yes No

6. Did I validate each partner by tying their behavior or experience to attachment needs, fears or pain – without invalidating the other?

Yes No

7. Did I refer to the cycle at least 3 times during the session without forcing the reframe on the couple, i.e., without invalidating each partner's own version of the events?

Yes No

8. Did I sufficiently link each partner's emotions and behaviors to the emotions and behaviors of the other partner – by using linking questions, tracing questions and reflection?

Yes No

9. Did I keep the focus of the session on the cycle, emotions and attachment issues without cutting the couple off in a way which might have damaged the therapeutic alliance?

Yes No

10. Did I adequately validate secondary emotions without cutting off the useful expression of secondary emotions?

Yes No

11. Did I not refocus a couple when there was actually a potentially fertile opening for clarifying the cycle, or accessing primary emotions or attachment needs.

Yes No

12. Did I help partners capture the essence of their emotional experience in a way which helped them to engage with their emotions (more fully)?

Yes No

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13. Did I not prematurely give up pursuing emerging primary emotions? Yes No

14. Were the emotions I focused on mostly primary, attachment-oriented and related to the couple's cycle?

Yes No

15. Did I place emerging emotions in the emerging cycle and help the couple see how each partner's emotions are reactions to the other's behavior?

Yes No

16. Did I (actively) attempt to set up an enactment?

Yes No

17. Did I process non-accepting reactions to enactments and help the partners see the trigger for the non-accepting response?

Yes No

18. Did I (begin to) identify attachment needs or fears?

Yes No

19. Did I relate attachment needs or fears to the negative cycle or primary or secondary emotions?

Yes No

20. Did I generally adhere to the sequence of the steps and stages of EFT – also going a step backwards when it seemed necessary?

Yes No

21. Did I actively work to consolidate changes by (a) supporting a discussion on changes initiated by the couple or by (b) initiating such a conversation, or by (c) highlighting new behaviors or responses to each other or by (d) highlighting an impasse?

Yes No