

LEARNING TO DO EFT WITH COUPLES

What you can do Today

- Let the model soak in.
- Reflect on attachment in your life, when it's been secure, when it's been dicey.
- Treat yourself really nicely because you've put a lot into the last 4 days.

What you can do next Week

- Read *Creating Connection*
- Start to record some sessions; just pick one or two couples - and promise yourself you won't groan more than a couple of times.
- Reflect and validate - it's amazing how much clients expand on their experience when we do this well.
- Begin to formulate your couple's cycle, their positions in the cycle and their underlying, attachment-related emotions and needs.
- Sign up for the ICEEFT listserve; it's a great way to hear others discuss challenges .

What you can do next Month

- Get together with a learning buddy - share experiences, watch each other's tapes
- Consider supervision - individual or group
- Start to read and work through the workbook, *Becoming an Emotionally Focused Therapist*
- Get one of Sue's training tapes and watch it - a lot
- Start to familiarize yourself with the attachment literature

A little further on

- Come to an advanced training - especially Core Skills weekends
- Help out at a training event - it helps to hear this material presented different ways, by different people

Anytime

- Reflect on the myriad ways attachment needs organize our experience of ourselves and each other
- Contact me for support at jeff.hickey@me.com