



Learning Objectives

Following the training you will be able to:

1. Stay in the present process when a client derails you with content.
2. Deepen emotional experiencing and work experientially.
3. Implement assessment in EFIT – and validate attachment strategies.
4. Reflect present process (EFT Tango 1 Move 1) and assemble and deepen emotion (EFT Tango 1 Move 2) in order to shape the most relevant encounters (EFT Tango Move 3).
5. Mine the moments – help clients to savor change events (EFT Tango Move 4).
6. Integrate the flow of interventions through Stages of change in EFIT.
7. Consolidate change across relational contexts.

EFIT Workouts - Weekly Agenda

Video excerpts with Lorrie or Ali will be used as springboards for workouts to practice and increase fitness in EFIT.

Tango Move 1 - reflecting present process in the flow of the 5 Moves of the EFT Tango

Tango Move 2 - assembling and deepening emotion in the flow of the 5 Moves of the EFT Tango

Tango Move 3 - shaping encounters in the flow of the 5 Moves of the EFT Tango

Tango Move 4 - processing encounters in the flow of the 5 Moves of the EFT Tango

Tango Move 5 - summarizing, integrating, celebrating in the flow of the 5 Moves of the EFT Tango