

## **Preparing for supervision and live consultations**

**Background** (Very briefly choose a few items of relevant background, but not all the details below)

1. Ages, work, marital status, children, previous marriages
2. What is the presenting problem? What are pivotal incidents that define this relationship?
3. Attachment history- family of origin, sense of secure attachment, previous trauma or significant life events

### **Therapy Process:**

4. Where are they in the steps of EFT? The next step is?
5. What is the main negative cycle – who does what?
6. What are the primary emotions underlying this cycle? How do they link to attachment needs?
7. What are the key images/emotional handles/definitions of self each partner uses?
8. What attachment images have emerged?
9. What change events have occurred?
10. What are the couple's strengths?

### **Most importantly, clarify what are your goals and questions for the consultation:**

For example:

What feedback are you seeking?

Where are the stuck places?

What needs to happen next?

What interventions do you find difficult?

What particular growing edges in the EFT model are you wanting our discussion to focus on?

(Choosing one area of growth at a time to focus on, will make learning this model more manageable!)