

# EFT Booster #12

## Why Don't You Care?

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## Learn How to

- Lean into reactivity to create safety in the session
- Manage and direct the session with compassion
- Slow things down in a way that can create movement
- Use enactments effectively

## How to Lean in to Reactivity

- Session Management: Having a focus
- Guide your clients
- Willingness to interrupt/ re-direct your clients
- Willingness to be firm and gentle
- Expect your clients to exit and talk about content
- Tornado of reactivity

## Common Mistakes Made

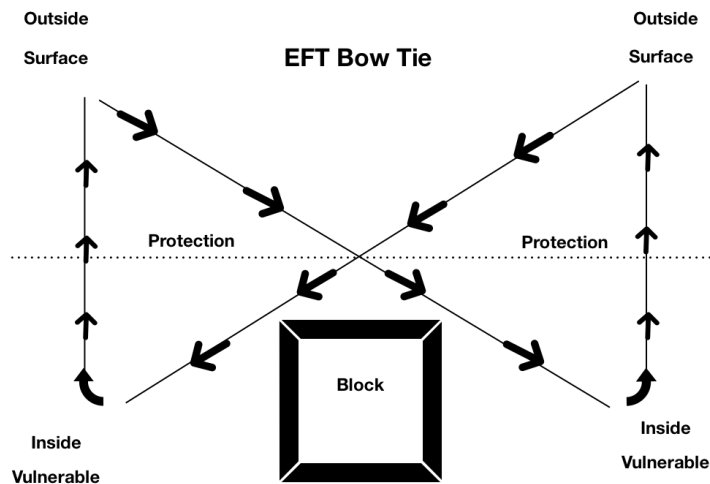
- Try to push past the reactivity and get to "what is underneath"
- Containing emotion - may be dismissive
- Working hard so your client can own his/her/their move in the cycle
- Losing the attachment frame

# Enactments

- ♦ Purpose of Enactments in Stage 1
- ♦ Enactments always provide us with information - No such thing as failed enactment
- ♦ Enactments should build as the session evolves

## Stage 1

- ♦ Find ways through the content by reflecting process
- ♦ Attachment threats are part of protective behavior
- ♦ Make the blocks explicit
- ♦ Use the past to validate the present or heighten emotion
- ♦ Keep the cycle simple: Inside/Outside



Created by Debi Scimeca-Diaz

## What to look for in this video

The ups and downs of reactivity

Do you notice progress?

"Staircase of enactments"

How was the session managed?

How was content handled?

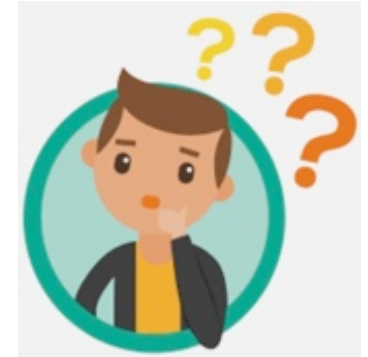
## Erin and Chris

- ◆ Stage 1 couple: Erin and Chris: Classic Pursue/Withdraw Pattern. Both are easily triggered and “fight back” and both are suffering greatly.

## Self Reflection

Be curious about ourselves

- ◆ How do you feel about being in charge of the session? /Session management
- ◆ Are you comfortable with reactive emotion?
- ◆ What comes up when you think about pulling the reins in with your clients?
- ◆ REPEAT...REPEAT...REPEAT
- ◆ Where do you go in EFT when you get stuck?



## Key Points to Remember

- ◆ Emotion and attachment need to work together - if not it becomes an emotional soup with no movement
- ◆ Attachify helps keep focus and access experience/ emotion
- ◆ Zoom out and reflect present process (repeat these reflections over and over)
- ◆ The 5 Tango Moves don't need to go in order

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Just to Name a Few

Recordings are available for 1 year from  
purchase date