

# **EFT Booster #7**

## **Learn to Love Withdrawers**

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## **What happens when sitting with Withdrawers**

- ✿ Do you ever find yourself stuck? or frustrated?
- ✿ Is it easier to talk with Pursuers?
- ✿ Do you find yourself feeling anxious or asking lots of questions?
- ✿ Do you sometimes wish they would just \_\_\_\_\_?

## **Learn How to**

- ✿ Be with and connect to withdrawers
- ✿ Identify skills to help withdrawers open up and share in session
- ✿ Track the progress withdrawers are making in session
- ✿ Set up successful enactments to help move couple forward

## **How to Be with Withdrawers**

- ✿ Step 1: Enter into their World
- ✿ Step 2: Notice their Strengths
- ✿ Step 3: Give them the message “You are good enough” “You are not failing in Therapy”



## Different ways withdrawers show up



*Confused*



*Quiet*



*Chatty/Wordy*



*Thoughtful*



*Expressionless*



*Intellectual*



*Humorous*



*Angry*

## What is Behind the Surface?



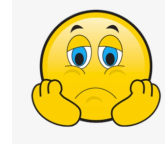
*Sadness*



*Fear*



*Sorrow*



*Loneliness*



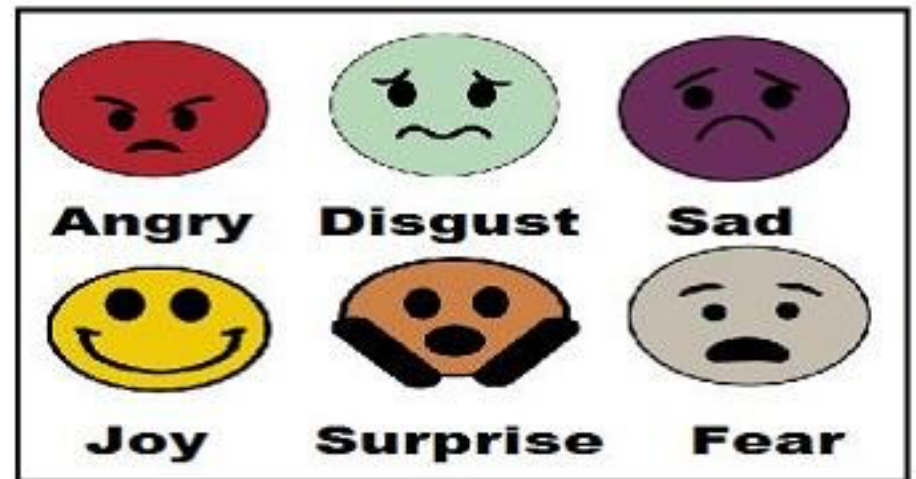
*Pain*



*Shame*

## Caught in the Cycle?

- Therapist is frustrated
- See the Withdrawer as the problem
- If only the WD would just \_\_\_\_\_?
- Maybe he/she doesn't care?

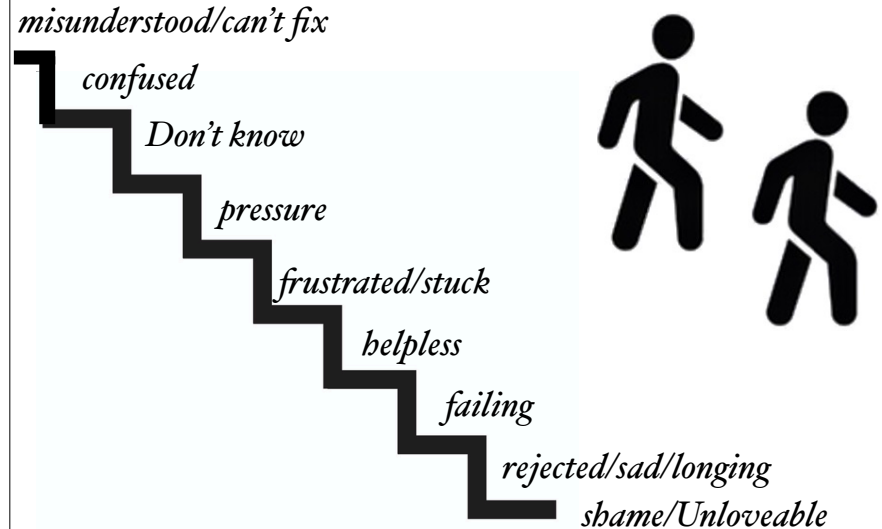


**Remember we all feel**

# Basic Skills

- ✿ Pass cue by several times - a minimum of 3
- ✿ Put a stake in the ground
- ✿ Repeat and focus on a key phrase
  - ✿ EXAMPLE: "I have been lonely since the beginning of my marriage"
- ✿ limit questions
- ✿ Validate and normalize
- ✿ Pause/Use of silence
- ✿ Less is more
- ✿ Keep it simple

Walk with your clients through their experience. Meet the client where he/she is



*Beware of shifts*  
*Notice when the client*  
*starts to walk back up the*  
*stairs*



*Be careful not to push*  
*your client down the*  
*stairs*

## Couple 1: JJ and Holly ON ZOOM

Came to therapy as last ditch effort  
 Trauma event when CPS removed daughter  
 Holly inside: devastated, isolated and alone and  
 Outside: angry, critical, threatens relationships  
 JJ inside: failing, fear of losing wife  
 Outside: withdraws/ stoic  
 Clip One: 11 minutes  
 Clip Two: 1.5 minutes  
 Clip Three: 16 minutes

As you watch the clips of JJ  
draw a staircase and make note  
of what you hear him sharing  
Do you notice him moving down  
the steps? Does he get stuck?  
Make note of interventions