

# Emotions Fokuseret Terapi og Rogers relationelle kernebetingelser

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# Emotions-Fokuseret Terapi

er en moderne humanistisk psykoterapi, der integrerer klient-centreret og oplevelsesorienteret psykoterapi i en forskningsbaseret, emotionsfokuseret, markørstyret metode funderet i nutidig psykologisk teori om emotioner, kognition og neuropsykologi

# Kernepunkter ved EFT

- Neohumanistisk perspektiv
- Emotions-teori og dialektisk konstruktivisme
- Baseret på forskning
- Person-centeret men proces-guidet relationel tilgang
- Terapeut udforskende respons stil
- Markør-guidet opgave strategi

(Elliot, Watson. Goldman & Greenberg, 2004)

# Something you can say to the client about EFT

- We believe that exploring and expressing emotion is the key to helping you change.
- Emotions contain valuable information about what is going on around you. Rational thought usually ignores this information.
- Emotions help you adapt to what is going on around you and help you figure out how to get your needs met.
- Emotions are complicated; people sometimes get stuck in emotions. We need to make sense of them.
- Sometimes there are layers of emotions, and more basic, important emotions get covered up by other emotions, like getting angry at yourself for being sad about something.
- Working with emotions is hard work and often painful, because the emotions have to be felt in order to work on them: they don't usually change just by talking about them, or by telling them to go away, or by explaining them.
- We may need to work together to help you find the best level of emotion for you, neither too cold or too hot: Enough so you can feel your emotions, but not to the point where you feel overwhelmed or get too scared to go on.

(Robert Elliot, 2004)

# Effektforskning af PE-terapi

- 18 outcome studier
- Heraf 3 kontrollerede studier, 6 sammenlignende studier og 9 naturalistiske studier
- PE-terapi er effektiv
- Meta-analyse udregning af samlet effekt af flere studier: pre-post effekt størrelse på 1.26 (n=18, SD) (Elliott, Greenberg & Lietaer, 2003)

# PE-terapi effekt på problemer

- Depression
- Overgreb, traume og uløste relationsproblemer
- Andre psykiske problemer (angst, psykosomatik, vold, konflikter)
- Effekt af PE-terapi ved alle problem områder

# EFT bestanddele

- **Klient mikroprocesser:** Hvad EFT terapeuter lytter efter hos klienten (verbale, nonverbale, oplevelsesdybde, forhold til selv/andre, tilgang til oplevelser)
- **Terapeut processer i EFT:** *Indre processer* (tilstedeværelse, ægthed, empati, positiv anerkendelse, samarbejde, procesviden) og *oplevelsesmæssige respons-måder* (Empatisk forståelse, empatisk udforskning, proces guiding, oplevelses tilstedeværelse, Indholds dirigerede respons)
- **Terapeutiske opgaver (tasks)**

# General stages of task resolution

Task Resolution Stage	Client Process	Therapist Responses
<b>0. <u>Premarker</u></b>	Marker is not clearly present, but may be implicit in client's experiencing.	<ul style="list-style-type: none"> <li>•Listen for, reflect toward possible task markers.</li> </ul>
<b>1. <u>Marker/ Task Initiation</u></b>	Client presents indication that he/she is currently experiencing a particular kind of processing difficulty and is agreeable to work on it with therapist.	<ul style="list-style-type: none"> <li>•Reflect, confirm client marker.</li> <li>•Elicit client collaboration for task.</li> </ul>
<b>2. <u>Evocation</u></b>	Client begins to explore and express difficulty, so that it starts to come alive.	<ul style="list-style-type: none"> <li>•Offer special procedures to address particular task, as appropriate.</li> <li>•Help client explore difficulty</li> <li>•Evoke, intensify client's arousal.</li> </ul>
<b>3. <u>Exploration/ Deepening</u></b>	Client explores difficulty via a dialectical process, either with therapist or between different aspects of self. (Exploration process may be lengthy.) Eventually, primary underlying feelings begin to emerge, along with underlying emotion schemes and related needs and values.	<ul style="list-style-type: none"> <li>•Help client access and differentiate primary and secondary feelings, emotion schemes, needs, values.</li> <li>•Help client stay involved with task and in contact with experiencing.</li> </ul>
<b>4. <u>Partial Resolution (Emerging Shift)</u></b>	Client accesses new aspects of experiencing, including previously overlooked aspects of emotion schemes; as a result, begins to feel at least a small shift in experiencing.	<ul style="list-style-type: none"> <li>•Listen for, reflect emergence of new experiencing.</li> </ul>
<b>5. <u>Restructuring/ Scheme Change</u></b>	Client experiences a clear shift in how he/she seeing self or others, such as owning/accepting previously ignored aspects of self, coming to understand something about self or others better, or coming to see self or others in a more positive light or self as more powerful.	<ul style="list-style-type: none"> <li>•Help client solidify emerging shift by exploring, appreciating, or symbolizing it.</li> </ul>
<b>6 <u>Carrying Forward (Full Resolution)</u></b>	Client pursues further implications of shift, including negotiation among competing needs/values, and commitments to pursue action consistent with new experiencing. Experiences greater contact with experiencing, clear symptomatic/ bodily relief	<ul style="list-style-type: none"> <li>•Facilitate exploration of implications, including negotiation and appreciation of emerging experiencing.</li> </ul>

(Robert Elliot, 2004)



# Proces-Experiential Tasks

- Empathy-based tasks
- Relational tasks
- Experiencing tasks
- Reprocessing tasks
- Enactment tasks

(Elliot, Watson. Goldman & Greenberg, 2004)

# Empathy- Based Tasks

Task Marker	Intervention	End state
Problem-relevant experience (e.g.interesting, troubling, intense, puzzeling)	<b>Empathic Exploration</b>	Clear marker or new meaning explicated
Vulnerability	<b>Empatic Afirmation</b>	Self-affirmation (feels understood, hopeful, stroger)

(Elliot, Watson. Goldman & Greenberg, 2004)

# Relational tasks

Task Marker	Intervention	End state
Beginning of therapy	<b>Alliance formation</b>	Productive working environment
Therapy complaint or withdrawal difficulty	<b>Alliance dialogue</b> (each explores role in difficulty)	Alliance repair

(Elliot, Watson, Goldman & Greenberg, 2004)

# Experiencing tasks

Task Marker	Intervention	End state
Attentional focus difficulty (confused, overwhelmed, blank)	<b>Clearing a space</b>	Therapeutic focus, ability to work productively with experiencing
Unclear feeling	<b>Experiential Focusing</b>	Symbolization of felt sense, sensing of easing (feeling shift), readiness to apply new awareness outside of therapy
Difficulties expressing feelings	<b>Allowing and expressing emotion</b>	Successful, appropriate expression of emotion to therapist and others

(Elliot, Watson, Goldman & Greenberg, 2004)

# Reprocessing tasks

Task Marker	Intervention	End state
Narrative marker (internal pressure to tell difficult life stories, such as trauma)	<b>Trauma retelling</b>	Relief, restoration of narrative gaps
Meaning protest (life event violates cherished belief)	<b>Meaning work</b>	Revision of cherished belief
Problematic reaction point (puzzling overreaction to specific situation)	<b>Systematic evocative unfolding</b>	New view of self-in-the-world functioning

(Elliot, Watson, Goldman & Greenberg, 2004)

# Enactment tasks

Task Marker	Intervention	End state
Self-evaluative split (self-criticism, feelings of being torn)	<b>Two-chair dialogue</b>	Self-acceptance, integration
Self-interruptive split (blocked feelings, resignation)	<b>Two-chair enactment</b>	Self-expression, empowerment
Unfinish business (lingering bad feeling about significant other)	<b>Empty chair work</b>	Letting go of resentments and unmet needs of the other, self-affirmation, understanding or holding other accountable

(Elliot, Watson. Goldman & Greenberg, 2004)

# Litteratur

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\* Elliot, Watson, Goldman & Greenberg (2004): *Learning Emotion-Focused Therapy. The Process-Experiential Approach to Change*. Washington, DC: APA

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\* Anbefalet

# Hjemmesider

[www.emotionfocusedtherapy.org](http://www.emotionfocusedtherapy.org)

[www.process-experiential.org](http://www.process-experiential.org)

[www.experiential-researchers.org](http://www.experiential-researchers.org)

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