

## Emotionally Focused Therapy (EFT) briefly explained



- Emotionally Focused Counselling and Therapy is based on understanding the role of emotion in your life. It looks at your emotion and how you respond to yourself and others.
- As well as your feelings, EFT is also interested in your thoughts and actions and what sense you make of what you think, feel and do.
- The focus is on helping you discover, express and understand your feelings.
- EFT wants you to allow and acknowledge your emotion in safe ways.
- EFT doesn't want you to block your feelings or to get stuck in them or be overwhelmed by them. Because if you suppress your emotions you lose information and an important part of yourself that helps you make choices. On the other hand, if emotion overwhelms you, you lose your capacity to think clearly or act wisely.
- If we can “be with” our emotions we can have our authentic emotional experience and at the same time lift our awareness of how we walk in the world.
- This insight can enable you to make changes (or not)
- It can also help you to build resilience and gain strategies to regulate your emotion and to work with it at a safe distance.
- If you allow your emotional experience, you can transform it, and change in a way that is right for you.
- This will enable you to look within and face yourself and know your self and be able to love and nurture who you are and what you are becoming.
- You may then find forgiveness and compassion for yourself and others
- The hope is that you will know that you can come as you are and that you are enough right now in this moment. You are on your own journey.

Research has shown EFT is especially effective to enable people to process emotion. When you experience your emotion you can create new meaning and decide to change.

This leads to hope and possibility and sense of well-being.