



Dr. Sandra Taylor: Emotion and the Distressed Couple - Emotionally Focused Therapy in Action



Dr. Sandra Taylor is a certified Emotional Focused Therapy trainer, supervisor, therapist, and coordinator of the British EFT Centre. In this session, we are invited to explore how, by harnessing the power of emotion, EFT has the potential to reconnect the distressed couples through specific stages and moves.

**TOP EMBODIMENT TIP:** A positive codependency with a person, empowers us to face difficult situations.

Despair: We Can't Go on Like This

- By the time couples reach out for therapy, they're playing out their same old fights, completely caught up in the same old negative cycle and they have lost all vision of a more pleasant future.
- The despair of knowing they cannot go on like this and the longing for change, is what brings couples to therapy.
- Emotionally Focused Therapy combines experiential and systemic therapies, and is driven by attachment theory.

Attachment Theory: Effective Dependency

- The basic principle of attachment theory is that **a safe emotional connection to a few people is a fundamental survival need** that's wired into us over millions of years of evolution.
- A positive codependency with a person, empowers us to face difficult situations.
- **Being mutually accessible, responsive, and engaged is the goal of couple therapy.** Being able to turn toward each other for care and support in stressful situations instead of against each other.
- The main **function of our emotions is to communicate our needs**, motives, and priorities to us and to others.
- **Emotions are the target and the agent of change.** We therefore move into emotion in order to transform it.
- **Assembling the emotions:** Every emotion has a cue, the trigger; then follows a rapid appraisal of the situation; then a physiological arousal in our body; we create meaning as we tell ourselves things about the event; and then we act.

Five Stages of EFT:

1. Reflect the present process.
  2. Affect assembly and deepening of the different elements of emotion, and come to new awareness.
  3. Choreograph an engaged encounter to share the new awareness.
  4. Process the encounter.
  5. Summarise the work done, validating and integrating it, in order to feel the corrective emotional experience.
- After these 5 stages, we enter into deep healing of past traumas and associations.

Resources

- ❖ **Book:** *And GOD saw it all was very good: Catholic LGBT People in Europe Telling Their Stories*
- ❖ **Courses:** [AcRE EFT Training](#)
- ❖ **Website:** [Potential Development](#)
- ❖ **Email:** [sandrapotentialdevelopment@gmail.com](mailto:sandrapotentialdevelopment@gmail.com)
- ❖ **References:** [British Emotionally Focused Therapy Centre - BEFT](#), [ICEEFT](#)



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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

**#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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