

Deliberate Practice Group Training

Skills 7-12 Overview

Skill 7: Providing a Rationale for Emotionally Focused Couple Therapy (EFCT)

This skill helps therapists explain EFCT concepts and processes to clients in a clear and reassuring way. It aims to reduce clients' anxiety, build hope, and encourage them to engage in therapeutic work. It is particularly useful for clients who are new to couple therapy and may not understand how it works.

Skill 8: Gathering and Assembling Elements of Emotion

Therapists use specific questions to help clients identify and understand their emotional reactions at bodily, cognitive, and behavioral levels. This process enables clients to access their emotions more clearly and communicate their vulnerable feelings to their partner.

Skill 9: Enactments

This skill involves guiding clients to share their vulnerable emotional truths directly with their partner in a choreographed interaction. If clients feel emotionally unsafe or hesitant, the therapist helps them navigate this process.

Skill 10: Slicing the Risk Thinner

When clients are reluctant to express their vulnerable emotions, therapists use this skill to break down emotional experiences into smaller, manageable parts. This allows clients to communicate their feelings in a less overwhelming and safer way.

Skill 11: Interrupting Negative Process Early in Therapy: Catching the Bullet I

This skill focuses on intercepting negative or critical statements ("bullets") between partners early in therapy. The therapist softens the emotional impact of these statements to prevent triggering reactive responses and further negative cycles.

Skill 12: Interrupting Negative Process Later in Therapy: Catching the Bullet II

This skill is used later in therapy when the couple's negative cycle has been de-escalated. The therapist interrupts harmful statements made by one partner in response to the other's vulnerable expression, validates the emotions behind the statement, and helps the couple navigate the interaction to foster connection and understanding.

These advanced skills aim to deepen emotional experiences, foster vulnerability, and help couples navigate challenging interactions effectively.

