10 Ways EFT Brings Attachment Science Into Every Session

1. Create a special alliance – A.R.E. Therapist as explicitly PRESENT safe haven/secure base figure. To Belong leads to Become.


4. Focus on observed process in present – specify evolving loops and patterns – inner and between circles.

6. Non-pathologizing. Validate/Affirm always – stuck protection strategies are “perfectly reasonable”, normal. **Find rationality/order not pathology.** Validate risk taken/change in session. Experiencing process is STUCK – person is accepted.

7. Attune accurately. Use the attachment map to longings, fears, needs and protective moves as COMPASS, (e.g., shame as avoidance of attachment panic). Fear of rejection/abandonment cues existential isolation cues emptiness, hopelessness cues self as defective. Need for connection is primary mover in growth.


9. Craft corrective moments – sing to the amygdela – shape core attachment survival scripts into secure shape. Lead into and through vulnerability.
10. Get out of the way of organic wired-in growth process – dissolve blocks and let it happen, e.g., Adult self offers helpless self a safe haven.

On target – organic – existential