

UNDERSTANDING EFIT / EFT

Emotionally Focused Individual Therapy (EFIT) is an attachment-based approach rooted in Emotionally Focused Therapy (EFT). It helps you explore and transform the emotional patterns that may be keeping you stuck.

WHAT IS EFIT / EFT?

EFIT is a research-based, attachment-focused model that sees emotions as meaningful signals about what you need. EFIT applies these principles to individual work.



Explores how your early relationships shape the way you relate to yourself and others.



Helps you understand and transform unhelpful emotional patterns.



Creates new emotional experiences in session that lead to lasting change.

CORE PRINCIPLES



EMOTIONS MATTER

Emotions are not the problem—they are the pathway to healing.



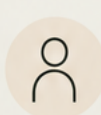
ATTACHMENT IS CENTRAL

We are wired for connection. Attachment needs shape our thoughts, feelings, and behaviors.



NEW EXPERIENCES HEAL

Change happens through new, corrective emotional experiences in a safe, supportive relationship (with your therapist).



YOU ARE THE EXPERT

You are the expert on your experience. Therapy helps you access your own inner wisdom.

THE EFIT / EFT PROCESS



1

BUILDING SAFETY AND ALLIANCE

We create a safe, supportive space where you feel seen, heard, and accepted.



2

IDENTIFYING PATTERNS

We explore the emotional patterns, attachment needs, and protective strategies that may be keeping you stuck.



3

ACCESSING AND EXPLORING EMOTION

We gently access deeper emotions and the needs underneath them, often through experiential exercises.



4

TRANSFORMING AND INTEGRATING

We create new, more helpful ways of relating to yourself and others, and integrate these changes into daily life.

EXPERIENTIAL TECHNIQUES IN EFIT

EFIT uses experiential approaches to help you go beyond talking and into real emotional change.



PARTS WORK

Explore different parts of yourself or relationships.



GUIDED IMAGERY

Access inner resources and corrective experiences.



INNER CHILD WORK

Connect with younger parts of you and meet their needs.



EMPTY CHAIR

Express feelings to important people or parts of yourself.



EMOTION FOCUSING

Tune into body sensations and feel emotions safely.

WHAT MIGHT COME UP IN EFIT

Many people seek EFIT support for challenges such as:

- Anxiety, depression, or feeling overwhelmed
- Relationship patterns and attachment wounds
- Shame, self-criticism, or inner conflict
- Grief, loss, and life transitions
- Difficulty trusting yourself or others
- Nervous system dysregulation
- Feelings of disconnection or emptiness

BENEFITS OF EFIT

EFIT can support you to:

- Greater self-awareness and self-compassion
- Healthier relationships and boundaries
- Reduced anxiety and emotional reactivity
- Healing of attachment wounds
- A stronger sense of self and inner security
- More connection, meaning, and joy in life