

Emotionally Focused Therapy (EFT) Treatment Plan

Client information	
Name(s):	
Gender(s):	Age(s):
Mental health professional:	
Date:	
Planned no. of sessions:	Session frequency:
Clinical evaluation	
Briefly describe the clients' relationship history:	
Describe the primary reason for seeking therapy, including any major concerns, negative interaction patterns, and clinical diagnoses:	
Treatment goals	
Describe the primary treatment goal:	
List any secondary treatment goals:	

Stage 1: De-escalation

Plan EFT-based interventions aimed at reducing interactions to create a safer emotional environment:

Stage 2: Restructuring

Plan EFT-based interventions aimed at improving emotional responsiveness and fostering positive cycles of interaction. (This should be the major section of the treatment plan):

Stage 3: Consolidation

Plan EFT-based interventions aimed at solidifying these changes, integrating new interaction patterns into the relationship's fabric for long-term stability:

Session plan

Optional: Use the space below to draft a detailed structure for the next two or three sessions:

Additional notes:

Monitoring and follow-up

Date:

What aspects of the treatment plan are working well so far:

What aspects of the treatment are not working well so far? How can you adjust the plan to better suit the clients:

***Optional:* Use the space below to draft a detailed structure for the next two or three sessions:**

Additional notes: