

other hand with some African and some more expressive Latin-based cultures, emotions are often expressed more somatically. In expressive cultures further degrees of internal bodily based focusing and symbolizing may need to be attended to more than emotional expression. Formulation, however, is still the same regardless of cultural differences, but given that formulation and intervention are so intertwined it will take longer to develop a focus and more directiveness may be needed to get to a formulation with certain cultural groups.

In terms of inclusion/exclusion criteria, before therapy begins, a global assessment is conducted in which the client's appropriateness for this therapy is evaluated. If strong biological factors (i.e. a biochemical disorder) or systemic factors (that would deem the person more appropriate for marital or couple therapy) are judged as being primary problem determinants, the client is considered inappropriate for this treatment. This therapy is most suitable for dealing with moderate affective disorders or traumatic life events as well as interpersonal, identity, and existential problems. In addition, people who meet the following criteria are judged as not suitable for short-term EFT treatment (16-20 weeks): high suicidal risk; long-term alcohol or drug addiction; three or more depressive episodes; psychotic; and schizoid, schizotypal, borderline, and antisocial personality disorders. Long-term EFT treatment is not appropriate with schizoid, schizotypal, and antisocial personality disorders or with psychotics. Beyond an initial assessment that the client satisfies the inclusion/exclusion criteria, that the problems are appropriate for individual psychotherapy, and that the client desires treatment, no other formal assessment is conducted. The person's ability to form an alliance is informally assessed at the outset and in an ongoing manner throughout treatment.

### STEPS IN CASE FORMULATION

A strong therapeutic relationship needs to be formed to allow the formulation process to proceed. Through the empathic process, client and therapist are continually negotiating the terms of the working relationship, clarifying what the problems are, and developing an agreement on the tasks, immediate goals, and responsibilities of treatment. In the initial stages, while the therapist may apply some of the steps of case formulation, such as an assessment of focusing capacity and manner of affective-cognitive processing, the initial phase emphasizes making contact with and responding to the client and does not involve actively collecting information or intervening.

In our view, formulations are always co-constructions that emerge from the relationship rather than being formed by the therapist. The establishment of a problem definition is tantamount to the agreement on treatment goals in the formation of the initial alliance (Bordin, 1994). This

important aspect of alliance formation of core issues and the aspect of the initial alliance the treatment as relevant (that the client needs to perceive closure, exploration, and engaged in these, the exploration

Identifying and articulating processes underlying and generating effort between therapist and determinants of the person implicitly suggests that the Sometimes this agreement is discussed. Generally, however, treatment goals involve a connection between the discussed. Sometimes for very of a validating relationship unable to focus inward and attend to their emotions in treatment. A focus and a goal and stand up to his overly quacy. For another client who to become more aware of, and needs. For another depressed express and resolve husband. For an anxious client soothing and self-support; abandonment and insecurity based

As well as the collaboration and in the treatment allowing "process diagnoses," or at the moment, and how behavior at this time. Process markers, which helps develop focus the treatment. These style, task markers, markers and micromarkers of client actively and is constantly checking clients' moment-to-moment mate guide. It is important manner that is relevant to the is agreement about the behavior the client's problems. Formulation