

this voice is freshly experienced. A high degree of external vocal quality suggests that the person does not have a strong propensity to self-focus (Rice & Kerr, 1986). Clients who demonstrate little or no focused or emotional voice are seen as less emotionally accessible and needing further work to help them process internal experiential information. Clients with a high degree of external vocal quality need to be helped to focus inward, whereas those with a high degree of limited vocal quality, indicating a wariness, need a safe environment to develop trust in the therapist and allow them to relax.

Another indicator of current capacity for self-focus is the client's initial depth of experiencing (Klein et al., 1969). The Experiencing (EXP) scale defines clients involvement in inner referents and experience from the impersonal (level 1) and superficial (level 2) through externalized or limited references to feelings (level 3) to direct focus on inner experiencing and feelings (level 4) to questioning or propositioning the self about internal feelings and personal experiences (level 5) to experiencing an aspect of self from a new perspective (level 6), to a point where awareness of present feelings is immediately connected to internal processes and exploration is continually expanding (level 7). Momentary formulations, with clients' processing at a low level of EXP, suggest facilitating deeper experiencing, sometimes by conjecturing empathically as to what clients are presently experiencing and at other times, by guiding attention inward to focus directly on bodily felt experience.

Narrative style, whether clients are external (talking about what happened), internal (what it felt like), or reflexive (what it meant), is also attended to with the goal being to encourage a focus on internal to promote later reflection (Greenberg & Angus, 2004). Noticing the clients' expressive stance, indicating whether clients are observers of their experience, speaking about the self, or expressers, speaking from the self, and whether they are differentiating or global, descriptive, or evaluative in their processing is also important. Attention also is paid to vividness of language use, such as the poignancy and aliveness of images and feelings that are conjured up by the material. A high degree of concreteness, specificity, and vividness of language use indicates a strong self-focus and high involvement in working. The therapist also is attending to other micromarkers, such as deflections, rehearsed descriptions, rambling, silence, and many other indicators of the person's manner of processing affect. These alert therapists to clients' moment-by-moment processing to enable them to adjust their interventions in order to be maximally responsive to their clients. In summary, formulation at this general level involves evaluations of the nature of current emotional processing style and process diagnoses of how to best facilitate a focus on internal experiencing.

Degree of emotional awareness and expressiveness, whether emotion is under- or overregulated and whether the person is able to reflect on and

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Greenberg et al., 1993). Pr
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Instrumental emotions are
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der to intimidate (Greenber
The main goal in differenti
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Then therapists along with
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tive action tendencies or is r
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Once identified, these mala

Identifying the Pain

To formulate successfully I
acts as an emotional trackin
(Greenberg & Watson, 200
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to-moment experience.

The first thing EFT ther
for what is most poignant in
gin to flag the painful life e
provide clues as to the so
schemes that clients may hav
therapists with an understand

Therapists also observe
clients use to cope with thei
and which skills might be la
gies as problem-focused co
problem and ways of solving
coming aware of feelings, al
the meaning and significanc

Identify Markers and Imp

The hallmark of EFT is the a
tasks follow from the identi