

degree of external vocal quality a strong propensity to self-focus or no focused or emotionally accessible and needing further essential information. Clients with a need to be helped to focus inward, vocal quality, indicating a wary or trust in the therapist and allow

for self-focus is the client's initial (The Experiencing (EXP) scale (Greenberg & Safran, 1987; Greenberg et al., 1993). Primary emotional responses are immediate direct responses to situations whereas secondary emotions are reactions to more primary emotions or thoughts. These often obscure the primary generating process. Instrumental emotions are those expressions that are used in order to achieve an aim, such as expressing sadness to elicit comfort or anger in order to intimidate (Greenberg & Safran, 1989; Greenberg & Pavio, 1997). The main goal in differentiating emotional responding is to access the primary organismic emotional response that has not been acknowledged. Then therapists along with their clients ascertain whether the primary emotion is adaptive and can be utilized to provide useful information and adaptive action tendencies or is maladaptive and cannot be followed. The goal is to identify core maladaptive emotion schemes that need to be transformed. Once identified, these maladaptive schemes guide the focus.

Identifying the Pain

To formulate successfully EFT therapists develop a pain compass, which acts as an emotional tracking device for following their clients' experience (Greenberg & Watson, 2005). The therapist focuses on the most painful aspects of the client's experience and identifies the client's chronic enduring pain. Pain or other intense affects are the cues that alert the therapist to potentially profitable areas of exploration as they focus on clients' moment-to-moment experience.

The first thing EFT therapists do to develop a pain compass is to listen for what is most poignant in clients' presentations. They also immediately begin to flag the painful life events their clients have endured. Painful events provide clues as to the source of important core maladaptive emotion schemes that clients may have formed about themselves and others, providing therapists with an understanding of clients' sources of pain and vulnerability. Therapists also observe the types and varieties of coping strategies that clients use to cope with their pain and to modulate their painful emotions and which skills might be lacking. The presence and absence of such strategies as problem-focused coping, involving the ability to think about the problem and ways of solving it, and emotion-focused coping, involving becoming aware of feelings, able to tolerate emotions, and actively reflect on the meaning and significance of feelings, are noted.

Identify Markers and Implement Tasks

The hallmark of EFT is the attention paid to specific in-session tasks. These tasks follow from the identification of specific markers consisting of state-

person is able to reflect on and expressiveness, whether emotion is how to best facilitate a focus on the nature of current emotional clients. In summary, formulation to adjust their interventions in use alert therapists to clients' most and many other indicators of the micro-markers, such as deflections, and high involvement in working, specificity, and vividness of language use, such as vividness of language use, such as evaluative in their processing is from the self, and whether they servers of their experience, speak-

external (talking about what happens (what it means), is also at a focus on internal to promote (Noticing the clients' expressive markers of their experience, speak- from the self, and whether they evaluative in their processing is vividness of language use, such as feelings that are conjured up by specificity, and vividness of language use, such as high involvement in working, micro-markers, such as deflections, and many other indicators of the use alert therapists to clients' most and many other indicators of the clients. In summary, formulation to adjust their interventions in use alert therapists to clients' most and many other indicators of the person is able to reflect on and