

your marriage, ah you know, I'm sure in the beginning it was good, you know I think at one point, mom and dad did at one point really love, um, each other, but I think with my mother's drinking, and maybe with some of the anger that you had about your life, and then you lost your child, your son, that um, your way of dealing with things was to be cold. To be unfeeling, to not be supportive, not that you didn't want to be. I don't think you know how. I can really understand or I can try to feel your pain and understand that ah, you did the best you could knowing what you knew."

In talking about the dialogue at the end of the session, the client says "I feel relief that I don't have this anger sitting on my chest anymore."

The client goes on to describe how she can now accept that her father does not have more to give. This leads to emotion episodes of pride and then joy for having overcome these feelings. Her shame-based core maladaptive belief, "I am not worth loving," has shifted to include the emotional meaning that her father experienced his own pain in his life and that this pain led him to be less available to behave in loving ways toward her or her sisters. Needing to be loved no longer triggers hopelessness, and giving voice to her strong emotions has validated that she is worth loving, and that she can manage with what her father has to offer at this point in her life. A greater ability to communicate her needs, to protect herself from feeling inadequate, and to be close to her sisters has also developed.

## TRAINING

Training in case formulation is embedded within training in intervention. The perceptual skills involved in process diagnosis are seen as an inherent part of intervention (Greenberg & Goldman, 1988). Therapists are trained in moment-by-moment tracking, in marker identification, and in moving toward a focus guided by process cues as described previously. Various sources such as Greenberg and Goldman (1988) and Elliott, Watson, Goldman, and Greenberg (2004) outline the steps involved in training in experiential therapy. In addition, Greenberg et al. (1993) specify many of the techniques necessary to apply the case formulation method. In addition, trainees should learn the process measures mentioned previously in this chapter, including the Client Vocal Quality (CVQ) Scale (Rice & Kerr, 1986), and the EXP scale (Klein et al, 1969). Such training helps the therapist to better assess clients' capacity for self-focus to improve his or her capacity for empathic attunement. Finally, demonstration films of have been published and are available (Greenberg, 1989, 1994, 2005) and provide a model of attention to moment-by-moment processing and markers.

## RESEARCH SU

The EFT tasks have been studied (Greenberg, 1994; Elliott, Greenberg, & I... cation of six particular mark... (Greenberg et al., 1993; Elliot... periential states is identified b... rently emotionally involved... marker indicates both the p... amenability to intervention. T... marker represents an opportu... intervention that will unique... by the marker.

A task appropriate to th... involved in the resolution of th... cally and task resolution has... (Watson & Greenberg, 1996)... tion models offer specific guid... ate momentary "process diag... affective states, and how to d... tion would facilitate further... the particular task (Greenber...

For example, working ac... tion of a self-evaluative confl... ized self-critic has been acces... to express some of the conten... me sick"). Once the harshnes... may then make a momentary... to encourage the expression o... hard enough. You are stupid... such time as the underlying m... adequacy is accessed in the... makes another process diagn... express the underlying feelin... feelings to the critic from the... that, I feel like a nothing."). T... cess diagnoses throughout the... at the appropriate moment. A... therapist will then facilitate a... the needs on the one hand and... icisms on the other have been... will continue to work to faci... these steps are viewed as help... pects of self (Greenberg et al.