

the facilitation of affective client tasks requires therapists to make specific types of moment-by-moment formulations. Each step of this process is guided by formulations informed by the model that explicates what processing proposals to offer at what point to best facilitate the next step toward task resolution.

Various research studies lend support to aspects of the method of case formulation described earlier. For example, raters can reliably agree ($r = .81$) on the client's level of vocal quality as well as on the client's depth of experiencing ($r = .75$), supporting the notion that therapists can assess the client's capacity for self-focus. In addition, studies indicate that raters can reliably distinguish between different markers for various affective tasks within therapy sessions such as unfinished business, two-chair conflict split, and problematic reaction points (Greenberg & Rice, 1991).

While EFT case formulation does not involve a priori formulations, research has shown that in successful cases, ongoing momentary formulations throughout sessions do result in particular themes emerging by the middle of therapy (Goldman, 1995). These themes form a strong focus of treatment and have been found to relate to either intrapersonal or interpersonal issues. Research also indicates that focusing on these themes through engagement in particular affective tasks repeatedly over a number of sessions and working progressively toward resolution is predictive of success in treatment. Finally, empirical support for the efficacy of EFT which operates by the approach to case formulation articulated has been documented (Paivio & Greenberg, 1995; Greenberg & Watson, 1998; Goldman, Greenberg, & Angus, 2005; Watson et al., 2003). In addition, the in-session emotional processes attended to in case formulation have been shown to relate to outcome (Pos, Greenberg, Goldman, & Herman, 2003; Missirlian, Toukmanian, Warwar, & Greenberg, 2005).

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