

on the main intrapersonal or interpersonal themes that are contributing to clients' pain does emerge over time. For example, in one case the therapy might focus on feelings of insecurity and encourage their exploration if they seem of core importance. In another, unresolved anger may emerge as a focus. Focused empathic exploration and engagement in tasks often leads clients to important thematic material. We have found that in successful cases, core thematic issues do emerge. Themes have been observed to fall into one of four major classes of determinants. Clients are seen as suffering from (1) a general inability to symbolize internal experience, (2) problems in intrapersonal relations, (3) problems in interpersonal relations, or (4) existential concerns, or from some combination of these four (Greenberg & Pativo, 1997). Intrapyschic issues generally relate to self-definition and self-esteem, such as being overly self-critical or perfectionistic, whereas interpersonal issues generally entail attachment and interdependence-related issues such as feeling too dependent or vulnerable to rejection. Existential issues relate to limit situations involving loss, choice, freedom, and death.

#### Attending to Moment-by-Moment Processing to Guide Interventions within Tasks

In the tasks and throughout therapists attend to and respond to clients' moment-by-moment processing to guide their interventions. The therapist attends to micromarkers such as poignancy, vividness of language, interruptions, deflections, and many other indicators of the person's manner of processing affect while the tasks are being done. Thus once tasks are engaged in therapists come full circle to attending to moment-by-moment process as the main guide to formulation and intervention. In addition, the models of the resolution process for each task described in the research section also guide differential moment-by-moment intervention during tasks. Thus, EFT therapists pull together information from multiple levels in working with their clients. The different levels of processing to which therapists listen together constitute a sequence of comprehension. Right from the start therapists attend carefully to clients' moment-by-moment process in the session and to how clients are engaging in the work of processing their emotional experiencing. They also listen to clients' life histories to identify their characteristic ways of being with themselves and others. Therapists listen as well for markers of specific cognitive-affective tasks or problem states and for the client's main underlying problems to emerge. Once a focus has been established and the client and therapist are engaged in working on core themes the focus is on moment-by-moment experience. While sensitized by theories of determinants of problems or disorders (e.g., for depression self-esteem vulnerability via self-criticism and dependence, loss, unresolved anger, powerlessness, shame or guilt), these theories

involved cognitive-affective problems. Therapists ask themselves what of their client's emotional pro- client statements is partly influ- painful and difficult aspects of nately processed.

and the accessing and working by the facilitation of client tasks integrate previously disallowed tive problem markers and tasks therapy progresses. Research has py states are markers of particu- can be resolved in specific ways (Greenberg, Elliott, & types of affective problems that entions. The therapist therefore nes in a specific manner to facili- problem. The main markers and and studied are (1) problematic out emotional or behavioral re- icates a readiness to explore by splits in which one aspect of the which indicates readiness for a its in which one part of the self- ce and expression, which indi- (4) an unclear felt sense in which confused and unable to get, a indicates a readiness for focus- statement of a lingering unre- which indicates an opportunity ability in which the person feels spect of his or her experience, nation. A variety of markers of states and specific intervention tion of new meaning when a ve been identified (Elliott, Wat-

one session to the next, they do times that consist of underlying de healthy functioning. A focus