Getting Grounded with the EFT Tango

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Why the tango?

- our brain state matters
- it's about us
- allows us to let go and explore

The 5 Basic Moves of EFT

- CYCLE Here & Now
  - Reflect & Distill Present Process (within/between)
- INTEGRATE/Validate
  - Congratulate LOOK WHAT YOU DID (Metaprocess)
- EXPLORE
  - How Each Experiences New Steps “How does it feel to hear/feel?”
- ENACT
  - Turn New Experience Into New Steps/Signal to Partner
- AFFECT ASSEMBLY & Deepening New Emotions

Dancing the EFT Tango

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**TANGO SIMPLIFIED**

What's happening?  
Throw a stake in the ground  
Mine the moment  
Hand it over

**Move 1 What's Happening**

- Foundation of tango  
- Provide coherence and structure to work  
- Not cognitive understanding of dynamic but awareness  
- Therapist tuning in  
- Integration of previous work

**Goals of Move 1**

- Increase awareness and ownership of reactivity and vulnerability  
- Finding a shared language for reactivity  
- Get people talking about themselves  
- Looking for places to put our move 2 stake - back pocket  
- Find our target working zone TWZ

**Move 1 Between and within**

- Start with the between - the more you this, the more you that...  
- Then move into the within and use this tracking of the internal cycle to find your working zone and a stake for this tango
Our Target Working Zone

**Move 1 - How and skills**

- See the whole map
- Be in charge
- Naming reactivity - say what you see
- Always the attachment frame is what makes our reflections and naming of reactivity make sense
- How do you let your partner know when...

**Cycle Reflection**

- Reactivity
- Vulnerability
- Reactivity
- Vulnerability

**What does this mean to you? How do you let your partner know when...**

- Grief about loss outside the relationship
- Complaints
- Pain
- When you hurt me
- We have different needs
- Laundry
- Should we have another kid?
- When I hurt you
- Your kids
- We are different people
- Our kids
- Medical challenges
- Opening our relationship
- Cultural disenfranchisement
- My parents
Blocks to Move 1

- trying to fix or change the cycle
- not being in charge
- not naming reactivity
- attachment to diving deep
- focused on past or future (blame)
- not enough attachment frame

Goal of move 2

- expand emotional capacity for pain and vulnerability
- co-regulate with therapist to make this expansion tolerable and integratable
Move 2 Throw a stake in the ground

- gear down
- reflections not questions
- reflection sandwich
- back pocket word or phrase
- simple - language of 5 year old

Move 2 Blocks

- therapist is in head
- not wanting to hurt people

move 1 to move 2 exercise

Move 3 - Hand it over

- be directive here and specific - but simple
- stay in low gear
- this is where we open up our target zone
- most likely outcome of move 3....... the cycle will come alive - YAY!!
**Move 4 Mine the moment**

- go where you feel the juice
- maybe do more enactments
- this is the target zone for healing and change
- how do you feel about your partner when you see that they are taking this risk to share this right now?

**Move 5 What just happened**

- walk through the moves
- validate and cheer them on
- this move can be combined with move 1 for a new tango

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**The 5 Basic Moves of EFT**

Dancing the EFT Tango

The second figure can be:
- a therapist
- part of self
- an imaginary other in individual therapy
- a partner in couples therapy
- different family members in family therapy

- What's happening right now? How do you let your partner know?
- How do you reach for your partner when... coping strategies, walls and blocks made explicit?
- Can we stay here? Will you let yourself feel a small bit of this place where?
- Holding open a space for interaction and new experiences?
- Can you tell your partner that even though you seem to be... what's really going on is...?