

ICEEFT SUPERVISION & CASE PRESENTATION PREP PACKET

A Clinical Reference & Submission Guide for Certification Candidates North Carolina Community for Emotionally Focused Therapy (NCCEFT)

Aligned with International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) standards

PURPOSE OF THIS PACKET

This packet is designed for clinicians presenting cases for ICEEFT supervision, peer consultation, or formal ICEEFT Certification review. Preparing a clear, structured case conceptualization alongside a segment transcript helps your supervisor quickly track the interactional cycle, your therapeutic stance, and your execution of the EFT Tango.

1. CASE CONCEPTUALIZATION SUMMARY (1-PAGER)

Fill out this summary prior to your supervision session or recording review.

Client & Context Overview

- **Therapist Name:** _____ **Date:** _____
- **Case Identifiers (Initials Only):** Partner A: _____ | Partner B: _____
- **Format:** ☐ EFCT (Couples) ☐ EFIT (Individuals) ☐ EFFT (Families)
- **Total Sessions Completed:** _____ **Current Stage of Therapy:** ☐ Stage 1 ☐ Stage 2 ☐ Stage 3

Attachment & Cycle Map

Parameter	Partner A	Partner B
Interactional Position	☐ Pursuer ☐ Withdrawer ☐ Ambivalent	☐ Pursuer ☐ Withdrawer ☐ Ambivalent
Secondary Behaviors	<i>(e.g., criticizing, lecturing, demanding)</i>	<i>(e.g., shutting down, defending, exiting)</i>
Primary Emotions	<i>(e.g., terrified of rejection, lonely, invisible)</i>	<i>(e.g., inadequate, paralyzed, ashamed)</i>

Perception of Other	<i>"They don't care / I'm alone."</i>	<i>"I'm a failure / I'm unsafe."</i>
Attachment Need	<i>(e.g., reassurance, prioritizing)</i>	<i>(e.g., acceptance, safety)</i>

- **The Negative Cycle Summary:**
"The more Partner A [secondary behavior] out of fear of [primary emotion], the more Partner B [secondary behavior] to protect against feeling [primary emotion], which leaves Partner A feeling..."

Consultation Focus

- **Target Video Timestamp:** Start: **MM:SS** | End: **MM:SS** (Select a 5–10 minute continuous segment)
- **Intended EFT Tango Move:** ☐ Move 1 ☐ Move 2 ☐ Move 3 ☐ Move 4 ☐ Move 5
- **Specific Question for Supervisor:** (e.g., *"How could I have held Move 3 without allowing Partner A to slip back into criticism?"*)

2. SEGMENT TRANSCRIPT TEMPLATE

Format a 3-to-5 minute clip of your session using this 3-column format. Transcribe verbatim, including non-verbal cues (pauses, tears, shifts in tone).

Speaker & Dialogue (Verbatim)	EFT Intervention / Micro-Skill	Clinical Intent & Self-Reflection
Therapist: <i>"Can we pause right here? Notice how your voice lowered as you said 'it doesn't matter.'"</i>	Move 1: Mirroring Process (<i>Tracking & Slowing Down</i>)	Trying to interrupt secondary intellectualizing and draw attention to present-moment somatic response.
Partner B: (<i>Sighs, looks down</i>) <i>"Yeah. I guess I just feel like I'm always messing up anyway."</i>	Client Response	Accessing primary emotion (inadequacy/shame).

Therapist: <i>"Messing up... (softly). Like no matter what you do, you're failing her?"</i>	Move 2: Deepening Primary (RISSSC: Soft, Repeat, Empathic Conjecture)	Testing an empathic conjecture to validate underlying feeling of inadequacy.
Partner B: <i>"Exactly. So it feels safer to just say nothing."</i>	Client Response	Linking primary shame directly to secondary protective withdrawal.
Therapist: <i>"Turn to her right now and let her see that place. Tell her: 'I shut down because I feel like I'm failing you.'"</i>	Move 3: Enactment (Structuring Direct Alignment)	Setting up direct partner-to-partner enactment of newly accessed vulnerability.

3. CHECKLIST FOR ICEEFT RECORDING SUBMISSIONS

Pre-Session Technical & Consent Prep

- ☐ **Signed Informed Consent:** Ensure client has signed a HIPAA-compliant audio/video recording consent form for supervision/certification purposes.
- ☐ **Audio Quality:** Secondary microphone placed close to clients. Vocalizations, soft whispers, and therapist tone must be clearly audible.
- ☐ **Video Framing:** Both clients and therapist are visible in the frame (or a clear side-by-side split screen showing facial expressions and body language).

Clip Selection Guidance

- ☐ **Select Micro-Shifts:** Choose a clip that demonstrates an active attempt at an EFT Tango Move—not just general intake or history-taking.
- ☐ **Include Stalls or Blocks:** Clips where you got stuck or lost the focus often yield the most valuable supervision learning points.
- ☐ **Timestamp Accuracy:** Ensure video timecodes on your transcript match your media player exactly.