



Emotion Assessment Principles of Change



## Principles of Change



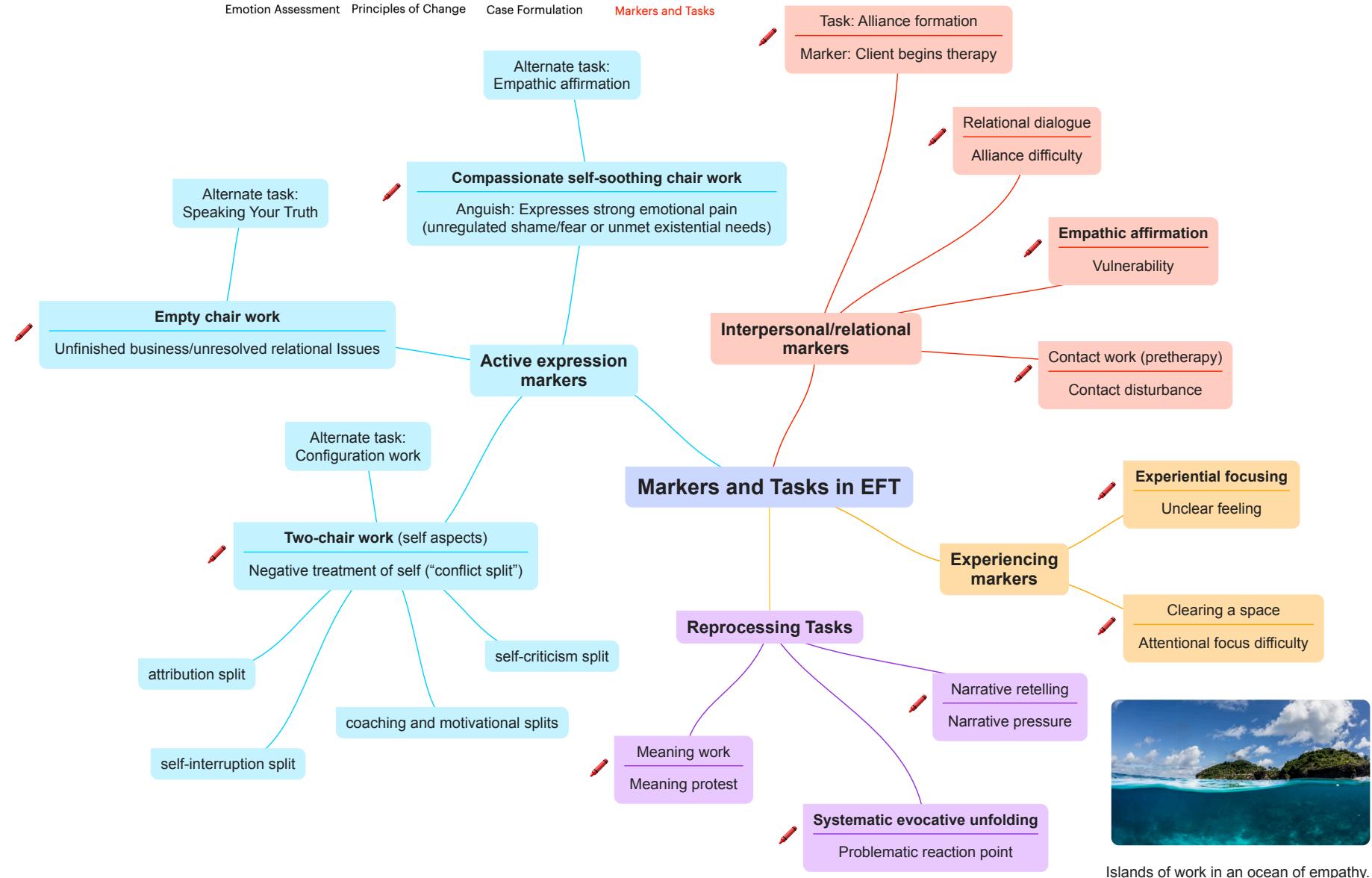
## Case Formulation



## Markers and Tasks

## Markers and Tasks in EFT

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Islands of work in an ocean of empathy.

Adapted from: *Learning Emotion-Focused Therapy: A Comprehensive Guide, Second Edition* (2025) by Robert Elliott, Jeanne C. Watson, Rhonda N. Goldman, and Leslie S. Greenberg