



1515 Mockingbird Lane, Suite 580 | Charlotte, NC | 28209
Phone 704-910-8381 | Fax 704-981-8282
www.findyourbase.com

Applying Emotionally Focused Therapy to Individuals and Family Work: An Introduction

1. When would EFT not be appropriate in family work?
 - a. Active abuse
 - b. Active addiction
 - c. Active affairs
 - d. All of the above

2. What do we never outgrow?
 - a. Our parents
 - b. Our first attachment
 - c. Needing a secure base
 - d. Needing a large support system

3. Which of these theoretical frameworks is not part of the foundation of EFT?
 - a. Psychodynamic
 - b. Attachment
 - c. Systemic
 - d. Experiential

4. What is the most common negative cycle?
 - a. Pursue-Pursue
 - b. Pursue-Withdraw
 - c. Withdraw-Withdraw
 - d. All are about equal

5. Another way to think about the “attachment/appraisal meaning” is to have the client describe their assumptions about themselves and the other.
 - a. True
 - b. False



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6. What is below the surface in the negative cycle present in session?
 - a. Primary emotion
 - b. Secondary emotion
 - c. Action tendency
 - d. Appraisal/Attachment meaning

7. In EFT, the therapist's role is...
 - a. To match the client's emotion
 - b. To be a process consultant
 - c. To be a safe attachment figure
 - d. Both b and c

8. We can help clients be vulnerable by...
 - a. Repeating
 - b. Slowing down
 - c. Using their own words
 - d. All of the above

9. The empty chair exercise is an experiential tool used when practicing EFT.
 - a. True
 - b. False

10. When working with individuals using EFIT, the therapist helps identify...
 - a. Their negative interactional cycle
 - b. Conflicting internal parts of themselves
 - c. What their attachment needs are
 - d. All of the above

11. When the client turns to their partner/parent and expresses their primary emotion and experience, this is an example of...
 - a. Empathy
 - b. Enactment
 - c. Reframe
 - d. All of the above



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12. In Emotional Focused Family Therapy, this is a difference in...
- Power
 - Developmental level
 - Both of the above
 - Neither of the above
13. If parents lead with their anger, they will lose their influence and connection with their child.
- True
 - False
14. Who's job is it to create a safe place for communication in the family?
- Mom
 - Parents
 - Kids
 - Everyone