

13th HKED Symposium on Community Engagement 2018,
Paradigm Shift : from Hospital to Community

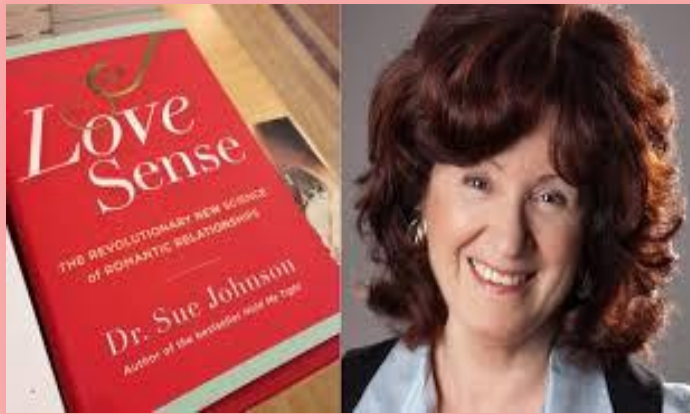
Hold Me Tight Let Me Go

How EFT group work for youth and their
family in hospital setting-
an experience sharing

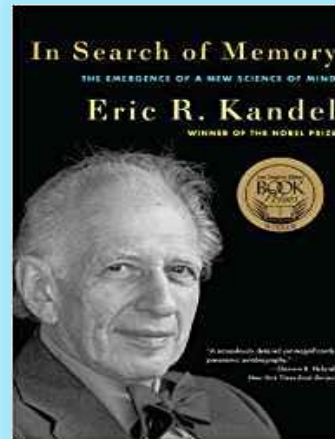
Charles WONG
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Social Welfare Department
23/6/2018

Recent Scholars on the study of Relationship and Trauma

Sue Johnson



Eric Kandel



Bessel Van Der Kolk



Brene Brown

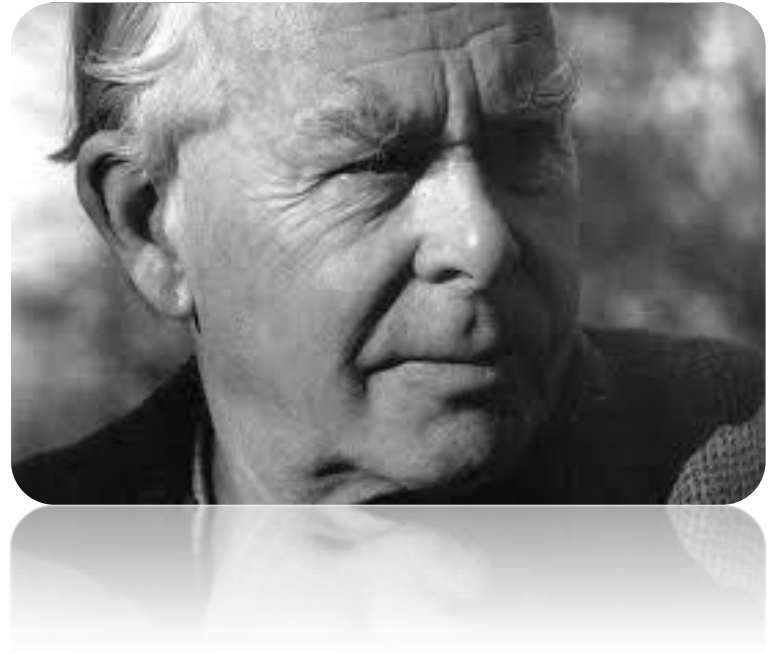


Dan Siegel



Attachment

"The propensity to make strong emotional bonds to particular individuals [is] a basic component of human nature"
(Bowlby, 1988, 3).



Human being is
relational being

Emotionally Focused Therapy

- EFT is a evidence based intervention for restoring secure attachment in couples and families based on attachment, systems and experiential perspective.
- with stable outcome and level one evidence demonstrating long term efficacy, including randomized controlled trials.
- For more information, <https://iceeft.com/>

Hold Me Tight Let Me Go

Conversation for connection

- A Relationship Education and Enhancement Program for families with teens
- Developed by Drs Nancy and Pau Aikin
- Duration : one Friday Night (2 and a half hrs)
One Saturday (from 10am to 5pm)
- Totally : five sessions Participants: 6 families
(6 parents EASY Team)
- Helpers: 2 MSWs, 1 CP, 2 Psy Nurse, 1 OT

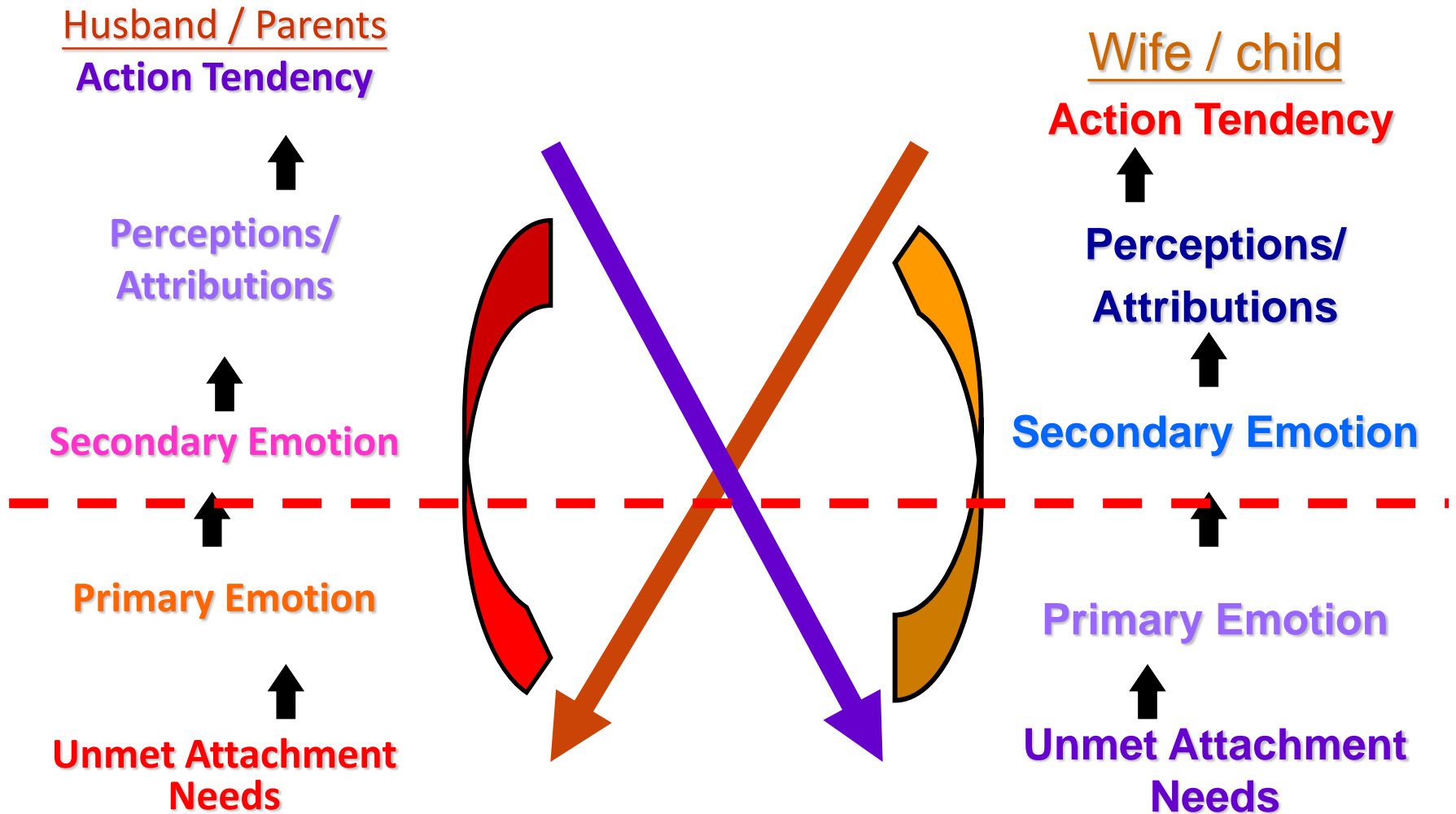
Sessions Program Content

1. Understanding the Caregiving Attachment System and **Co-caregiving Alliance** (Parent only)
2. **Safety, Secure Bonding** and Family Identity
3. How Love Goes Wrong – Demon Dialogues / **The Negative Cycle** (de-escalated)
4. Separate Teen and Parent Groups (**normalization**)
5. Hold Me Tight Conversation, Family Style – Establishing Trust Again, Teens to Parents
(**Parents – soften ready for ARE conversation**)

Characteristic of EFT

- provides a clear road map based on **attachment**, **systems**, working with **emotions**,
- Safety and security management
- Name the negative cycle (validation)
- Enhance the expression of secondary and primary vulnerable emotions
- Reveal of attachment fear and needs
- Show acceptance - Reconnect

EFT Interactive Cycle



Result

Strongly disagree.1..2..3..4..5..6.Strongly agreed

1. I'm not comfortable regarding my relationship with my teen

Pre 3, Post 2, 6 months 1.83

2. My teen and I are able to reach and understand each other

Pre 4, Post 5, 6 months 5

3. I 'm not hopeful about how to parent my teen

Pre 3.17, Post 1.67, 6 months 1.67

4. We still joke and have fun in our family

Pre 3.83, Post 4.33, 6 months 4.83

Question