

Sample Summaries for moving between EFEP

Engaging to Focusing

“You have a lot going on. I heard you say that your alcohol use is concerning, your relationship with your wife is not going well, and you really want to find a way to make time with your daughter more beneficial. Thinking of those three things would you like to talk about?”

“You’re really struggling right now with finding a job, keeping up with your school work, and finding other friends to hang out with. Tell me more about the friends you have been hanging out with recently”

“We have covered a lot of information. What I heard was that you are feeling that your mental health is being affected by your isolation, your financial situation is a major concern of yours, and I’m feeling that finding positive things to fill your spare time might be important for you to work on. What might you want to talk about?”

Focusing to Evoking

“You’re thinking it’s going to be hard for you to quit drinking, you have some concerns because your doctor said that it might be good for you to cut back or quit, and your wife is upset with the amount that you drink. Tell me what some benefits of cutting back might be?”

“You are out there every day looking for work. You know that it is important to find work so you can pay your bills and court fees. You also feel that you need to be making a certain amount of money to make it worthwhile for you to get off unemployment. Tell me more about why you want to get a job.”

“You’re really feeling isolated and your mental health is suffering from the isolation, and financially you are having a hard time figuring out things to help with the isolation. You would really like to engage in some group activities. If you were able find things that would make you feel less isolated what might your life look like?”

Evoking to Planning

“Cutting back for you is really important and will help with the relationship with your wife and in turn your health may also improve. What are some steps that you might think about making towards this goal?”

“While you are looking for permanent work, you think a lower paying job will be helpful. You can really start putting money towards some of the bills that you owe, and you might be able to use this experience towards a career in the future. How might you begin working towards that job?”

“You’re really interested in finding some pro-social activities and really would like this to be in a group setting to help get you out of your isolation. You have some ideas of the kinds of group activities you are interested in, and you think that this will be helpful for your overall mental health. So, where does that leave you?”