**International Institute for Emotion-Focused Family Therapy**

**Therapeutic Apology – Level 2 / Releasing Self-Blame**

TA – Level 2 #: Date of Session:

Initials of Caregiver Client:

Caregiver’s relationship to the loved one:

Topic of TA – Level 1:

1) Was the caregiver’s self-rated self-blame related to the topic 7 or higher (on a scale of 1-10; 10 being the highest level of self-blame)? If 6 or lower, the TA - Level 1 (standard) intervention may be more appropriate.

2) What was the caregiver’s self-blame narrative?

3) In Step 1, did the caregiver validate each of the loved one’s emotions related to the perceived injury / event?

4) In Step 2, did youguide the caregiver-as-loved one to communicate anger/rejection, including a stance of (partial) unforgiveness in order to elicit the caregiver’s inner critic?

5) In Step 4, which of the rationales for forgiveness were included:

a. Your self-blame hurts me because I love you.

b. Your self-blame also makes it so that I can’t tell you when I’m actually upset or angry

c. Your self-blame is like a wedge that keeps us separate, that prevents closeness and connection

6) What did the loved one state was needed from the caregiver (self-forgiveness; practice of self-compassion)?

7) In Step 5, how did the caregiver respond to their loved one’s needs (for the caregiver to forgive self / increase capacities for self-compassion related to the narrative of self-blame / perceived events and/or injuries)?

8) What did the caregiver report during the debrief?

9) Were the steps followed in order and with the support of the script in hand?

If not, what were the circumstances that led to those changes?

10) Consider:

1. Questions about the process?

1. Any clinician emotional reactions throughout the process?

1. What impact do you feel this intervention had for this caregiver and/or family?

d) Where do you feel you need additional supervision regarding the use of this intervention?