

Box 3.2 Emily's Commitments for Inclusion

1. Acknowledge my positions of privilege: As a white, heteronormative, neurotypical, cisgender woman, acknowledge my positions of unearned advantage. Face that I was born on third base (C. Collins, 2016), situated to hit a home run and also recognize how I am wounded/limited by white supremacy (Elliott, 2016; Morrison, 1992).
2. Take full advantage of the attuned listening foundation of EFT and increase my empathic curiosity about every client's cultural context. Listen for the dichotomous hierarchy of difference (e.g., meanings and power differentials in terms of social construction of gender, race, religious identifiers, and so on).
3. Be consistently tentative and open to being corrected in my empathic understandings.
4. Keep client as the expert in the foreground: Whether an individual or a couple, the client is always the expert on their experience/their world/their perspective. I am a guest – a process consultant, seeking to create a secure base for collaborative exploration and creating coherence of the client's lived experience of distress.
5. Attend to both culture and attachment. Stories matter. Culture matters. Race Matters (West, 1993, 2017). Nightingale et al., (2019) exemplify this expansion with the storytelling elements of the EFT assessment process. Making space for storytelling can give clients more latitude to describe what is important about who they are, their cultural context and their life experience.
6. Appreciate my limitations and never give up. Continue to sharpen my attunement to attachment threats and my skills at reprocessing emotional experience through in-session interpersonal encounters. While this may do little to change the pervasiveness of institutionalized oppression, it can have an impact on helping clients create more security in their worlds. Continue searching for ways that shaping broaden-and-build cycles and attachment injury repairs can speak to the impacts of racism and ongoing cultural trauma.