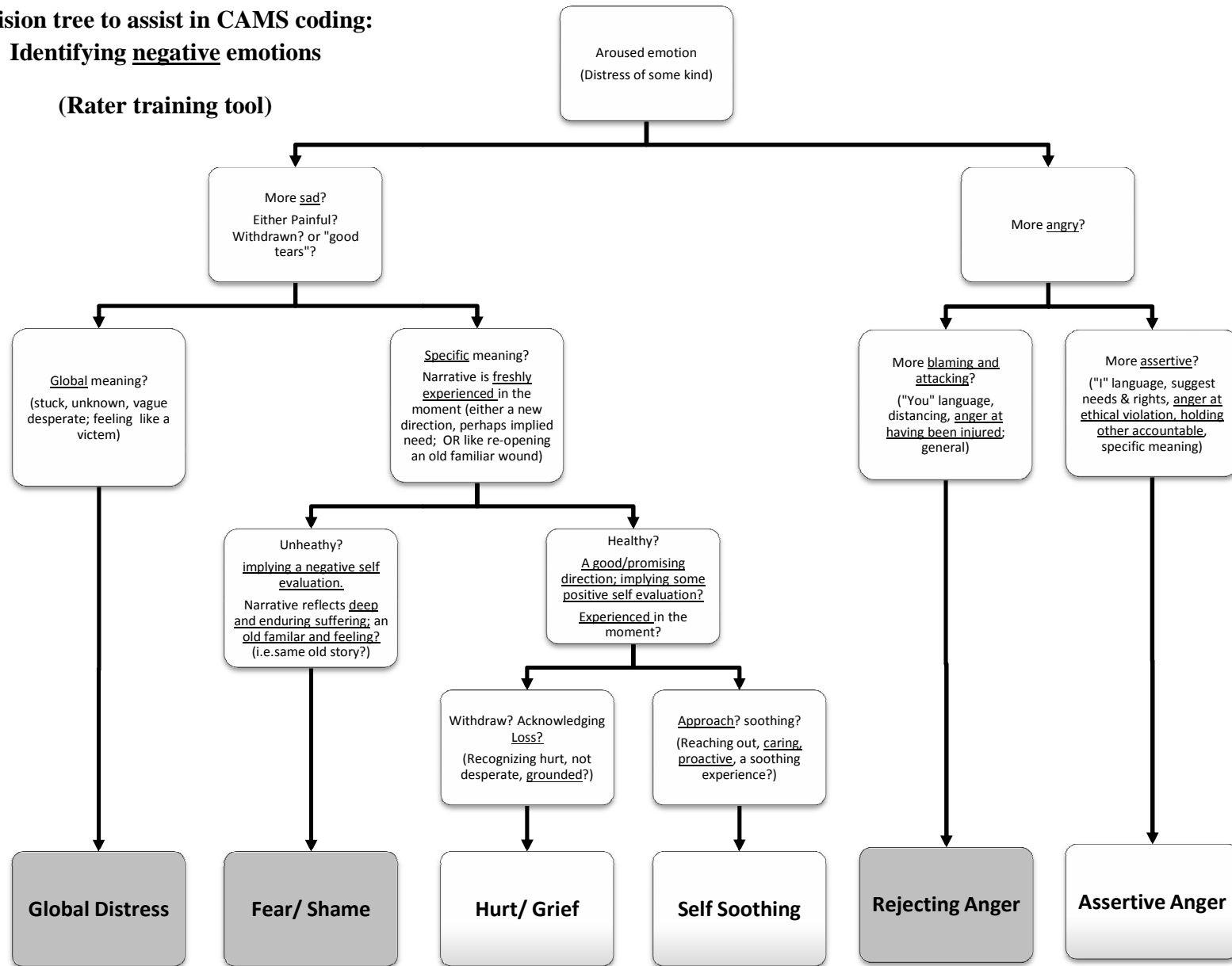<u>Understanding the terminology of the CAMS</u>

In developing categories for the CAMS from observation, an effort was made to use descriptors of emotions (affective-meaning states) that were not defined within an a priori theoretical orientation. So, while the categories draw on emotion focused theory for their conceptualization they are not always exactly translatable into the categories of primary and secondary emotion described by Greenberg and Paivio (1997). It is believed that the current classification may be more accessible to clinicians and researchers who are less familiar with EFT and more transportable across the conceptualizations of different treatment approaches. Nonetheless, below is a table that provides a translation from the CAMS states into secondary, primary maladaptive, and primary adaptive types of emotion used in EFT theory.

Pascual-Leone & Greenberg, (2007) *Emotional Processing Model*	Greenberg & Paivio (1997) *Emotion Focused Theory*
Global Distress	Secondary emotion (i.e., undifferentiated emotion, secondary sadness)
Rejecting Anger	Secondary anger (e.g, defensive rage, hate); primary disgust (not assertive); instrumental anger
Fear/Shame	Primary maladaptive emotion (i.e., maladaptive -fear, or -shame, or -sadness)
Assertive Anger	Primary adaptive anger
Self-Soothing	Self soothing, self-compassion
Hurt-Grief	Primary adaptive Sadness

Decision tree to assist in CAMS coding:
Identifying negative emotions

(Rater training tool)

Aroused emotion
(Distress of some kind)

More sad?
Either Painful?
Withdrawn? or "good tears"?

More angry?

Global meaning?
(stuck, unknown, vague desperate; feeling like a victem)

Specific meaning?
Narrative is freshly experienced in the moment (either a new direction, perhaps implied need; OR like re-opening an old familiar wound)

More blaming and attacking?
("You" language, distancing, anger at having been injured; general)

More assertive?
("I" language, suggest needs & rights, anger at ethical violation, holding other accountable, specific meaning)

Unheathy?
implying a negative self evaluation.
Narrative reflects deep and enduring suffering; an old familar and feeling? (i.e.same old story?)

Healthy?
A good/promising direction; implying some positive self evaluation?
Experienced in the moment?

Withdraw? Acknowledging Loss?
(Recognizing hurt, not desperate, grounded?)

Approach? soothing?
(Reaching out, caring, proactive, a soothing experience?)

Global Distress

Fear/ Shame

Hurt/ Grief

Self Soothing

Rejecting Anger

Assertive Anger

Decision tree to assist in CAMS coding:
  Identifying <u>positive</u> emotions

(Rater training tool)
  "Beta-version"

Aroused <u>positive feelings</u>
(i.e., positive affect,
smiles, laughs, humor)

Global meaning?
(i.e., Global, naive vague,
expectancy)

General meaning?
(i.e., No necessarily an
increase in specific
meaning)

Specific meaing?
(i.e., Increase in new
meaning; Presence of
new episodic memory)

Feelings about
relatedness toward
other?

Contrasting positive
feeling within the
context of pain?

naive hopefulness
(i.e., Glad to get process
started)
(No code)

Compassion or emathic
resonance
(No code)

Relief

Acceptance & Agency
(i.e., Resolution)