

# Emotionally Focused Couples Therapy

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[Attachment Theory in Practice](#) - Susan M. Johnson 2019

Drawing on cutting-edge research on adult attachment--and providing an innovative roadmap for clinical practice--Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.

**Hold Me Tight** - Dr. Sue Johnson 2008-04-08

Heralded by the New York Times and Time as the couples therapy with the highest rate of success, Emotionally Focused Therapy works because it views the love relationship as an attachment bond. This idea, once controversial, is now supported by science, and has become widely popular among therapists around the world. In *Hold Me Tight*, Dr. Sue Johnson presents Emotionally Focused Therapy to the general public for the first time. Johnson teaches that the way to save and enrich a relationship is to reestablish safe emotional connection and preserve the attachment bond. With this in mind, she focuses on key moments in a relationship -- from "Recognizing the Demon Dialogue" to "Revisiting a Rocky Moment" -- and uses them as touch points for seven healing conversations. Through case studies from her practice, illuminating advice, and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

**What Makes Love Last?** - John Gottman 2013-09-10

"One of the foremost relationship experts at work today applies the insights of science toward understanding the real meaning of trust between a couple. He decodes the "why" behind betrayal and shows how partners can avoid or recover from unfaithfulness and maintain a loving relationship. Dr. John Gottman, the country's pre-eminent researcher on marriage, is famous for his Love Lab at the University of Washington in Seattle where he deciphers the mysteries of human relationships through scientific research. His thirty-five years of exploration have earned him numerous major awards, including from the National Institute of Mental Health, the American Psychological Association, and the American Association for Marriage and Family Therapy. Now, Dr. Gottman offers surprising findings and advice on the characteristic that is at the heart of all relationships: Trust. Dr. Gottman has developed a formula that precisely calculates any couple's loyalty level. The results determine a relationship's likely future, including the potential for one or both partners to stray. *A Love You Can Trust* shows couples how to bolster their trust level and avoid what Dr. Gottman calls the "Roach Motel for Lovers." He describes how the outcome of--"sliding door moments," small pivotal points between a couple, can lead either to more emotional connection or to discontent. He suggests a new approach to handling adultery and reveals the varied and unexpected non-sexual ways that couples often betray each other. *A Love You Can Trust* guides couples through an empirically tested, trust-building program that will let them repair and maintain a long-term, intimate, and romantic relationship"--

**The Emotionally Focused Casebook** - James L. Furrow 2011-05-09

There is currently no single resource that compiles the various applications to the many clinical populations being served by Emotionally Focused Therapy today. The Emotionally Focused Casebook fills that void as a substantive reference for clinicians, students, professors, and supervisors using and teaching EFT. Each chapter utilizes a hands-on case study approach with concrete guidelines and illustrations for the adaptation and application of EFT with specific treatment populations. This Casebook is the perfect practical resource for professionals and students looking for examples of specific theoretical, conceptual, and

treatment applications of EFT.

[Emotionally Focused Couple Therapy For Dummies](#) - Brent Bradley 2013-07-15

A practical, down-to-earth guide to using the world's most successful approach to couple therapy One of the most successful therapeutic approaches to healing dysfunctional relationships, emotionally focused couple therapy provides clients with powerful insights into how and why they may be suppressing their emotions and teaches them practical ways to deal with those feelings more constructively for improved relationships. Unlike cognitive-behavioural therapy, which provides effective short-term coping skills, emotionally focused therapy often is prescribed as a second-stage treatment for couples with lingering emotional difficulties. *Emotionally Focused Couple Therapy For Dummies* introduces readers to this ground-breaking therapy, offering simple, proven strategies and tools for dealing with problems with bonding, attachment and emotions, the universal cornerstones of healthy relationships. An indispensable resource for readers who would like to manage their relationship problems independently through home study Delivers powerful techniques for dealing with unpleasant emotions, rather than repressing them and for responding constructively to complex relationship issues The perfect introduction to EFT basics for therapists considering expanding their practices to include emotionally focused therapy methods Packed with fascinating and instructive case studies and examples of EFT in action, from the authors' case files Provides valuable guidance on finding, selecting and working with the right EFT certified therapist

[The Practice of Emotionally Focused Couple Therapy](#) - Susan M. Johnson 2004

"One of the best documented, most substantive, and well-researched approaches to couple therapy, EFT offers a broad, profound, and clinically relevant relational theory. Suitable for use by graduate students and practicing mental health professionals alike, *The Practice of Emotionally Focused Couple Therapy* offers therapists a coherent set of interventions and a road map to the process of change in couple therapy."--Jacket.

*Take Back Your Marriage, Second Edition* - William J. Doherty 2013-05-17

All couples walk to the altar dreaming of happily-ever-after, but many forces in our society work against healthy lifelong commitment. Renowned family therapist William J. Doherty reveals how cracks can develop in even a rock-solid marriage, and what steps you can take to keep your love strong. Learn ways to break free of common traps like confusing desires with needs, comparing your spouse to your fantasies of other relationships, or becoming overtime parents instead of full-time partners. You'll get suggestions for creating relationship rituals--from mundane to celebratory, sexy to silly--that build closeness and connection every day. The updated second edition incorporates Dr. Doherty's ongoing experience counseling couples, plus the latest information on marriage and health, how divorce affects kids, the impact of new technologies on family life, and more. Winner--Best Self-Help Book, *ForeWord Magazine's Book of the Year Awards*

**Couples Therapy Workbook** - Kathleen Mates-Youngman, LMFT 2014-10-01

*Couples Therapy Workbook* is a series of guided questions to promote meaningful couple conversations and build ongoing, connected communication. The core of this unique guide is 30 guided conversations of the most critical relationship struggles. For each of the 30 topics, there is an introduction, goal-setting strategies and 10 scripted questions to ask each other - all presented in an easy-to-use mindful style. Set in a weekly format over 30 days but can be tailored to any timeframe. Designed to be used to couples, and also by therapists working with couples (bonus clinician prep included with each conversation). Week 1- Who Are We? Falling in Love, Friendship, Caring, Acceptance, Empathy,

Emotional Intimacy, Rituals Week 2 - Who Am I? Childhood, Family Origin, Temperament, Influences, Spirituality, Values, How I Think Week 3- How do we work? Communication, Conflict, Defensiveness, Intimacy, Trust, Fidelity and Boundaries, Parenting, Staying in Sync Week 4 - What do we want? Romance, Joy and Gratitude, respect, Apologies and Forgiveness, Challenges, Relationship Savings Account, Past, Present & Future, Keeping Connected Reviews: "What a unique resource! A treasure-trove of guided conversations to increase intimacy and friendship. Therapists often ask me for good homework assignments. This book does the thinking for you. Keep it on hand and whether its values, sex, conflict or other challenging issues, you'll have a ready-made way to help your clients make immediate progress." -- Ellyn Bader, Ph.D, Founder/Director The Couples Institute "This is a valuable resource for anyone working with couples. Any couple can profit greatly if they are willing to take Kathleen Youngman's challenge to explore these important topics and discuss these wonderful questions." -- Milan and Kay Yerkovich, Authors of best-selling How We Love series "Instead of offering analysis, advice or theory, The Couples Therapy Workbook offers just that, a set of questions to stimulate conversations that help couples deepen their engagement with each other and reconnect. All couples will find this an exceptional guide, and all therapists will find it an effective instrument to supplement the therapeutic process. I highly recommend it and complement the author on her creativity and attention to the core details of a connected relationship." --Harville Hendrix, Ph. D. and Helen LaKelly Hunt, Ph. D.; Authors of Making Marriage Simple and Getting the Love You Want.

**The Practice of Emotionally Focused Marital Therapy** - Susan M. Johnson 1996

Since its original publication in 1996, this volume has been a helpful guide to therapists in the practice of emotionally focused therapy. This second edition will address the many changes in the field of couples therapy, including updated research results linked to clinical intervention and new information on using EFT to address depression and PTSD. A new section covers the growth of couples therapy as a field and its overall relevance to the mental health field, accompanied by coverage of how recent research into the nature of marital distress is consonant with EFT. Other new features are a section on EFT and feminism, as well as a section on cultural competence for the EFT therapist. Written by a leading authority on emotionally focused couples and marital therapy, this second edition will be an up-to-date reference on all aspects of EFT and its uses for mental health professionals.

**Emotionally Focused Family Therapy** - James L. Furrow 2019-06-11 Emotionally Focused Family Therapy is the definitive manual for applying the effectiveness of emotionally focused therapy (EFT) to the complexities of family life. The book sets out a theoretical framework for mental health professionals to enhance their conceptualization of family dynamics, considering a broad range of presenting problems and family groups. The first section applies EFT theory and principles to the practice of family therapy. The second section explicates the process of EFT and examines the interventions associated with the EFT approach to families. In the final section, the authors provide case examples of emotionally focused family therapy (EFFT) practice, with chapters on traumatic loss, stepfamilies, externalizing disorders, and internalizing disorders. Integrating up-to-date research with clinical transcripts and case examples throughout, Emotionally Focused Family Therapy is a must-read for therapists looking to promote the development and renewal of family relationships using the principles of EFT.

**The Wiley Handbook of Sex Therapy** - Zoë D. Peterson 2017-04-24

The Wiley Handbook of Sex Therapy is a comprehensive and empirically-based review of the latest theory and practice in the psychotherapeutic treatment of sexual problems across client populations. Structured in four sections covering specific sexual dysfunctions, theoretical approaches to sex therapy; working with client diversity; and future directions in sex therapy Advocates a holistic approach to sex therapy with a focus on using a range of psychotherapeutic theories and techniques rather than only the most popular behavioral strategies Includes case studies which highlight the broad spectrum of diverse conditions that clients can experience and which sex therapists can therefore encounter in the consulting room Includes contributions by more than 60 experts from a wide range of disciplines

**Becoming an Emotionally Focused Couple Therapist** - James L. Furrow 2013-05-13

The "Workbook" which will accompany the revised second edition of "The Practice of Emotionally Focused Marital Therapy", is designed to facilitate the learning and implementation of EFT by providing explicit

exercises that can be utilized by students as well as clinicians looking to increase their treatment efficacy. The inclusion of therapy session transcripts, multiple choice questions and an EFT Supervision model make this an especially attractive text for couples therapy coursework **Couples Therapy Workbook for Healing: Emotionally Focused Therapy Techniques to Restore Your Relationship** - Lori Cluff Schade 2020-09-22

**Love Sense** - Dr. Sue Johnson 2013-12-31

The bestselling author of Hold Me Tight presents a revolutionary new understanding of why and how we love, based on cutting-edge research. Every day, we hear of relationships failing and questions of whether humans are meant to be monogamous. Love Sense presents new scientific evidence that tells us that humans are meant to mate for life. Dr. Johnson explains that romantic love is an attachment bond, just like that between mother and child, and shows us how to develop our "love sense" -- our ability to develop long-lasting relationships. Love is not the least bit illogical or random, but actually an ordered and wise recipe for survival. Love Sense covers the three stages of a relationship and how to best weather them; the intelligence of emotions and the logic of love; the physical and psychological benefits of secure love; and much more. Based on groundbreaking research, Love Sense will change the way we think about love.

**A Primer for Emotionally Focused Individual Therapy (EFIT)** - Susan M. Johnson 2021-09-29

From best-selling author, Susan M. Johnson, with over 1 million books sold worldwide! This essential text from the leading authority on Emotionally Focused Therapy, Susan M. Johnson, and colleague, T. Leanne Campbell, apply the key interventions of EFT to work with individuals, providing an overview and clinical guide to treating clients with depression, anxiety, and traumatic stress. Designed for therapists at all levels of expertise, Johnson and Campbell focus on introducing clinicians to EFIT interventions, techniques, and change processes in a highly accessible and practical format. The book begins by summarizing attachment theory and science – the theoretical basis of this model – together with the experiential approach to change in psychotherapy. Chapters describe the three stages of EFIT, macro-interventions, such as the EFIT Tango, and various micro-interventions through clinical exercises, case studies, and transcripts to demonstrate this model in practice with individuals, highlighting the unique benefits of EFT as a cross-modality approach for treating emotional disorders. With exercises interwoven throughout the text, this book is built to accompany in-person and online training, helping the practicing clinician offer targeted and empirically tested interventions that not only alleviate symptoms of distress but expand the client's emotional balance, agency, and sense of self. As the next major extension of the EFT approach, this book will appeal to therapists already working with couples and families as well as those just beginning their professional journey. Psychotherapists, psychologists, counselors, social workers, and mental health workers will also find this book invaluable.

**The Practice of Emotionally Focused Couple Therapy** - Susan M. Johnson 2012-02-24

Since its original publication in 1996, this volume has been a helpful guide to therapists in the practice of emotionally focused therapy. This second edition addresses the many changes in the field of couples therapy, including updated research results linked to clinical intervention and new information on using EFT to address depression and PTSD. A new section covers the growth of couples therapy as a field and its overall relevance to the mental health field, accompanied by coverage of how recent research into the nature of marital distress is consonant with EFT. Other new features are a section on EFT and feminism, as well as a section on cultural competence for the EFT therapist. Written by a leading authority on emotionally focused couples and marital therapy, this second edition is an up-to-date reference on all aspects of EFT and its uses for mental health professionals.

**Exploring Three Approaches to Psychotherapy** - Leslie S. Greenberg 2014

Provides an in-depth analysis of what happens in therapy according to three different orientations: cognitive, emotion-focused, and psychodynamic.

**Created for Connection** - Sue Johnson 2016-10-04

"Whoever does not love does not know God, because God is love."--1 John 4:8 Are you looking to enrich a healthy relationship, revitalize a tired one, or rescue one gone awry? Do you yearn to grow closer to God, and to further incorporate Him and His teachings into your marriage? We all want a lifetime of love, support, and faith. But sometimes we need a little

help. Enter Dr. Sue Johnson, developer of Emotionally Focused Therapy (EFT) and "the best couple therapist in the world," according to bestselling relationship expert Dr. John Gottman. In *CREATED FOR CONNECTION*, Dr. Johnson and Kenneth Sanderfer, a leading EFT practitioner in the Christian community, share Johnson's groundbreaking and remarkably successful program for creating stronger, more secure relationships not only between partners, but between us and God. The message of *CREATED FOR CONNECTION* is simple: Forget about learning how to argue better, analyzing your early childhood, or making grand romantic gestures. Instead, get to the emotional underpinnings of your relationship by recognizing that you are attached to and dependent on your partner in much the same way that a child is on a parent, and we are on the Heavenly Father, for nurturing, soothing, and protection. The way to enhance or save our relationships with each other and with God is to be open, attuned, responsive, and to reestablish safe emotional connection. Filled with Bible verses, inspiring real-life stories, and guidance, *CREATED FOR CONNECTION* will ensure a lifetime of love.

**An Emotionally Focused Workbook for Couples** - Veronica Kallos-Lilly 2021-12-21

The second edition of this essential and newly updated workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It closely follows the course of EFT treatment and allows clinicians to easily integrate guided reading, reflection, and discussion into the therapeutic process. Incorporating new developments in EFT and decades of research in the field of attachment, Veronica Kallos-Lilly and Jennifer Fitzgerald include chapters that explore concepts such as attachment bonds, the three cycles of relationship distress, how to make sense of emotions, relationship hurts and more. The workbook follows the familiar and accessible format of the first edition, Read, Reflect, and Discuss, and weaves fresh, illustrative examples throughout, with updated content considering the impact of gender, culture, and sexual orientation on relationship dynamics. Added reflections on these topics and an expanded section on sexuality dispels constraining popular myths and frees partners up to express themselves more openly. This book is essential reading for partners looking for helpful steps to improve the quality of their romantic relationships as well as marriage and family therapists, couple therapists and clinicians training in EFT to use with their clients.

*Our EFT Process Tracker* - Cindy Wander LMFT 2019-07-04

This 33-page process tracking journal is designed for couples to complete throughout their journey in Emotionally Focused Couples Therapy (EFT). There is space in each section for both partners to make notes, reflect, and learn about each others' process. There are also activities for partners to complete together. Colorful graphics and invitations to be creative help couples ground their learning and integrate therapeutic gains. Writing down what you learn in sessions or what you discover in between meetings can help you: Progress more efficiently in therapy. Make additional connections. Slow down the painful cycle of disconnection. Connect with your partner.

*Attachment Processes in Couple and Family Therapy* - Susan M. Johnson 2005-12-15

This practical book presents cutting-edge approaches to couple and family therapy that use attachment theory as the basis for new clinical understandings. Fresh and provocative insights are provided on the nature of interactions between adult partners and among parents and children; the role of attachment in distressed and satisfying relationships; and the ways attachment-oriented interventions can address individual problems as well as marital conflict and difficult family transitions. With contributions from leading clinicians and researchers, the volume offers both general strategies and specific techniques for helping clients build stronger, more supportive relational bonds.

**Emotionally Focused Workbook for Couples** - Matthew K Russel 2020-10-28

Understanding emotions to get to know each other better! Emotionally Focused Therapy (EFT - Emotionally Focused Therapy) is a structured approach to couples therapy formulated in 1980 and developed through the science of adult attachment and emotional ties to expand the understanding of what happens in relationships and to guide therapists. EFT interweaves the Theory of Emotions with the Theory of Attachment, based on the idea that emotions have great potential in themselves, which, if activated, can help the patient to change their negative emotional states and deal with emotional relationships experienced as problematic and unsatisfactory. This is a practical guide that shows you

how couples therapy works on emotions. In it you will find dozens of exercises that will make you understand concretely what is the therapeutic approach and the communication that is established. Of course this manual is not intended to replace the therapist but it is a useful tool for those who want to approach this subject.

*Stepping into Emotionally Focused Couple Therapy* - Lorrie L. Brubacher 2018-03-09

This volume makes Emotionally Focused Couple Therapy (EFT) widely accessible to therapists of different orientations and to therapists in training. It provides clinicians with practical tools, an experiential tour through case examples, and simple guidance to step into EFT. An overview of the change events includes both client processes and therapist interventions moment-to-moment. 'In *Stepping into Emotionally Focused Couple Therapy: Key Ingredients of Change*, each step and stage of EFT is laid out in a practical and theoretically simple manner that extends beyond what therapists need to do, to helping therapists grasp what experiential therapy is, providing moment-by-moment examples of how to engage clients emotionally, and how to foster emotional engagement between partners.' - From the Foreword by S. Johnson and A. Lee

*Forgiveness and Letting Go in Emotion-Focused Therapy* - Catalina Woldarsky Meneses 2019-07-23

This book shows how forgiveness oriented Emotion-Focused Therapy (EFT) helps individuals and couples process distressing negative emotions and transform them by accessing internal resources of strength and self compassion. Many individuals and couples come to therapy because of unresolved feelings of anger and hurt due to experiences of being wronged, betrayed, or violated. Over the past 20 years, Leslie Greenberg and his colleagues have undertaken clinical research to articulate a model of emotional injury resolution and map out a therapy-assisted path to forgiveness. This book offers step-by-step guides for conducting EFT and EFT for couples (EFT-C), along with analyses of extensive clinical case material, that show readers how to: -promote clients' ownership of their emotional experience -empower clients to appropriately assign responsibility for harm done -help clients see themselves as having the personal resources and resilience to recover from the emotional injury Therapists will also learn to help clients determine whether forgiveness--with or without reconciliation with the injurer--is the right path, or whether it may be enough to simply let go of negative feelings.

*Exaholics* - Lisa Bobby 2015-11-03

Severing a relationship is one of life's most painful experiences and cutting those ties can feel like ending an addiction. "Exaholics" offers meaningful support to anyone trapped in the obsessive pain of a broken attachment. She helps the brokenhearted heal, showing them how to understand the emotional processes at work inside themselves, find the path to recovery, and free themselves of shame, injured ego, and remorse."

**Deliberate Practice in Emotion-Focused Therapy** - Rhonda N. Goldman 2020-11

This book presents deliberate practice exercises in which students and trainees rehearse fundamental emotion-focused therapy skills until they become natural and automatic.

**Clinical Casebook of Couple Therapy** - Alan S. Gurman 2012-11-26

An ideal supplemental text, this instructive casebook presents in-depth illustrations of treatment based on the most important couple therapy models. An array of leading clinicians offer a window onto how they work with clients grappling with mild and more serious clinical concerns, including conflicts surrounding intimacy, sex, power, and communication; parenting issues; and mental illness. Featuring couples of varying ages, cultural backgrounds, and sexual orientations, the cases shed light on both what works and what doesn't work when treating intimate partners. Each candid case presentation includes engaging comments and discussion questions from the editor. See also *Clinical Handbook of Couple Therapy, Fourth Edition*, also edited by Alan S. Gurman, which provides an authoritative overview of theory and practice.

*Emotionally Focused Couple Therapy with Trauma Survivors* - Susan M. Johnson 2005-01-18

This book provides a theoretical framework and an innovative model of intervention for distressed couples whose relationships are affected by the echoes of trauma. Combining attachment theory, trauma research, and emotionally focused therapeutic techniques, Susan M. Johnson guides the clinician in modifying the interactional patterns that maintain traumatic stress and fostering positive, healing relationships among

survivors and their partners. In-depth case material brings to life the process of assessment and treatment with couples coping with the impact of different kinds of trauma, including childhood abuse, serious illness, and combat experiences. The concluding chapter features valuable advice on therapist self-care.

Emotionally Focused Therapy with African American Couples - Paul T. Guillary 2021-08-10

Emotionally Focused Therapy with African American Couples: Love Heals is an essential guide that integrates emotionally focused therapy (EFT) with cultural humility. It provides a pathbreaking, evidence-based model of couples work that reinforces the bond between partners in the face of race-based distress. Guillary explores and brings a deep understanding of the legacy of racial trauma, and the cultural strengths of African American couples by using real-life case studies. The chapters in the book focus on several key clinical issues in the field, such as communication problems, anxiety, infidelity, depression, and porn. Each case study is enhanced by a consultation with EFT master therapist Sue Johnson. The book is an essential text for students and mental health professionals looking to provide culturally competent therapeutic interventions. It will also appeal to psychologists, mental health workers, social workers, marriage and family therapists, and religious leaders.

**Working with Narrative in Emotion-focused Therapy** - Lynne E. Angus 2011

In psychotherapy, as in life, all significant emotions are embedded in important stories, and all significant stories revolve around important emotional themes. Yet, despite the interaction between emotion and narrative processes, emotion-focused therapy (EFT) and narrative-informed therapies have evolved as separate clinical approaches. In this book, Lynne Angus and Leslie Greenberg address this gap and present a groundbreaking, empirically based model that integrates working with narrative and emotion processes in EFT. According to Angus and Greenberg's narrative-informed approach to EFT, all successful psychotherapy entails the articulation, revision, and deconstruction of clients' maladaptive life stories in favor of more life-enhancing alternatives. Because emotions and narratives interact to form meaning and sense of self, the evocation and articulation of emotions is critical to changing life narratives. Individual chapters describe how the interaction between emotion and narrative creates a constantly evolving sense of self; how clinicians can address both narrative and emotion processes to help clients create more adaptive, empowering meanings and sense of self; and the importance of a strong therapeutic alliance. Engaging, in-depth case studies at the end of the book illustrate how the model can be applied to treatment of depression and emotional trauma.

**Short-term Couple Therapy** - James M. Donovan 1999

This unique guide brings together leading practitioners to demonstrate the nuts-and-bolts of their brief work with couples. The time- and cost-effective models discussed are explicitly short-term - not long-term on fast forward - and detailed case excerpts and clinical examples highlight how each form of therapy is actually conducted. Practicing therapists and students alike will find much of value in this illuminating and practical resource.

Emotionally Focused Couple Therapy with Trauma Survivors - Susan M. Johnson 2011-11-03

This book provides a theoretical framework and an innovative model of intervention for distressed couples whose relationships are affected by the echoes of trauma. Combining attachment theory, trauma research, and emotionally focused therapeutic techniques, Susan M. Johnson guides the clinician in modifying the interactional patterns that maintain traumatic stress and fostering positive, healing relationships among survivors and their partners. In-depth case material brings to life the process of assessment and treatment with couples coping with the impact of different kinds of trauma, including childhood abuse, serious illness, and combat experiences. The concluding chapter features valuable advice on therapist self-care.

Emotion-focused Couples Therapy - Leslie S. Greenberg 2008

"If couples therapy is to produce real transformation, authors Leslie S. Greenberg and Rhonda N. Goldman argue, the process must be hot: Emotion must be activated. Emotion fuels conflicts; therefore, therapists need to help couples get at the primary emotions that power negative interactional cycles and transform these emotions into more adaptive, functional ones. In Emotion-focused couples therapy: The dynamics of emotion, love, and power, Greenberg and Goldman explore the foundations of emotion-focused couples therapy (EFT-C) and expand its framework to focus more intently on the development of the self and relationships. The authors show how EFT-C can promote soothing and

help clients deal with unmet needs from adulthood and childhood. They discuss the affect regulation involved in three major motivational systems central to couples therapy--attachment, identity, and attraction--and clarify the role of emotions and motivations in the dominance dimension of couples interactions. Written with practitioners and graduate students in mind, the chapters present a rich variety of case material to demonstrate how working with emotions can facilitate change in couples and, by extension, in all situations in which people may be in emotional conflict with others. Greenberg and Goldman provide the tools needed to identify specific emotions and show the reader how to work with them to resolve conflict and promote bonding in couples therapy"--Jacket. (PsycINFO Database Record (c) 2008 APA, all rights reserved).

**An Emotionally Focused Workbook for Couples** - VERONICA FITZGERALD KALLOS-LILLY (JENNIFER.) 2021-12-21

The second edition of this newly updated workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. Incorporating new developments in EFT, the book includes chapters that explore concepts such as attachment bonds, the three cycles of relationship distress and more.

**Marriage and Family Therapy, Second Edition** - Linda Metcalf, PhD, LPC-S, LMFT-S 2018-12-27

This text provides students of family therapy with a unique opportunity to understand and compare the inner workings of 14 traditional and non-traditional family therapy models. The book demonstrates, through innovative "guiding templates," how the different therapeutic models are applied in an actual family therapy situation. The second edition features a new chapter on neuroscience, new interviews with master therapists on topics such as LGBT families, EMDR and research, and coverage of ethical issues concerning electronic safety and telephonic therapy. Overviews of every model include history, views of change, views of the family, and the role of the therapist. Chapters on every model also provide responses to one, realistic case study with commentary and analysis by master therapists to illustrate how each one addresses the same scenario. Interviews with master therapists illustrate how each mode of therapy actually "works" and how therapists "do it." Print version of the book includes free, searchable, digital access to the entire contents! New to the Second Edition: Examines neuroscience and its role in family therapy New chapter on solution focused narrative therapy with families Includes enhanced coverage of self-care and mindfulness for the therapist Contains educator resources including instructor's manual, PowerPoint slides, and a test bank Updated references provide current developments in the field of marriage and family therapy Provides insight on submitting research articles for publication through an interview with a current journal editor Reports on current, revised ethical guidelines from the AAMFT Key Features: Provides a guiding template for each family therapy model from assessment through termination Describes a practice-oriented approach to family therapy Uses a single case study throughout the book where different approaches to therapy are applied by master therapists Introduces the theory, history, theoretical assumptions, techniques, and components of each model Includes numerous interviews, case study commentary, and analyses by master therapists

*Clinical Handbook of Emotion-Focused Therapy* - Leslie S. Greenberg 2018-10

This book describes how practitioners of Emotion-Focused Therapy (EFT) can help clients access their own emotions, engage emotions productively, and create narratives to make sense of their experiences.

Multicultural Couple Therapy - Mudita Rastogi 2008-12-01

Most traditional couple therapy models are based on the Eurocentric, middle-class value system and are not effective for today's psychotherapists working in multicultural settings. Multicultural Couple Therapy is the first "hands-on" guide for integrating couple therapy with culture, race, ethnic identity, socioeconomic status, religious beliefs, sexual orientation, and immigration experiences. The editors and a culturally diverse group of contributors follow a common outline of topics across chapters, related to theory, research, practice, and training. They report on the application of major evidence-based models of couple therapy and demonstrate the integral role played by contextually based values involved in relationships, conflict, and resolution. Key Features Presents a multiperspective approach that focuses on specific cultural issues in couple therapy Creates a cultural context for couples to help readers better understand key issues that affect relationships Features a series of compelling "Case Examples" from the authors' personal therapeutic experience in treatment with couples from diverse

backgrounds Includes "Additional Resource" sections, including suggested readings, films, and Web sites, as well as experiential exercises and topics for reflection Intended Audience This groundbreaking book provides an in-depth resource for clinicians, supervisors, educators, and students enrolled in courses in couple therapy, marriage and family therapy, and multicultural counseling who are interested in how diverse clients define conflicts and what they consider to be functional solutions.

**Emotionally Focused Therapy for Couples** - Leslie S. Greenberg  
1988-10-07

This influential volume provides a comprehensive introduction to emotionally focused therapy (EFT): its theoretical foundations, techniques, and clinical practice. EFT is a structured approach to couple therapy that integrates intrapsychic and interpersonal perspectives to help couples create new, more satisfying interactional patterns. Since the original publication of this book, EFT has been implemented and tested with growing numbers of couples in a wide range of settings. The authors, who codeveloped the approach, illuminate the power of emotional experience in relationships and in the process of therapeutic change. The book is richly illustrated with case examples and session transcripts.

**Emotion-focused Therapy** - Leslie S. Greenberg 2016-11

Emotion-Focused Therapy provides an introduction to the theory, history, research, and practice of this emotion-centered, humanistic approach to psychotherapy. Emotion-focused therapy is a complete theory of human functioning based on the adaptive role of emotion and founded on the idea that emotional change is central to enduring change. This therapy emphasizes the awareness, acceptance, understanding, and transformation of emotion, and proposes that emotions themselves have an adaptive potential that, if activated, can help clients to change.

Emotion-focused therapists help clients to experience their emotions in the safe setting of therapy so that, rather than avoiding or controlling

their feelings, clients learn to use them as a guide to what is important or necessary in their lives. In this book, Leslie S. Greenberg presents and explores this versatile and useful approach, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and recent developments that have refined the theory and expanded how it may be practiced. This revised edition includes a wealth of recent research findings on important constructs such as emotional needs, as well as new developments in the use of emotion-focused therapy in treating anxiety disorders.

*Stepping Into Emotionally Focused Couple Therapy* - Lorrie L. Brubacher  
2017-09-30

This volume will be of enormous interest and value to the growing number of people qualified both in the established and the new training societies for analysts and therapists, or studying to enter them. Within it theory and practice are closely interwoven, demonstrating how theories and models emerge, both from the study of earlier pioneering publications and from day to day experience, and are tested time and time again in the process of a group of practitioners accepting them as viable. An impressive and creative blend of the characteristics which this profession demands of its practitioners is in evidence here, combining originality with passion for their subject and the flexibility required to develop their own pattern of thought. 'In the practice of modern analytical psychology it has become of central importance to reorganise, analyse and interpret projections and introjections of many sorts, the patient's transference, the analyst's counter-transference, and the dialectical interaction between the two, which is descriptively termed transference/counter-transference. Transference and counter-transference evoke each other; the patient's gradual acceptance of the analysis of those processes and his growing consciousness of the way they influence his relationships are facilitated by the analyst who can successfully blend his knowledge of archetypal forces, images and symbols with his experience of developmental factors.' - Judith Hubback, from the Introduction.