

Emotionally Focused Couples Therapy

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.

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.

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

This workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It is recommended for use with couples pursuing Emotionally Focused Therapy (EFT). It closely follows the course of treatment and is designed so that clinicians can easily integrate guided reading and reflections into the therapeutic process. The material is presented in a recurring format: Read, Reflect, and Discuss. Readings help couples look at their relationship through an attachment lens, walking them through the step-by-step process of creating a secure relationship bond. 33 Reflections invite readers to engage with the material personally, expanding their own awareness and ability to tune into their partner. Discussion sections suggest relationship-building exercises and a framework for conversations that promote safety, disclosure, and engagement. Case examples, along with informative illustrations, are scattered throughout the book to validate, illustrate, and inspire couples along their journey. Clinicians conversant with EFT can use this workbook to extend the effectiveness of their work with couples by giving them structured tasks to work on between sessions. For clinicians training in EFT, the book can guide them in staying focused on the EFT roadmap and illuminate how important change events unfold.

Emotion-focused Therapy

Emotionally Focused Therapy

Strengthening Attachment Bonds

A Primer for Emotionally Focused Individual Therapy (EFIT)

Emotionally Focused Couple Therapy For Dummies
The "Hold Me Tight" Guide for Christian Couples

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 beginner's guide will help you to discover this dialogue with emotions. With it, you'll learn: - How conflicts arise in relationships and where couples therapy comes in - The importance of emotionally focused therapy and how it works - A different, holistic understanding of emotions and how to increase inner strength - How emotional focused family therapy is done - How to go about the right exercises to overcome common couple issues - How important it is to know how to handle your personality - How to perform meditation or relaxation techniques - How to actively work on conflicts - The 3 phases of therapy complete with exercises and questions - How to establish a better future with healthy relationships ...And much more!

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.

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.

Attachment and Family Systems is a cogent and compelling text addressing the undeniable overlap between two systems of thought that deal with the nature of interpersonal relationships and how these impact functioning. In this enlightening work, leading thinkers in the field apply attachment theory within a systemic framework to a variety of life cycle transitional tasks and clinical issues.

Un defended Love

Emotional Focused Therapy (Eft) for Relationship, Communication, and Anxiety in Couples. Including Relaxation Techniques, Questions and Exercises for Couples.

Emotionally Focused Therapy with African American Couples

30 Guided Conversations to Re-Connect Relationships

Conceptual, Empirical and Therapeutic Relatedness

The Wiley Handbook of Sex Therapy

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.

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.

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.

"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.

Seven Conversations for a Lifetime of Love

The Emotionally Focused Casebook

Emotion-focused Couples Therapy

10 Principles for Doing Effective Couples Therapy (Norton Series on Interpersonal Neurobiology)

Take Back Your Marriage

Hold Me Tight

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.

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"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).

"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"--

Working with Narrative in Emotion-focused Therapy

Sticking Together in a World that Pulls Us Apart

Couples Therapy Workbook

Clinical Handbook of Emotion-Focused Therapy

Created for Connection

Love Sense

Couples counseling is distinct from individual and family therapy and, while ideas from these other formats may be overlapping, applying theoretical concepts to couples has distinctive challenges. Constructivist, Critical, and Integrative Approaches to Couples Counseling is unique in that it addresses how to conceptualize various theories around a single case. By discussing only one case, the reader is more readily able to compare and contrast the theoretical ideas of each theory, as well as the pragmatics of techniques. Five theories are discussed around four consistent parts: history, theory of problem formation, theory of problem resolution, and case transcript. This book follows the same format as its companion Behavioral, Humanistic-Existential, and Psychodynamic Approaches to Couples Counseling. 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.

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.

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.

Restoring Connection and Promoting Resilience

Our EFT Process Tracker

Cultivating Fitness and Growth in Every Client

Key Ingredients of Change

What Makes Love Last?

Love Heals

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.

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

An invaluable tool for clinicians and students, Becoming an Emotionally Focused Therapist: The Workbook takes the reader on an adventure – the quest to become a competent, confident, and passionate couple and family therapist. In an accessible resource for training and supervision, seven expert therapists lead the reader through the nine essential steps of EFT with explicit intervention strategies. Suitable as a companion volume to The Practice of Emotionally Focused Couple Therapy, 2nd Ed. or as a stand-alone learning tool, the workbook provides an easy road-map to mastering the art of EFT with exercises, review sheets and practice models. Unprecedented in its novel and interactive approach, this is a must-have for all therapists searching for lasting and efficient results in couple therapy.

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.

Stepping Into Emotionally Focused Couple Therapy

Attachment Theory in Practice

An Emotionally Focused Workbook for Couples

Creating Connection

How to Build Trust and Avoid Betrayal

Becoming an Emotionally Focused Couple Therapist

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.

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

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technologies on family life, and more. Winner--Best Self-Help Book, ForeWord Magazine's Book of the Year Awards

This book precisely maps a unique journey that turns the problems and conflicts that inevitably arise in relationships into opportunities for deeper connection. Illuminating case studies, guided self-inquiries, and challenging exercises help you discover how to engage your partner in a deeper dialogue and find ways of expressing the most profound and untamed aspects of your nature.

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.

Constructivist, Critical, And Integrative Approaches To Couples Counseling

Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families

Forgiveness and Letting Go in Emotion-Focused Therapy

Emotionally Focused Therapy for Couples

Multicultural Couple Therapy

Attachment and Family Systems

"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.

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

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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.

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.

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.

New Directions in Treating Couples

An Emotionally Focused Couple Therapy

The Dynamics of Emotion, Love, and Power

Emotionally Focused Family Therapy

The Revolutionary New Science of Romantic Relationships

Clinical Casebook of Couple Therapy

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.

Emotionally Focused Couple Therapy (EFT; Johnson, 2004) is an empirically validated approach to couple therapy that uses attachment theory to understand the needs and emotions of romantic partners. In EFT, relationship distress is conceptualized as resulting from negative affect, emotional disconnection, and unmet attachment needs. Although EFT is recognized as one of the most researched and effective approaches to couple therapy, little research has examined theoretically related characteristics of couples to changes in marital satisfaction throughout EFT. The present doctoral thesis examined this area of literature. Thirty-two couples were provided approximately 21 sessions of EFT. The goal of the first study was to identify intake characteristics related to change in marital satisfaction over the course of EFT. Couples completed self-report measures of marital satisfaction, attachment security, relationship trust, and emotional control at pre- and post-therapy and after each therapy session. Individuals higher on self-report attachment anxiety and higher levels of emotional control had greater change in marital satisfaction over the course of EFT. The goal of the second study was to examine intake levels of attachment security and its relationship to the occurrence of the blamer-softening event, a key change event in EFT, and changes in marital satisfaction. Results indicated that the occurrence of a blamer-softening event significantly predicted positive changes in marital satisfaction. Results also suggested that the occurrence of a softening event significantly moderated the relationship between attachment avoidance at intake and change in marital satisfaction from pre- to post-therapy. For couples who completed a blamer-softening event, partners with lower levels of attachment avoidance were more likely to have positive changes in marital satisfaction. However, this relationship was not evident for attachment anxiety. Overall, results from this thesis suggest that attachment security is a key characteristic of couple partners for therapists to consider when implementing EFT. Therapists may benefit from assessing attachment security at the start of therapy to help inform them of the emotion regulating strategies used by couple partners. This information may help therapists to tailor specific interventions such that couples may begin to develop more secure attachment bonds.

From the country's leading couple therapist duo, a practical guide to what makes it all work. In *10 Principles for Doing Effective Couples Therapy*, two of the world's leading couple researchers and therapists give readers an inside tour of what goes on inside the consulting rooms of their practice. They have been doing couples work for decades and still find it challenging and full of learning experiences. This book distills the knowledge they've gained over their years of practice into ten principles at the core of good couples work. Each principle is illustrated with a clinically compiled case plus personal side-notes and storytelling. Topics addressed include: "You know that you need to 'treat the relationship,' but how are you supposed to get at something as elusive as 'a relationship'?" "How do you empathize with both clients if they have opposite points of view? Later on, if they end up separating does that mean you've failed? Are you only successful if you keep couples together?" "Compared to an individual

client, a relationship is an entirely different animal. What should you do first? What should you look for? What questions should you ask? If clients give different answers, who should you believe? What are you supposed to do with all the emotional and personal history that your clients stir up in you? How can you make your work research-based? No one who works with couples will want to be without the insight, guidance, and strategies offered in this book.

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.

The Workbook

The Practice of Emotionally Focused Couple Therapy

Changing Stories, Healing Lives

Emotionally Focused Couple Therapy with Trauma Survivors

Couples Therapy Workbook for Healing: Emotionally Focused Therapy Techniques to Restore Your Relationship

The Practice of Emotionally Focused Marital Therapy

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. Guillory 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.

Written by a leading authority on emotionally focused couples and marital therapy, this book is an up-to-date reference on all aspects of EFT and its uses for mental health

professionals. This book 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.

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

Examining Predictors of Change in Emotionally Focused Couples Therapy

The Two of Us