

# The Practice of Emotionally Focused Marital Therapy

**CREATING  
CONNECTION**

Susan M. Johnson, Ed.D.

# Emotionally Focused Marital Therapy

**Lorrie L. Brubacher**



## **Emotionally Focused Marital Therapy:**

**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 *Becoming an Emotionally Focused Couple Therapist* Susan M. Johnson, James L. Furrow, Brent Bradley, Lorrie Brubacher, Gail Palmer, Kathryn Rheem, Scott Woolley, 2013-05-13 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 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 An Emotionally Focused Workbook for Couples Veronica Kallos-Lilly, Jennifer Fitzgerald, 2014-08-13 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

### **Emotionally Focused Therapy for Couples**

Leslie S. Greenberg, Susan M. Johnson, 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 Couples Therapy Leslie S. Greenberg, Rhonda N. Goldman, 2008 In Emotion Focused Couples Therapy The Dynamics of Emotion Love and Power authors Leslie S Greenberg and Rhonda N Goldman explore the foundations of emotionally focused therapy for couples They expand its framework to focus more intently on the development of the self and the relationship system through the promotion of self soothing and other soothing to deal with unmet needs both from the client's adulthood and childhood and to work more explicitly with emotions specifically fear anxiety shame power joy and love The authors discuss the affect regulation involved in three major motivational systems central to couples therapy attachment identity and attraction and clarify emotions and motivations in the dominance dimension of couples interactions Written with practitioners and graduate students in mind the authors use a rich variety of case material to demonstrate how working with emotions can facilitate change in couples and by extension in all situations where 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

Emotionally Focused Couple Therapy For Dummies Brent Bradley, James Furrow, 2013-07-08 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

**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

**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 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     **The Heart of the Matter** Susan M. Johnson, Leslie S. Greenberg, 1994 First Published in 1995 Routledge is an imprint of Taylor Francis an informa company     *The Emotionally Focused Casebook* James L. Furrow, Susan M. Johnson, Brent A. Bradley, 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     **The Heart Of The Matter: Perspectives On Emotion In Marital** Susan M. Johnson, Leslie S. Greenberg, 2013-08-21 First published in 1995 Intimate relationships are at the core of our emotional life There is no other context so infused by and responsive to the ebb and flow of human emotion A large part of human communication is emotional communication involving minute signals concerning closeness and distance and dominance and submission This information is of central importance in organizing interactions with significant others In addition the social interactions most crucial to our senses of well being positive adaptation and physical and emotional health are those that occur with significant others on whom we depend for our sense of security and belonging in the world This book examines the role of affect in intimate relations and in the redefinition of such relationships in therapy     **Emotionally Focused Therapy with African American Couples** Paul Guillory, 2021-08-09 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     **An Emotionally Focused Couple Therapy** James Larson, 2017-04-19 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

*Attachment Theory in Practice* Susan M. Johnson, 2018-11-30 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

The Practice of Emotionally Focused Couple Therapy Susan M. Johnson, 2019-07-26 Since its original publication in 1996 The Practice of Emotionally Focused Couple Therapy has been the definitive guide for couple therapists supervisors and students wishing to practice emotionally focused therapy This cutting edge third edition addresses recent changes in the field of couple therapy including updated research results relating to clinical interventions expanded understandings of emotion regulation adult attachment and neuroscience and dynamic EFT applications for a range of issues such as depression anxiety sexual disorders and PTSD Chapters introduce micro interventions for use in EFT couple sessions as well as a systematic presentation of a macro set of interventions called the EFT Tango Clinical examples are included throughout bringing the in session process of change alive and two case chapters offer in depth commentaries of Stage 1 and Stage 2 EFT sessions Written by the leading authority on emotionally focused therapy this third edition is an essential reference on all aspects of EFT and its uses for mental health professionals in the field of couple and marital therapy

**Couples Therapy Workbook for Healing** Lori Cluff Schade, 2025-06-17 Stop fighting and fall back in love starting today If you and your partner are struggling to communicate and connect you are not alone The Couples Therapy Workbook for Healing is a helpful toolkit containing expert advice and activities to help both of you cultivate stronger attachment bonds and greater relationship satisfaction through Emotionally Focused Therapy Emotionally Focused Therapy EFT is built on practical concise steps for recognizing and disrupting negative behavior patterns This couples therapy workbook uses those principles to help you develop the tools to approach your relationship with curiosity open mindedness and readiness to speak listen and heal The Couples Therapy Workbook for Healing includes A three part process Organized to follow the process of EFT this couples therapy workbook begins by identifying the distress in your relationship then navigating the emotions that are causing it and moving toward positive long term change Explore your relationship This couples therapy workbook offers insightful questions revealing exercises self assessments and even case studies from other couples who have had success with these techniques Beyond EFT You ll also learn about the different ways people form attachments the power of intimacy and vulnerability and ways to savor your best moments If you re looking to reconnect emotionally and overcome relationship

obstacles The Couples Therapy Workbook for Healing can help      Emotionally Focused Couples Therapy Joshua M Brighton, Kevin Saunderson, Lara H Ross, 2020-04-17 How to show love to your partner Your love doesn't have to cost a lot or be the way it looks in movies You can use your words actions caresses and gifts to make your partner feel loved in new and old ways Everyone wants to be loved and your ability to love your partner will have a great positive impact on your relationship Discover the language of love of your partner These languages include love that expresses itself through words love that expresses itself through the time they spend together love that shows through gifts love that expresses itself through physical contact and love that manifests itself through acts of service One way to know what your main love languages are is to think about the way you show your love to others This book covers the following topics Build Lasting Relationships Promote Understanding Deep descriptions of emotions feelings Step by step therapy procedures Adult Attachment Relationship communication Impact of Emotional Intelligence on Intimate Relationships Unlocking Intimate Capacity through Synergy Define A Clear Goal Ways to Stop Arguing How to Break Off a Relationship with a Narcissist Controlling Emotions Start your journey to increase self esteem together Building Trust in Relationships Conflict Resolution Appreciate the Differences Anxiety in Relationships And much more DOWNLOAD Emotionally Focused Couples Therapy Even if you are looking for something new to try or a method to learn about use your love for your partner to find ways to communicate to her to get to know her better and to have a happier and healthier relationship Ready to get started Click Buy Now      Engaging Men in Couples Therapy David Shepard, Michele Harway, 2012-03-15 This book will help practitioners overcome one of the leading challenges in couples therapy working effectively with the male partner Men have unique needs and psychological issues that many clinicians may not recognize or know how to address This volume presents chapters by the leading practitioners associated with current therapeutic models including Emotionally Focused Couple Therapy Imago Relationship Therapy Integrated Behavioral Couple Therapy and more Using in depth case examples they demonstrate how their approaches can be adapted to be male sensitive and respond to the ambivalence so many men experience about couples work Special topics are also addressed including infidelity cultural diversity working with veterans and fathering issues This book will enrich therapists work with couples making treatment a welcoming experience for both partners and the treatment process more gratifying for the therapist

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