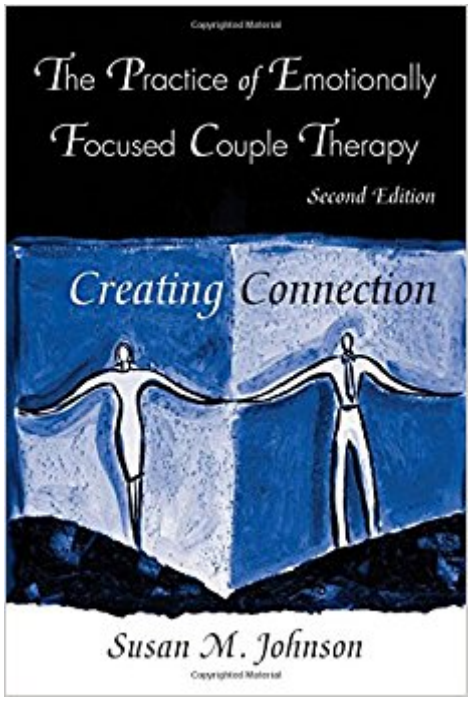
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The Practice Of Emotionally Focused Couple Therapy: Creating Connection (Basic Principles Into Practice Series)



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Synopsis

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.

Book Information

Series: Basic Principles Into Practice Series

Paperback: 384 pages

Publisher: Routledge; 2 edition (September 1, 2004)

Language: English

ISBN-10: 0415945682

ISBN-13: 978-0415945684

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 44 customer reviews

Best Sellers Rank: #7,979 in Books (See Top 100 in Books) #32 inÃ Â Books > Medical Books > Psychology > Clinical Psychology #33 inÃ Â Books > Medical Books > Psychology > Counseling #39 inÃ Â Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling

Customer Reviews

"Sue Johnson’s "The Practice of Emotionally Focused Marital Therapy is a truly remarkable book. In it, Johnson pulls off the extremely rare combination of speaking in a voice that is accessible and clinically meaningful to couple therapists yet remaining solidly anchored in research evidence. This is the definitive text describing Emotionally Focused Marital Therapy, one of the few approaches to marital therapy that has been proven to be effective. Filled with clinical vignettes and hands-on examples of what to do when, this book should be of great value to all couple therapists. Poignant and well written, it is certain to be a classic in the field of marital therapy.."-Jay Lebow is a senior

therapist at the Family Institute at Northwestern and Clinical Associate Professor at Northwestern University "The leading couple therapist of our day has done it again! This brilliantly revised and expanded work will make learning and doing this highly effective, empirically validatedform of therapy much easier. This book will find a prominent place in the minds, hearts, and libraries of all serious couple therapists, and countless couples and families will benefit as a result. Bravo Sue Johnson!."-Scott R. Woolley, Ph.D., Director, MFT Graduate Programs, CSPP, Alliant International University "Emotionally Focused Couple Therapy (EFT) is a deceptively simple approach to work with couples in therapy because the tenets, practices, and integration are so clear because there clearly is a lot of art to doing this work. The book is nicely written with sufficient technical language to be useful and at the same time eminently accessible and enjoyable to read. This edition provides moredetail than the first about the processes involved both internally and interpersonally between partners. The steps in therapy also are described in more detail and the chapters on working with trauma and families are new. I believe that the book would be useful for both those new to the approach and as a reference for more experienced therapists. Recommended for graduate students and experienced therapists.."-Thorana S. Nelson, Ph.D/Utah State University

Beautifully written. As EFT is a major influence of Gottman Couple's Therapy, I found this book incredibly helpful. It explains the relevent tenets of attachment theory, Experiential and Systems theory and how all come together in the practice of couple therapy. Sue Johnson writes with brilliance, explaining the depths of the aforementioned theories with clarity and the practice of EFT with intimacy. At one moment you feel like you are witnessing a great lecture, the next observing a deep and transforming therapy session. It certainly fulfilled my high expectations for a detailed account of how EFT works in therapy and for expanding on the Gottman manuals.

By and far the best theory for coupe therapy. Based on the most current research in attachment, this approach offers more success in helping my clients recover from relational distress and build new bonds than anything other approach. Additionally, Johnson describes the process in a such a pragmatic and experiential way, any therapist can improve their work with both couples and individuals as they begin to understand how foundational attachment theory is in therapy.

I attribute the success I see in my therapy office to the principles in this book. Emotionally Focused Therapy has changed the way therapists understand distress in couple relationships and provides a map for therapists to guide clients towards a secure connection. It is very helpful to read with the

companion workbook.

suits the theories I've been working with. Good integration and good examples. Very practical.

As expected.

One of my new favorites.I am a qualified family and couple therapist, but have never been trained specifically in EFT model. The book provides a very clear and thorough insight both into theory and practice of the model. This book serves as a theoretical enrichment, but also as a very practical clinical guide. Both the experienced practitioners and the students can benefit from it and add new set of skills to their practice.

My conclusion from watching Dr. Johnson work on video workshops is that she is an artist., The book itself is dense with a fair amount of illustrative examples. It is not a casual read, yet well worth the time and effort.

Love the book 1/2 way through. Readable and includes many examples. Great book on eft with couples.

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