

The Practice of Emotionally Focused Couple Therapy

Second Edition

Creating Connection



Susan M. Johnson

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The Practice of Emotionally Focused Couple Therapy: Creating Connection
(Basic Principles into Practice Series)



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Since its original publication in 1996, this volume is a helpful guide to therapists in the practice of emotionally focused therapy. A fresh section covers the growth of lovers therapy as a field and its general relevance to the mental wellness field, accompanied by insurance of how recent research into the character of marital distress is consonant with EFT. This second edition addresses the countless changes in the field of lovers therapy, including updated study results linked to clinical intervention and brand-new details on using EFT to address depression and PTSD. Compiled by a respected authority on emotionally concentrated couples and marital therapy, this second edition can be an up-to-day reference on all areas of EFT and its own uses for mental health professionals. Other new features certainly are a section on EFT and feminism, as well as a section on cultural competence for the EFT therapist.



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Superb synthesis of theory and how to apply it Beautifully written. This is actually the book. My conclusion from viewing Dr.. At one second you feel as if you are witnessing a great lecture, another observing a deep and transforming therapy program. It really fulfilled my high targets for a detailed account of how EFT works in therapy and for growing on the Gottman manuals. Must go through for counselors and therapists!! Would recommend. Based on the most current research in attachment, this approach offers more achievement in helping my clients recover from relational distress and build new bonds than anything other approach. Great integration and cases. Very Well Written Text This book thoroughly explains how EFT works with couples. The only reason I am giving it four celebrities is that the start of the publication is a little bit on the boring aspect. It is a powerful publication written by a very educated clinician. Once you get through the 1st two chapters nevertheless, it becomes a far greater read. By and much the best theory for couple therapy. I actually attribute the success We see in my own therapy workplace . Sue Johnson writes with brilliance, explaining the depths of the aforementioned theories with clearness and the practice of EFT with intimacy. It is very helpful to go through with the companion workbook. Very useful. Emotionally Focused Therapy offers changed the way therapists understand distress in few relationships and provides a map for therapists to steer clients towards a protected connection.. Eft with lovers? As EFT is certainly a major impact of Gottman Couple's Therapy, I found this book incredibly useful. Love the book 1/2 way through. Readable and contains many examples. Five Stars Nicely written foundational work Valuable resource for dealing with couples. Great reserve on eft with couples. It clarifies the relevant tenets of attachment theory, Experiential and Systems theory and how all come together in the practice of couple therapy. Johnson focus on video workshops is usually that she is an artist., The publication itself is usually dense with a good amount of illustrative examples. It is not a casual read, yet well worth enough time and effort. Good integration and cases suits the theories I am working with. Additionally, Johnson describes the procedure in a such a pragmatic and experiential method, any therapist can enhance their function with both individuals and couples as they begin to comprehend how foundational attachment theory is usually in therapy. I attribute the success I see in my therapy office to the principles in this book.



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