

Theories of Psychotherapy Series
Jon Carlson and Matt Englar-Carlson, Series Editors

Emotion-Focused Therapy

Revised Edition



Leslie S. Greenberg

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Emotion-Focused Therapy (Theories of Psychotherapy Series®)



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Emotion-focused therapy (EFT) is normally a complete theory of human working predicated on the adaptive role of emotion and founded in the theory that emotional change is certainly central to enduring change. In this book, Leslie S. This revised edition describes recent study findings on important constructs such as emotional needs, and fresh developments in the usage of EFT in treating anxiety disorders. Greenberg presents and explores this flexible and useful approach, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and latest developments that have refined the theory and extended how it could be practiced.



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A hard read but worth your time and effort This book presents an extremely practical guide on what clinicians can learn to understand and utilize the clients emerging emotions to produce genuine positive change. It starts with the argument that emotions communicate important info and that clients must figure out how to understand, communicate and regulate emotion.

Fosha's works, I've found that EFT is actually the foundation I have to work from to learn AEDP. Many reports of CBT and related cognitive therapies have a lot more valid sample sizes-at least 150. EFT 2nd ed. Must have An absolute must in case you are interested in EFT and perhaps for anyone dealing with clients with emotional issues. For me, what makes EFT stand out from additional therapeutic orientations attempting to look under the surface, were a couple of things. First of all, it outlines a relatively scientific procedure for doing so; and secondly, the technique appeared to convey the crucial importance and utility to do so to attain therapeutic goals. It as a result goes well under the surface - to a place I feel many customers expect us to proceed - in a way that pays to, meaningful and necessary. The main difference is definitely that attachment theory is certainly more explicit. Fosha's work is really EFT taken in an original direction. No value added My 1st criticism is that the author claims that "There has been extensive research on the effectiveness of emotion-focused therapy (EFT) and its various therapeutic elements".This specific book is the best out of Greenberg's newer works. It emphasizes the importance for customers to learn the vocabulary of their feelings and how to use the information they convey to see what they have to switch or accept. The argument of EFT is certainly that emotions include a need (e.g. fear needs security) and by accessing and feeling our major emotion we will develop goals that address the true problem. Needless to say we ought to certainly investigate both. The publication contains a lot of very useful dialogues taken from the authors medical practice. The publication also prepares the reader for practice of EFT with descriptions of how exactly to conduct several therapeutic methods (e.g. imagery, empty-seat dialogue etc). This reserve changed the way I really do therapy and helped me to be a better therapist and an improved person. Greenberg and co-workers you can certainly do this in your practice! I bought this book because I really like the emotionally concentrated theories and wanted to get even more in-depth with them than what was taught inside our classes. The more frequent sample sizes are in the mid-thirties and one only 4. According to the book there exists a lot to understand from clients expressed emotion, perhaps more so than from their 'prepared verbal summary' of what is bothering them. There exists a lot of advice on how best to develop and manage the kind of therapeutic relationship and interactions with clients. I am now looking forward to delving into Paivio and Pascual-Leone's software of EFT to trauma. The Seminal Text message of EFT This is the third book by Dr Greenberg I own and I wish I would've read it first. Very good information about a touchy subject. I'm a psychotherapist who became a therapist to specifically ride the brand new wave of trauma-focused and experiential psychotherapies out there such as for example SE, EMDR, EFT, AEDP, Sensorimotor Psychotherapy and so forth. I am becoming qualified in AEDP which is a phenomenal experiential therapy with early roots in ISTDP however in practice is a lot more like EFT than anything else. The book is not an easy read - a lot of time will become spent learning to determine what is principal, secondary and instrumental (manipulative) emotion; While I really like Dr. A major caveat is definitely that not all emotional expression accurately portrays what we are feeling deep down. Dr. whether the emotion is usually over- or under-regulated; Reading this book, I'm filling in the blanks of several techniques and ideas in AEDP that can be difficult to create full sense of with out a dept of understanding of EFT. This publication took me quite a long time to digest. I find it an extremely confident and available seminal text in

working with feelings in psychotherapy. The therapeutic romantic relationship and the healthy processing of feelings are components of the majority of the disciplines that have proven to be effective, specifically CBT. Being a psychotherapy researcher, Dr. Greenberg is an professional on the nuts and bolts of what causes change in therapy and it shines through all over the book. Therapy is merely significantly more rewarding working with affective experience than simply working in a more cognitive or behavioral manner. I didn't become a therapist to greatly help people think even more rationally or train a few coping abilities, I am passionate about coaching others to live fuller, more rewarding lives. With this book and anything by Dr.g. simple or complex etc. This may well be but the most the studies cited do not mention sample sizes. A final note is that I found the vocabulary to be unnecessarily complex and challenging to follow.) EFT seems to function by helping customers construct of fresh narrative of experience. This is pretty slim and is a formula for bias. For instance, a customer may consider fear to be unacceptable and therefore express anger, he right now shows up for treatment for problems caused by his display of anger. My second criticism of the book is that it appears to suggest that previous therapeutic approaches have neglected feelings and the the therapist-customer relationship and that EFT corrects that drift.. Every web page of this book provides knowledge that is highly applicable towards practice. My third criticism is that, for me, EFT introduces a level of complexity that, based on the quality of analysis presented in it's support in the book, does not justify its incorporation into the mainstream. Of these that do, the largest sample size is 74. I am generally looking for new techniques and ideas to become better at what I really do, but, for me personally, EFT, as presented in this work, doesn't add much worth., manages to provide a convincing and useful guide on how to recognize and classify the feelings expressed by customers. The insight of emotion is beyond comprehensive and the abilities associated is phenomenal. amazing book for emotion focused therapy I just finished my master's degree in marriage and family members therapy. holding back again tears or incongruent body gestures) are I believe better defined by Jeffrey Youthful in schema therapy. (a few of these methods, such as for example overcoming customers interruption of emotion (e. It had been very helpful for most types of customers from anxiety to unhappiness, couples work to family members therapy. I highly recommend it. Four Stars Good succinct summary of the therapeutic approach. Coaching clients. His additional more recent reserve on EFT: Learning Emotion Concentrated Therapy is much more about as soon as by moment process of EFT itself and follows this book nicely. Five Stars Good book . If so this will be a mistake.. of how exactly to coach clients to become more emotionally intelligent. Greenberg presents a competent description of conventional emotion theory and a skilled description of how exactly to coach clients to be more emotionally intelligent. " Excellent product and fulfillment Was rated "good" but was more accurately "like new." Exceptional product and fulfillment! Five Stars It's a fantastic book to read.



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