

# ATTACHMENT THEORY IN PRACTICE

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



SUSAN M. JOHNSON

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## Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families



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Drawing on cutting-edge research on adult attachment--and providing an innovative roadmap for scientific practice--Susan M. Johnson argues that emotionally focused therapy (EFT) for couples is the most effective approach for treating anxiety, despair, and relationship problems. Unique features consist of instructive end-of-chapter exercises and reflection questions. The volume displays how EFT aligns flawlessly with attachment theory as it provides proven approaches for treating anxiety, despair, and relationship problems. Each modality (individual, couple, and family members therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Johnson argues that psychotherapy is certainly most effective when it targets the healing power of psychological connection. The primary programmer of emotionally concentrated therapy (EFT) for couples, Johnson now extends her attachment-structured method of individuals and families.



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