

BECOMING AN EMOTIONALLY FOCUSED COUPLE THERAPIST THE WORKBOOK

BECOMING AN EMOTIONALLY FOCUSED COUPLE THERAPIST THE WORKBOOK IS AN ESSENTIAL GUIDE FOR MENTAL HEALTH PROFESSIONALS SEEKING TO SPECIALIZE IN EMOTIONALLY FOCUSED THERAPY (EFT) FOR COUPLES. THIS WORKBOOK PROVIDES COMPREHENSIVE TOOLS AND EXERCISES DESIGNED TO ENHANCE THERAPEUTIC SKILLS, DEEPEN UNDERSTANDING OF COUPLE DYNAMICS, AND FACILITATE EMOTIONAL BONDING BETWEEN PARTNERS. BY FOCUSING ON ATTACHMENT THEORY AND EMOTIONAL RESPONSIVENESS, THE WORKBOOK SUPPORTS THERAPISTS IN GUIDING COUPLES THROUGH CONFLICT RESOLUTION AND EMOTIONAL RECONNECTION. THIS ARTICLE EXPLORES THE KEY COMPONENTS OF THE WORKBOOK, ITS PRACTICAL APPLICATIONS, AND THE BENEFITS OF MASTERING EFT TECHNIQUES THROUGH STRUCTURED EXERCISES. THE FOLLOWING SECTIONS OUTLINE THE CORE CHAPTERS AND THEMES COVERED IN THE WORKBOOK, OFFERING INSIGHT INTO HOW THERAPISTS CAN EFFECTIVELY IMPLEMENT THESE STRATEGIES IN CLINICAL PRACTICE.

- OVERVIEW OF EMOTIONALLY FOCUSED COUPLE THERAPY
- CORE COMPONENTS OF THE WORKBOOK
- TECHNIQUES AND EXERCISES IN THE WORKBOOK
- BENEFITS OF USING THE WORKBOOK IN CLINICAL PRACTICE
- STEPS TO BECOMING AN EMOTIONALLY FOCUSED COUPLE THERAPIST

OVERVIEW OF EMOTIONALLY FOCUSED COUPLE THERAPY

EMOTIONALLY FOCUSED COUPLE THERAPY (EFT) IS A STRUCTURED APPROACH TO COUPLES COUNSELING THAT EMPHASIZES THE IMPORTANCE OF EMOTIONAL BONDS AND ATTACHMENT NEEDS WITHIN RELATIONSHIPS. ROOTED IN ATTACHMENT THEORY, EFT AIMS TO IDENTIFY AND TRANSFORM NEGATIVE INTERACTION PATTERNS BY FOSTERING SECURE EMOTIONAL CONNECTIONS BETWEEN PARTNERS. THE THERAPY FOCUSES ON THE EMOTIONAL EXPERIENCES THAT UNDERLIE CONFLICT AND DISTRESS, HELPING COUPLES DEVELOP EMPATHY AND RESPONSIVENESS TOWARD ONE ANOTHER. **BECOMING AN EMOTIONALLY FOCUSED COUPLE THERAPIST THE WORKBOOK** PROVIDES FOUNDATIONAL KNOWLEDGE ABOUT EFT PRINCIPLES, ENABLING THERAPISTS TO UNDERSTAND THE THEORETICAL FRAMEWORK AND PRACTICAL APPLICATION OF THIS EVIDENCE-BASED MODEL.

ATTACHMENT THEORY AND ITS ROLE IN EFT

ATTACHMENT THEORY SERVES AS THE CORNERSTONE OF EFT, HIGHLIGHTING HOW EARLY RELATIONAL EXPERIENCES SHAPE ADULT EMOTIONAL BONDS. THE WORKBOOK DELVES INTO THE SIGNIFICANCE OF SECURE VERSUS INSECURE ATTACHMENT STYLES AND HOW THESE INFLUENCE COUPLE INTERACTIONS. THERAPISTS LEARN TO RECOGNIZE ATTACHMENT INJURIES AND EMOTIONAL VULNERABILITIES THAT CONTRIBUTE TO RELATIONAL DISTRESS. THIS UNDERSTANDING IS CRITICAL FOR FACILITATING EMOTIONAL ENGAGEMENT AND REPAIRING ATTACHMENT RUPTURES DURING THERAPY SESSIONS.

STAGES OF EMOTIONALLY FOCUSED THERAPY

THE WORKBOOK OUTLINES THE THREE PRIMARY STAGES OF EFT: DE-ESCALATION OF NEGATIVE CYCLES, RESTRUCTURING INTERACTIONS, AND CONSOLIDATION OF NEW PATTERNS. EACH STAGE IS ACCOMPANIED BY TARGETED EXERCISES AND CASE EXAMPLES TO GUIDE THERAPISTS IN NAVIGATING COMPLEX COUPLE DYNAMICS. MASTERY OF THESE STAGES ENABLES THERAPISTS TO SYSTEMATICALLY ADDRESS EMOTIONAL DISCONNECTION AND FOSTER LASTING RELATIONSHIP CHANGE.

CORE COMPONENTS OF THE **W**ORKBOOK

THE WORKBOOK IS STRUCTURED INTO COMPREHENSIVE MODULES THAT ORGANIZE THE LEARNING PROCESS FOR THERAPISTS. THESE COMPONENTS INCLUDE THEORETICAL FOUNDATIONS, ASSESSMENT TOOLS, INTERVENTION STRATEGIES, AND SELF-REFLECTIVE ACTIVITIES. BECOMING AN EMOTIONALLY FOCUSED COUPLE THERAPIST THE WORKBOOK EMPHASIZES EXPERIENTIAL LEARNING THROUGH PRACTICAL APPLICATION, ALLOWING THERAPISTS TO DEVELOP THEIR COMPETENCE INCREMENTALLY.

THEORETICAL FOUNDATIONS

THIS SECTION PROVIDES AN IN-DEPTH REVIEW OF THE SCIENTIFIC AND CLINICAL RESEARCH SUPPORTING EFT. IT COVERS THE NEUROBIOLOGY OF ATTACHMENT, EMOTION REGULATION, AND RELATIONAL PATTERNS. THERAPISTS GAIN A SOLID CONCEPTUAL FRAMEWORK TO UNDERSTAND CLIENTS' EMOTIONS AND BEHAVIORS WITHIN THE COUPLE SYSTEM.

ASSESSMENT AND CASE CONCEPTUALIZATION

THE WORKBOOK OFFERS DETAILED GUIDELINES FOR CONDUCTING THOROUGH COUPLE ASSESSMENTS, INCLUDING IDENTIFYING NEGATIVE INTERACTION CYCLES AND ATTACHMENT INJURIES. TOOLS AND WORKSHEETS ASSIST THERAPISTS IN FORMULATING CASE CONCEPTUALIZATIONS THAT INFORM TREATMENT PLANNING AND INTERVENTION SELECTION.

INTERVENTION STRATEGIES

INTERVENTIONS ARE PRESENTED THROUGH STEP-BY-STEP PROTOCOLS AND SAMPLE DIALOGUES. THE WORKBOOK TEACHES TECHNIQUES SUCH AS EMOTIONAL VALIDATION, REFRAMING, AND FACILITATING VULNERABLE EMOTIONAL EXPRESSION. THESE STRATEGIES AIM TO BREAK NEGATIVE CYCLES AND PROMOTE SECURE BONDING EXPERIENCES BETWEEN PARTNERS.

TECHNIQUES AND EXERCISES IN THE **W**ORKBOOK

PRACTICAL EXERCISES ARE CENTRAL TO BECOMING AN EMOTIONALLY FOCUSED COUPLE THERAPIST THE WORKBOOK, ENABLING THERAPISTS TO APPLY EFT PRINCIPLES EFFECTIVELY. THESE ACTIVITIES ENHANCE THERAPISTS' SKILLS IN RECOGNIZING EMOTIONAL CUES, MANAGING RESISTANCE, AND FOSTERING EMPATHY WITHIN THE THERAPEUTIC RELATIONSHIP.

EMOTION COACHING AND VALIDATION

THERAPISTS LEARN TO GUIDE COUPLES IN IDENTIFYING AND EXPRESSING CORE EMOTIONS IN A SAFE ENVIRONMENT. EXERCISES FOCUS ON EMOTION COACHING TECHNIQUES THAT VALIDATE PARTNERS' FEELINGS AND ENCOURAGE OPEN COMMUNICATION. THIS SKILL IS VITAL FOR TRANSFORMING EMOTIONAL DISTANCE INTO CONNECTION.

RESTRUCTURING INTERACTION PATTERNS

THE WORKBOOK INCLUDES ROLE-PLAYING SCENARIOS AND REFLECTIVE PROMPTS TO HELP THERAPISTS PRACTICE INTERRUPTING NEGATIVE CYCLES AND ENCOURAGING NEW, POSITIVE WAYS OF RELATING. THESE EXERCISES EMPOWER THERAPISTS TO SUPPORT COUPLES IN CREATING CONSTRUCTIVE DIALOGUE AND MUTUAL UNDERSTANDING.

SELF-REFLECTION AND THERAPIST DEVELOPMENT

THERAPISTS ARE ENCOURAGED TO ENGAGE IN SELF-REFLECTIVE JOURNALING AND PEER DISCUSSIONS TO DEEPEN THEIR AWARENESS OF PERSONAL BIASES AND EMOTIONAL RESPONSES. THIS PROCESS ENHANCES THERAPEUTIC PRESENCE AND EFFECTIVENESS IN WORKING WITH EMOTIONALLY CHARGED COUPLES.

BENEFITS OF USING THE WORKBOOK IN CLINICAL PRACTICE

INTEGRATING BECOMING AN EMOTIONALLY FOCUSED COUPLE THERAPIST THE WORKBOOK INTO CLINICAL PRACTICE OFFERS NUMEROUS ADVANTAGES FOR THERAPISTS AND THEIR CLIENTS. THE STRUCTURED CONTENT AND PRACTICAL TOOLS FACILITATE SKILL DEVELOPMENT AND IMPROVE THERAPEUTIC OUTCOMES.

- ENHANCES THERAPIST CONFIDENCE AND COMPETENCE WITH EFT TECHNIQUES
- PROVIDES A CLEAR ROADMAP FOR SESSION PLANNING AND INTERVENTION
- SUPPORTS EVIDENCE-BASED PRACTICE WITH RESEARCH-BACKED METHODS
- ENCOURAGES ONGOING PROFESSIONAL GROWTH THROUGH REFLECTION AND PRACTICE
- IMPROVES CLIENT ENGAGEMENT AND EMOTIONAL CONNECTION WITHIN THERAPY

STEPS TO BECOMING AN EMOTIONALLY FOCUSED COUPLE THERAPIST

THE WORKBOOK OUTLINES A SYSTEMATIC PATHWAY FOR CLINICIANS SEEKING SPECIALIZATION IN EFT FOR COUPLES. THESE STEPS COMBINE FORMAL TRAINING, SUPERVISED PRACTICE, AND CONTINUOUS SKILL REFINEMENT.

FORMAL EFT TRAINING AND CERTIFICATION

THERAPISTS BEGIN BY COMPLETING ACCREDITED EFT TRAINING PROGRAMS, WHICH COVER THEORETICAL KNOWLEDGE AND PRACTICAL APPLICATION. CERTIFICATION ENSURES ADHERENCE TO ESTABLISHED STANDARDS AND VALIDATES CLINICAL COMPETENCY.

SUPERVISED CLINICAL EXPERIENCE

GAINING EXPERIENCE UNDER SUPERVISION IS CRITICAL FOR INTEGRATING EFT SKILLS EFFECTIVELY. THE WORKBOOK INCLUDES GUIDELINES FOR CASE DOCUMENTATION AND SUPERVISION SESSIONS TO MAXIMIZE LEARNING AND PROFESSIONAL DEVELOPMENT.

ONGOING PROFESSIONAL DEVELOPMENT

BECOMING AN EMOTIONALLY FOCUSED COUPLE THERAPIST THE WORKBOOK ENCOURAGES CONTINUOUS EDUCATION THROUGH WORKSHOPS, PEER CONSULTATION, AND ADVANCED TRAINING MODULES. MAINTAINING PROFICIENCY ENSURES THERAPISTS REMAIN CURRENT WITH EVOLVING EFT RESEARCH AND PRACTICES.

UTILIZING THE WORKBOOK AS A CLINICAL RESOURCE

THERAPISTS ARE ADVISED TO USE THE WORKBOOK REGULARLY AS A REFERENCE AND PRACTICAL GUIDE THROUGHOUT THEIR CAREERS. ITS EXERCISES AND FRAMEWORKS PROVIDE ONGOING SUPPORT FOR DELIVERING HIGH-QUALITY, EMOTIONALLY FOCUSED COUPLE THERAPY.

FREQUENTLY ASKED QUESTIONS

WHAT IS THE MAIN PURPOSE OF 'BECOMING AN EMOTIONALLY FOCUSED COUPLE THERAPIST: THE WORKBOOK'?

'BECOMING AN EMOTIONALLY FOCUSED COUPLE THERAPIST: THE WORKBOOK' IS DESIGNED TO HELP THERAPISTS DEVELOP PRACTICAL SKILLS AND DEEPEN THEIR UNDERSTANDING OF EMOTIONALLY FOCUSED THERAPY (EFT) TO EFFECTIVELY SUPPORT COUPLES IN IMPROVING THEIR RELATIONSHIPS.

WHO IS THE TARGET AUDIENCE FOR THIS WORKBOOK?

THE WORKBOOK IS PRIMARILY AIMED AT MENTAL HEALTH PROFESSIONALS, INCLUDING THERAPISTS, COUNSELORS, AND PSYCHOLOGISTS, WHO WANT TO SPECIALIZE OR ENHANCE THEIR EXPERTISE IN EMOTIONALLY FOCUSED THERAPY FOR COUPLES.

WHAT ARE SOME KEY COMPONENTS COVERED IN THE WORKBOOK?

KEY COMPONENTS INCLUDE FOUNDATIONAL EFT CONCEPTS, ATTACHMENT THEORY PRINCIPLES, STEP-BY-STEP INTERVENTION STRATEGIES, CASE STUDIES, REFLECTIVE EXERCISES, AND PRACTICAL TOOLS FOR ASSESSING AND WORKING WITH COUPLES.

HOW DOES THIS WORKBOOK COMPLEMENT THE EMOTIONALLY FOCUSED THERAPY TRAINING?

THE WORKBOOK SERVES AS A PRACTICAL GUIDE AND SUPPLEMENT TO EFT TRAINING BY PROVIDING HANDS-ON EXERCISES, SELF-REFLECTION PROMPTS, AND REAL-WORLD APPLICATION SCENARIOS THAT HELP THERAPISTS INTEGRATE EFT TECHNIQUES INTO THEIR PRACTICE.

CAN THIS WORKBOOK BE USED FOR SELF-STUDY OR ONLY IN A TRAINING SETTING?

WHILE THE WORKBOOK IS IDEAL FOR USE IN TRAINING PROGRAMS, IT CAN ALSO BE UTILIZED BY THERAPISTS FOR SELF-STUDY TO REINFORCE THEIR KNOWLEDGE AND SKILLS IN EMOTIONALLY FOCUSED COUPLE THERAPY.

WHAT MAKES EMOTIONALLY FOCUSED THERAPY EFFECTIVE ACCORDING TO THE WORKBOOK?

THE WORKBOOK HIGHLIGHTS THAT EFT'S EFFECTIVENESS LIES IN ITS FOCUS ON EMOTIONAL BONDING AND ATTACHMENT NEEDS BETWEEN PARTNERS, HELPING COUPLES IDENTIFY AND CHANGE NEGATIVE INTERACTION PATTERNS TO CREATE SECURE AND SUPPORTIVE RELATIONSHIPS.

ARE THERE ANY PREREQUISITES FOR USING 'BECOMING AN EMOTIONALLY FOCUSED COUPLE THERAPIST: THE WORKBOOK'?

IT IS RECOMMENDED THAT USERS HAVE A BASIC UNDERSTANDING OF PSYCHOTHERAPY PRINCIPLES AND SOME FAMILIARITY WITH COUPLE THERAPY OR ATTACHMENT THEORY TO FULLY BENEFIT FROM THE WORKBOOK'S CONTENT.

ADDITIONAL RESOURCES

1. *THE PRACTICE OF EMOTIONALLY FOCUSED COUPLE THERAPY: CREATING CONNECTION*

THIS COMPREHENSIVE GUIDE BY SUE JOHNSON PROVIDES THERAPISTS WITH FOUNDATIONAL KNOWLEDGE AND PRACTICAL TECHNIQUES FOR IMPLEMENTING EMOTIONALLY FOCUSED THERAPY (EFT). IT EMPHASIZES CREATING SECURE EMOTIONAL BONDS BETWEEN PARTNERS AND ADDRESSES COMMON RELATIONAL PATTERNS. THE BOOK INCLUDES CASE EXAMPLES AND EXERCISES TO DEEPEN UNDERSTANDING AND ENHANCE CLINICAL SKILLS.

2. *Emotionally Focused Couple Therapy for Dummies*

A USER-FRIENDLY INTRODUCTION TO EFT, THIS BOOK BREAKS DOWN COMPLEX THERAPEUTIC CONCEPTS INTO ACCESSIBLE LANGUAGE. IT OFFERS HELPFUL STRATEGIES FOR THERAPISTS TO SUPPORT COUPLES IN FOSTERING EMOTIONAL RESPONSIVENESS AND RESOLVING CONFLICTS. PERFECT FOR BEGINNERS, IT ALSO INCLUDES WORKSHEETS AND REAL-LIFE CASE STUDIES.

3. *Becoming an Emotionally Focused Couple Therapist: The Workbook*

DESIGNED AS A PRACTICAL COMPANION TO EFT THEORY, THIS WORKBOOK GUIDES THERAPISTS THROUGH EXPERIENTIAL EXERCISES AND SELF-REFLECTION ACTIVITIES. IT HELPS CLINICIANS BUILD CONFIDENCE IN APPLYING EFT INTERVENTIONS AND UNDERSTANDING COUPLE DYNAMICS. THE EXERCISES ARE IDEAL FOR BOTH STUDENTS AND SEASONED THERAPISTS.

4. *Attachment in Psychotherapy*

BY DAVID J. WALLIN, THIS BOOK EXPLORES THE RELEVANCE OF ATTACHMENT THEORY IN THERAPEUTIC SETTINGS, A KEY UNDERPINNING OF EFT. IT PROVIDES INSIGHTS INTO HOW EARLY ATTACHMENT EXPERIENCES INFLUENCE ADULT RELATIONSHIPS AND OFFERS STRATEGIES TO ADDRESS ATTACHMENT INJURIES IN COUPLES THERAPY. THE TEXT BRIDGES THEORY AND PRACTICE WITH CLINICAL EXAMPLES.

5. *The EFT Manual, Volume 1: Foundations of Emotionally Focused Therapy for Couples*

THIS MANUAL OFFERS A DETAILED OVERVIEW OF THE PRINCIPLES AND STAGES OF EFT FOR COUPLES. IT GUIDES THERAPISTS THROUGH ASSESSMENT, INTERVENTION, AND RESTRUCTURING OF EMOTIONAL RESPONSES WITHIN RELATIONSHIPS. THE CLEAR STRUCTURE SUPPORTS LEARNING AND MASTERY OF EFT TECHNIQUES.

6. *Emotionally Focused Couple Therapy with Trauma Survivors: Strengthening Attachment Bonds*

FOCUSED ON COUPLES AFFECTED BY TRAUMA, THIS BOOK PROVIDES SPECIALIZED EFT APPROACHES TO HEALING AND RECONNECTING. IT ADDRESSES THE CHALLENGES TRAUMA PRESENTS IN EMOTIONAL BONDING AND OFFERS TAILORED INTERVENTIONS. THERAPISTS LEARN TO CREATE SAFE THERAPEUTIC ENVIRONMENTS THAT FOSTER RECOVERY AND INTIMACY.

7. *Couple Therapy: A Nontraditional Approach*

THIS TEXT INTRODUCES INNOVATIVE METHODS IN COUPLE THERAPY, INCLUDING ELEMENTS OF EFT COMBINED WITH OTHER MODALITIES. IT ENCOURAGES THERAPISTS TO THINK CREATIVELY AND ADAPT INTERVENTIONS TO DIVERSE COUPLES. THE BOOK INCLUDES CASE VIGNETTES AND PRACTICAL TIPS FOR EFFECTIVE THERAPY.

8. *The Heart of Emotionally Focused Therapy: Recognizing and Responding to Key Emotional Moments in Couple Therapy*

THIS BOOK HIGHLIGHTS THE IMPORTANCE OF SENSITIVE EMOTIONAL ATTUNEMENT AND TIMING IN EFT. IT TRAINS THERAPISTS TO IDENTIFY PIVOTAL EMOTIONAL MOMENTS THAT CAN TRANSFORM COUPLE INTERACTIONS. RICH WITH EXAMPLES, IT ENHANCES THERAPISTS' ABILITIES TO FACILITATE EMOTIONAL BREAKTHROUGHS.

9. *Emotionally Focused Therapy for Couples: The Workbook*

THIS WORKBOOK COMPLEMENTS THEORETICAL EFT TEXTS BY OFFERING EXERCISES AND ACTIVITIES AIMED AT STRENGTHENING THERAPIST SKILLS. IT INCLUDES ROLE-PLAYS, SELF-ASSESSMENTS, AND INTERVENTION PLANNING TOOLS. SUITABLE FOR TRAINING AND ONGOING PROFESSIONAL DEVELOPMENT, IT SUPPORTS HANDS-ON LEARNING IN EFT PRACTICE.

Becoming An Emotionally Focused Couple Therapist The Workbook

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becoming an emotionally focused couple therapist the workbook: Becoming an Emotionally Focused Couple Therapist James L. Furrow, Susan M. Johnson, 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.

becoming an emotionally focused couple therapist the workbook: 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.

becoming an emotionally focused couple therapist the workbook: **Becoming an Emotionally Focused Therapist** James L. Furrow, Susan M. Johnson, Brent Bradley, Lorrie Brubacher, T. Leanne Campbell, Veronica Kallos-Lilly, Gail Palmer, Kathryn Rheem, Scott Woolley, 2022-03-07 This second edition of *Becoming an Emotionally Focused Therapist: The Workbook* has been fully revised by expert therapists with advances in attachment science and emotionally focused therapy (EFT) practice, the integration of the EFT Tango—a guide to the EFT process—and new chapters on working with both individuals and families. Suitable as a companion volume to *The Practice of Emotionally Focused Couple Therapy* or as a standalone learning tool, it provides an easy road-map toward mastering the ins and outs of EFT with practice exercises, review questions, and compelling clinical examples. Invaluable for clinicians and students, this workbook takes the reader on an adventure: the quest to become a competent, confident, and passionate emotionally focused therapist.

becoming an emotionally focused couple therapist the workbook: **The Emotionally Focused Therapist Training Set** Susan M. Johnson, Brent A. Bradley, James L. Furrow, Alison Lee, Gail Palmer, Doug Tilley, Scott W. Woolley, 2011-03-24 The *Emotionally Focused Therapist Training Set* offers two valuable products, *Becoming an Emotionally Focused Couple Therapist: The Workbook* and *The Casebook* at a discount of 10%. Written primarily by Sue Johnson, the originator of Emotionally Focused Therapy (EFT), her *Workbook* is an accessible resource for training and supervision and contains contributions from seven expert therapists who lead the reader through the nine essential steps of EFT. This interactive *Workbook* provides an easy road-map to mastering the art of EFT with exercises, review sheets, and practice materials. The *Emotionally Focused Casebook*, edited by James Furrow, Sue Johnson, and Brent Bradley, picks up where the *Workbook* leaves off and discusses specialized treatment approaches to a variety of presenting conditions. Appropriate for clinicians, supervisors, students, and scholars, each chapter in this book is unified by a discussion of how attachment processes provide both a resource and a point of intervention in promoting a greater resiliency in the face of physical and psychological challenges. The contributors

use a hands-on case study approach to provide concrete guidance and illustrate the application of EFT to couples dealing with issues such as depression, cancer, addiction, and infidelity. Together, these two books represent the most current and complete resource for any reader interested in Emotionally Focused Couple Therapy.

becoming an emotionally focused couple therapist the workbook: 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

becoming an emotionally focused couple therapist the workbook: Clinical Handbook of Couple Therapy, Fourth Edition Alan S. Gurman, 2008-06-24 This authoritative handbook provides a definitive overview of the theory and practice of couple therapy. Noted contributors--many of whom developed the approaches they describe--combine clear conceptual exposition with thorough descriptions of therapeutic techniques. In addition to presenting major couple therapy models in step-by-step detail, the book describes effective applications for particular populations and problems. Chapters adhere closely to a uniform structure to facilitate study and comparison, enhancing the book's utility as a reference and text. See also *Clinical Casebook of Couple Therapy*, also edited by Alan S. Gurman, which presents in-depth illustrations of treatment.

becoming an emotionally focused couple therapist the workbook: Attachment Theory in Practice Susan M. Johnson, 2019 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.

becoming an emotionally focused couple therapist the workbook: Multicultural Couple Therapy Mudita Rastogi, Volker Thomas, 2008-12 This a practical guide to multicultural counselling from a variety of perspectives.

becoming an emotionally focused couple therapist the workbook: *The Addiction Treatment Planner* Robert R. Perkinson, David J. Berghuis, Timothy J. Bruce, 2014-01-10 The bestselling treatment planning system for mental health professionals The *Addiction Treatment Planner*, Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions Organized around 43 behaviorally based presenting problems, including

substance use, eating disorders, schizoid traits, and others Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options Easy-to-use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA

becoming an emotionally focused couple therapist the workbook: *Theory and Practice of Couples and Family Counseling* James Robert Bitter, 2020-09-07 This introduction to couples and family counseling lays the foundation for student skill-building by encouraging the development of personal, professional, and ethical standards of practice. This third edition has been expanded to include couples counseling and updated to reflect recent research and current practice. Primary text features include a genogram delineating the history of the field; a comprehensive discussion of 13 widely used theories with real-life examples of quality work for each approach; a single, bicultural couple/family system case for comparison across models; and strategies for the integration and application of the models into clinical practice with diverse clients. To help readers apply the concepts they have learned, Dr. Bitter provides numerous illustrative examples, case studies, sample client dialogues, and exercises for personal and professional growth. *Requests for digital versions from ACA can be found on www.wiley.com *To request print copies, please visit the ACA <https://imis.counseling.org/store/detail> *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

becoming an emotionally focused couple therapist the workbook: The Complete Adult Psychotherapy Treatment Planner Arthur E. Jongsma, Jr., L. Mark Peterson, Timothy J. Bruce, 2021-04-14 The revised edition of the clinicians' time-saving Psychotherapy Treatment Planner Revised and updated, the sixth edition of The Complete Adult Psychotherapy Treatment Planner offers clinicians a timesaving, evidence-based guide that helps to clarify, simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients. The authors provide all the elements necessary to quickly and easily develop formal, customizable treatment plans that satisfy the demands of HMOs, managed-care companies, third-party payers and state and federal agencies. This revised edition includes new client Short-Term Objectives and clinician Therapeutic Interventions that are grounded in evidence-based treatment wherever research data provides support to an intervention approach. If no research support is available a best practice standard is provided. This new edition also offers two new presenting problem chapters (Loneliness and Opioid Use Disorder) and the authors have updated the content throughout the book to improve clarity, conciseness and accuracy. This important book: Offers a completely updated resource that helps clinicians quickly develop effective, evidence-based treatment plans Includes an easy-to-use format locating treatment plan components by Presenting Problem or DSM-5 diagnosis Contains over 3,000 prewritten treatment Symptoms, Goals, Objectives and Interventions to select from Presents evidence-based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists, therapists, counselors, social workers, addiction counselors, psychiatrists, and other mental health professionals, The Complete Adult Psychotherapy Treatment Planner, Sixth Edition has been updated to contain the most recent interventions that are evidence-based.

becoming an emotionally focused couple therapist the workbook: The Contemporary Relational Supervisor 2nd edition Robert E. Lee, Thorana S. Nelson, 2021-08-11 The Contemporary Relational Supervisor, 2nd edition, is an empirically based, academically sophisticated, and learner-friendly text on the cutting edge of couple and family therapy supervision. This extensively revised second edition provides emerging supervisors with the conceptual and pragmatic tools to engage a new wave of therapists, helping them move forward together into a world of highly systemic, empirically derived, relational, developmental, and integrative supervision and clinical practice. The authors discuss major supervision models and approaches, evaluation, ethical and legal issues, and therapist development. They present methods that help tailor and extend supervision practices to meet the clinical, institutional, economic, and cultural realities that

CFT therapists navigate. Filled with discussions and exercises to engage readers throughout, as well as updates surrounding telehealth and social justice, this practical text helps emerging therapists feel more grounded in their knowledge and develop their own personal voice. The book is intended for developing and experienced clinicians and supervisors intent on acquiring up-to-date and forward-looking, systemic, CFT supervisory mastery.

becoming an emotionally focused couple therapist the workbook: Constructivist, Critical, And Integrative Approaches To Couples Counseling Michael D. Reiter, Ronald J. Chenail, 2017-01-20 1. Counseling couples / Michael D. Reiter -- 2. The case : David and Natalie Johnson / Michael D. Reiter -- 3. Emotionally focused couple therapy / James L. Furrow, Nicholas Lee, and Hannah S. Myung -- 4. Feminist couple therapy / Megan J. Murphy -- 5. Solution-focused couples therapy / Michael D. Reiter -- 6. Narrative couples therapy / Marcela Polanco, Tirzah Shelton, and Catalina Perdomo -- 7. Queer intersectional couple therapy / Sheila Addison.

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