



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

By Susan M. Johnson

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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.

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### **Editorial Review**

#### Review

"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.

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-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 validated form 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 more detail 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

### **Users Review**

#### **From reader reviews:**

#### **Lois Yale:**

The knowledge that you get from The Practice of Emotionally Focused Couple Therapy: Creating Connection (Basic Principles Into Practice Series) is a more deep you rooting the information that hide within the words the more you get interested in reading it. It does not mean that this book is hard to know but The Practice of Emotionally Focused Couple Therapy: Creating Connection (Basic Principles Into Practice Series) giving you thrill feeling of reading. The article writer conveys their point in specific way that can be understood simply by anyone who read the item because the author of this guide is well-known enough. This book also makes your personal vocabulary increase well. Making it easy to understand then can go to you, both in printed or e-book style are available. We recommend you for having this particular The Practice of Emotionally Focused Couple Therapy: Creating Connection (Basic Principles Into Practice Series) instantly.

**Kevin Strickland:**

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**Frances Hayes:**

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**Maryellen Tilley:**

In this particular era which is the greater particular person or who has ability in doing something more are more treasured than other. Do you want to become considered one of it? It is just simple way to have that. What you are related is just spending your time little but quite enough to possess a look at some books. One of several books in the top checklist in your reading list is The Practice of Emotionally Focused Couple Therapy: Creating Connection (Basic Principles Into Practice Series). This book which can be qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking up and review this guide you can get many advantages.

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