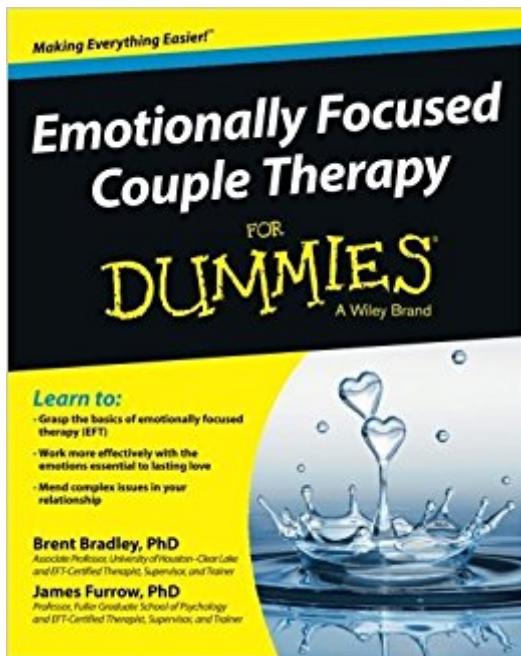


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# Emotionally Focused Couple Therapy For Dummies



## Synopsis

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

## Book Information

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## Customer Reviews

I've been a couple therapist for more than 30 years and have been learning and working within the EFT model for 4 years. I've been giving books to couples for all of my practice life. I have given or recommended this book to every couple in my practice. The response has been consistently

enthusiastic, and to hear ENTHUSIASM from women and men about a self-help book is a rare thing. I really want to underscore this: The couples are really using this book. The tone of the book is extremely accessible. It's like a handy tool box to help couples relate to their own and their partner's emotional life and to help them work together on their relationship. Here are some of the things I've heard from those I've given this book, "I can really see the impact I am having on my wife." "I can see how my husband is hurting in a way I never considered." "The book helped me slow down and look into my primary feeling. When I shared with my wife, there was no fight. She was receptive. I think this book is really going to help us." "I think this is the perfect book for couples. I recommend it to EFT therapists, therapists interested in this model, and especially to couples who are looking for a book that can truly help them be more connected."

This was a book we've all been wanting for, for years! EFT can be a complicated therapy to comprehend, and here - at last - is a book that explains it all in very readable terms, for, . . . . uh, dummies. No - not dummies so much as those of us who have wanted to be able to understand the model and have a way of explaining it to others. This is a great read- for therapists as well as for all of those couples out there so desiring to have a better, closer, more bonded relationship. Bradley and Furrow do a most excellent job weaving in stories of the couples they've counseled. Example after example bring it all home - it's easy to see yourself, or your friends, or clients on the pages as the chapters unfold. This would be an excellent book for therapists interested in the EFT model, but not yet ready to commit to learning EFT. Also for motivated clients who want to understand more than just communication skills (that no one uses under distress). And for seasoned EFT therapists to share with clients so that they can understand what is really going on under the surface. It's not about the silly things that we all fight about - it's about the emotions underneath driving the crazy patterns we all find ourselves in, from time to time. I couldn't give it a higher recommendation!

I've been counseling couples for many years and this book is one of the two best books for couples I have ever read. The authors have done an amazing job of elucidating the emotional work that can lead to a safe, secure and loving bond for a distressed couples relationship. I'm recommending this very practical book to all of my couples. It does a good job of clarifying the different roles partners get caught up in, resulting in an often destructive reactive cycle within the relationship. It then presents some well researched tools to help couples interrupt the reactive pattern they are caught in and restore peace and intimate connection to this most important relationship. The hope and strength Emotionally Focused Couples Therapy brings to the field of couples therapy and individual

couples is truly transformative as well as personally exciting for me as a therapist and as a husband.

Even though I have participated in numerous trainings on EFT and read extensively to deepen my understanding of EFT, nothing has been more useful for me than this easy to read text! The authors have done an excellent job of presenting EFT, whether you are a practitioner or couple wanting to use EFT in your own relationship. I cannot say enough positive words about the author's efforts to describe this amazing model in easy to understand language, as well as using helpful real examples from their clinical practices. I also liked how they incorporated exercises for couples to use to deepen partners' understanding of their negative dynamics, the role each plays in creating distance, and how to listen to your emotions.

As I said, this is an extremely thorough treatment of Emotionally Focused Couple Therapy, and it's presented in a very readable style that is excellent for both therapists, like me, and lay people. I was especially taken with a few sections in the back; namely: Ten Questions To Ask a Therapist Before You Make an Appointment, Ten Rituals To Bring You Closer (even though they didn't include the ritual of saying please and thank you), Ten Myths about Emotion and Relationships, and Ten Myths About Sex. I can easily see how the suggestions and techniques in this book could revitalize a stale marriage, re-orient one that has gone off course, and help many couples just starting out together.

Highly recommend this book. It includes so much information and is easy to understand. I also own "Hold Me Tight" by Sue Johnson, which I also recommend, but this book is different from that. This one includes information on understanding emotions in ourselves, understanding the emotional motivations in our partner that can come across in a negative way, emotional reactivity, overcoming broken trust, and even the topic of shame, which I've learned is very harmful to a marriage. Not many marriage books explain so many different aspects of what really affects a relationship. And, the examples provided are very easy to relate to.

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