

a primer for emotionally focused individual therapy

A Primer for Emotionally Focused Individual Therapy: Understanding and Applying EFT Principles

Author: Dr. Evelyn Reed, Licensed Marriage and Family Therapist (LMFT) with 15 years of experience specializing in Emotionally Focused Therapy (EFT) and trauma-informed care. Dr. Reed is a certified EFT therapist and has presented extensively on EFT methodologies at national conferences.

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Editor: Dr. Anya Sharma, PhD, a clinical psychologist and expert in evidence-based therapeutic approaches, including EFT.

Introduction: This primer offers a comprehensive overview of Emotionally Focused Individual Therapy (EFIT), a powerful approach derived from the principles of Emotionally Focused Therapy (EFT). While EFT is traditionally known as a couples therapy modality, EFIT adapts its core tenets to address the unique emotional needs of individuals. This a primer for emotionally focused individual therapy will explore the theoretical underpinnings, key methodologies, and practical applications of EFIT.

1. The Theoretical Foundation of EFIT: Attachment Theory and Emotion Regulation

EFIT rests on the foundation of attachment theory, which posits that our early childhood experiences shape our attachment styles and profoundly impact our adult relationships, including our relationship with ourselves. A a primer for emotionally focused individual therapy must understand that EFIT helps individuals understand how their attachment style influences their emotional regulation, leading to maladaptive patterns in thinking, feeling, and behaving. By identifying these patterns, EFIT helps clients build a more secure and compassionate internal working model.

1. Core Principles of EFIT: Accessing and Transforming Emotion

Unlike therapies that focus primarily on cognitive restructuring, EFIT prioritizes

understanding and transforming emotions. A central aspect of this primer for emotionally focused individual therapy is to explore how emotions are organized into cycles and patterns. The therapeutic process in EFIT generally involves:

Identifying Emotional Cycles: Clients learn to identify recurring patterns of emotion and behavior that maintain their distress. These cycles often involve attempts to regulate emotions in unhealthy ways, such as avoidance, anger outbursts, or self-criticism.

Accessing and Exploring Core Emotions: EFIT encourages clients to access and fully experience their underlying emotions, often emotions that have been avoided or suppressed. This involves creating a safe and supportive therapeutic relationship that allows for vulnerability.

Developing New Emotional Responses: Once core emotions are identified and processed, clients work with the therapist to develop more adaptive emotional responses. This might involve learning to regulate emotions effectively, express needs assertively, or cultivate self-compassion.

1. Methodologies Used in EFIT: Therapeutic Techniques and Strategies

EFIT uses various techniques to achieve its therapeutic goals. Some key methodologies within a primer for emotionally focused individual therapy are:

Empathy and Validation: The therapist provides unwavering empathy and validation to the client's experiences, creating a secure base from which to explore difficult emotions.

Process-Oriented Dialogue: The therapist guides the client in reflecting on their emotional experiences, identifying patterns, and exploring alternative ways of relating to themselves and others.

Reframing and Restructuring: The therapist helps clients reframe negative self-perceptions and restructure maladaptive beliefs, fostering a more compassionate and self-accepting inner dialogue.

Chair Work: A technique used to facilitate dialogue with different parts of the self, allowing the client to experience different perspectives and integrate conflicting emotions.

1. Addressing Specific Issues with EFIT: From Anxiety to Trauma

EFIT is applicable to a wide range of issues, including:

Anxiety and Depression: EFIT helps clients identify the underlying emotional patterns contributing to anxiety and depression and develop healthier ways of managing their emotions.

Trauma: EFIT provides a gentle yet powerful approach to processing trauma by focusing on emotional regulation and the development of self-compassion.

Self-Esteem Issues: By fostering self-acceptance and addressing maladaptive self-criticism, EFIT promotes improved self-esteem.

Relationship Difficulties (even in the absence of a partner): EFIT can help individuals understand and resolve internal conflicts that affect their ability to connect with others, even if they're not currently in a relationship.

1. The Therapist's Role in EFIT: Creating a Secure Base

The therapist's role is crucial in EFIT. They act as a guide and facilitator, creating a safe and supportive therapeutic environment that encourages emotional exploration and change. The therapist's empathy, attunement, and ability to create a collaborative relationship are key to the success of EFIT. A primer for emotionally focused individual therapy emphasizes the importance of a strong therapeutic alliance.

1. Measuring Progress and Outcomes in EFIT:

Assessing progress in EFIT involves both subjective and objective measures. Subjective measures may include client self-reports on emotional well-being and relationship satisfaction. Objective measures could include behavioral observations and changes in emotional regulation patterns.

1. Contraindications and Limitations of EFIT:

While EFIT is effective for many, it may not be suitable for all individuals. Clients with severe personality disorders or those unwilling to engage emotionally may not benefit from this approach.

Conclusion:

This primer for emotionally focused individual therapy has provided a foundational understanding of EFIT, a powerful approach for addressing a wide range of emotional and relational challenges. By focusing on emotional experience, regulation, and transformation, EFIT empowers individuals to develop healthier relationships with themselves and others. It's a process that demands trust, vulnerability, and a willingness to confront difficult emotions, but the rewards of increased self-awareness, improved

emotional regulation, and enhanced well-being are significant.

FAQs:

1. What is the difference between EFT and EFIT? EFT is primarily used for couples therapy, while EFIT adapts the principles of EFT for individual therapy.
1. Is EFIT suitable for individuals with severe mental illness? EFIT might not be the primary approach for individuals with severe mental illness, but it could be integrated as a supplementary modality.
1. How many sessions are typically required in EFIT? The number of sessions varies depending on individual needs and goals, but it typically ranges from 12-24 sessions.
1. What are the potential risks of EFIT? The potential risks are minimal, but some individuals may experience temporary increases in emotional distress during the initial phases of therapy.
1. How does EFIT differ from cognitive behavioral therapy (CBT)? CBT focuses on cognitive restructuring, while EFIT emphasizes emotional processing and regulation.
1. Can EFIT help with trauma? Yes, EFIT can be a helpful approach for processing trauma by focusing on emotional regulation and self-compassion.
1. Is EFIT evidence-based? Yes, research supports the effectiveness of EFT and its adaptations, such as EFIT.
1. How do I find an EFIT therapist? You can search online directories of therapists specializing in EFT or contact your primary care physician for referrals.

1. Can EFIT be combined with other therapeutic approaches? Yes, EFIT can be integrated with other approaches, tailoring the treatment to individual needs.

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a primer for emotionally focused individual therapy: A Primer for Emotionally Focused Individual Therapy (EFIT) Susan M. Johnson, T. Leanne Campbell, 2021-09-28 From best-selling author, Susan M. Johnson, with over 1 million books sold worldwide! This essential text from the leading authority on Emotionally Focused Therapy, Susan M. Johnson, and colleague, T. Leanne Campbell, applies the key interventions of EFT to work with individuals, providing an overview and clinical guide to treating clients with depression, anxiety, and traumatic stress. Designed for therapists at all levels of expertise, Johnson and Campbell focus on introducing clinicians to EFIT interventions, techniques, and change processes in a highly accessible and practical format. The book begins by summarizing attachment theory and science – the theoretical basis of this model – together with the experiential approach to change in psychotherapy. Chapters describe the three stages of EFIT, macro-interventions, such as the EFIT Tango, and various micro-interventions through clinical exercises, case studies, and transcripts to demonstrate this model in practice with individuals, highlighting the unique benefits of EFT as a cross-modality approach for treating emotional disorders. With exercises interwoven throughout the text, this book is built to accompany in-person and online training, helping the practicing clinician offer targeted and empirically tested interventions that not only alleviate symptoms of distress but expand the client's emotional balance, agency, and sense of self. As the next major extension of the EFT approach, this book will appeal to therapists already working with couples and families as well as those just beginning their professional journey. Psychotherapists, psychologists, counselors, social workers, and mental health workers will also find this book invaluable.

a primer for emotionally focused individual therapy: **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.

a primer for emotionally focused individual therapy: 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.

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a primer for emotionally focused individual therapy: *Emotion-focused Therapy* Leslie S. Greenberg, 2017 How to use this book with APA psychotherapy videos -- Introduction -- History -- Theory -- The therapy process -- Evaluation -- Future developments.

a primer for emotionally focused individual therapy: Emotionally Focused Therapy for Couples Leslie S. Greenberg, Susan M. Johnson, 1988-10-07 This influential volume provides a comprehensive introduction to emotionally focused therapy (EFT): its theoretical foundations, techniques, and clinical practice. EFT is a structured approach to couple therapy that integrates intrapsychic and interpersonal perspectives to help couples create new, more satisfying interactional patterns. Since the original publication of this book, EFT has been implemented and tested with growing numbers of couples in a wide range of settings. The authors, who codeveloped the approach, illuminate the power of emotional experience in relationships and in the process of therapeutic change. The book is richly illustrated with case examples and session transcripts.

a primer for emotionally focused individual therapy: Attachment Processes in Couple and Family Therapy Susan M. Johnson, Valerie E. Whiffen, 2005-12-15 This practical book presents cutting-edge approaches to couple and family therapy that use attachment theory as the basis for new clinical understandings. Fresh and provocative insights are provided on the nature of interactions between adult partners and among parents and children; the role of attachment in distressed and satisfying relationships; and the ways attachment-oriented interventions can address individual problems as well as marital conflict and difficult family transitions. With contributions from leading clinicians and researchers, the volume offers both general strategies and specific techniques for helping clients build stronger, more supportive relational bonds.

a primer for emotionally focused individual therapy: An Emotionally Focused Workbook for Couples Veronica Kallos-Lilly, Jennifer Fitzgerald, 2021-12-20 The second edition of this essential and newly updated workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It closely follows the course of EFT treatment and allows clinicians to easily integrate guided reading, reflection, and discussion into the therapeutic process. Incorporating new developments in EFT and decades of research in the field of attachment, Veronica Kallos-Lilly and Jennifer Fitzgerald include chapters that explore concepts such as attachment bonds, the three cycles of relationship distress, how to make sense of emotions, relationship hurts and more. The workbook follows the familiar and accessible format of the first edition, Read, Reflect, and Discuss, and weaves fresh, illustrative examples throughout, with updated content considering the impact of gender, culture, and sexual orientation on relationship dynamics. Added reflections on these topics and an expanded section on sexuality dispels constraining popular myths and frees partners up to express themselves more openly. This book is essential reading for partners looking for helpful steps to improve the quality of their romantic relationships as well as marriage and family therapists, couple therapists and clinicians training in EFT to use with their clients.

a primer for emotionally focused individual therapy: Emotionally Focused Family Therapy James L. Furrow, Gail Palmer, Susan M. Johnson, George Faller, Lisa Palmer-Olsen, 2019-06-11 Emotionally Focused Family Therapy is the definitive manual for applying the effectiveness of

emotionally focused therapy (EFT) to the complexities of family life. The book sets out a theoretical framework for mental health professionals to enhance their conceptualization of family dynamics, considering a broad range of presenting problems and family groups. The first section applies EFT theory and principles to the practice of family therapy. The second section explicates the process of EFT and examines the interventions associated with the EFT approach to families. In the final section, the authors provide case examples of emotionally focused family therapy (EFFT) practice, with chapters on traumatic loss, stepfamilies, externalizing disorders, and internalizing disorders. Integrating up-to-date research with clinical transcripts and case examples throughout, *Emotionally Focused Family Therapy* is a must-read for therapists looking to promote the development and renewal of family relationships using the principles of EFT.

a primer for emotionally focused individual therapy: *The Emotionally Focused Casebook* James L. Furrow, Susan M. Johnson, Brent A. Bradley, 2011-05-09 There is currently no single resource that compiles the various applications to the many clinical populations being served by Emotionally Focused Therapy today. The *Emotionally Focused Casebook* fills that void as a substantive reference for clinicians, students, professors, and supervisors using and teaching EFT. Each chapter utilizes a hands-on case study approach with concrete guidelines and illustrations for the adaptation and application of EFT with specific treatment populations. This Casebook is the perfect practical resource for professionals and students looking for examples of specific theoretical, conceptual, and treatment applications of EFT.

a primer for emotionally focused individual therapy: *Facilitating Emotional Change* Laura N. Rice, Robert Elliott, 1996-11-01 Using an experiential therapy framework, the authors show how to work with moment-by-moment emotional processes to resolve various psychological difficulties.

a primer for emotionally focused individual therapy: *Clinical Handbook of Emotion-focused Therapy* Leslie S. Greenberg, Rhonda N. Goldman, 2018-10 Through Emotion-Focused Therapy (EFT), clients learn to rule their emotions, instead of letting their emotions rule them. With guidance from a skilled EFT therapist to help them identify, experience, accept, and tolerate difficult emotions, people can learn to regulate, explore, make sense of, transform, and flexibly manage their emotions. As a result, they become more skilled in responding adaptively to situations as they arise. EFT therapists help individuals and couples engage in productive emotional processing. They also offer methods to help clients become aware of their emotional needs. In this book readers will learn to: conceptualize clients' core emotions in order to form a focus of therapy guide clients through the process of emotional change, and structure therapy in an ongoing fashion, recognize key emotional markers, and facilitate the tasks needed to move to the next phase. This handbook offers a comprehensive tour of EFT research and applications for all common mental health issues including depression, anxiety, interpersonal trauma, personality disorders, and eating disorders.

a primer for emotionally focused individual therapy: *Emotionally Focused Therapy with African American Couples* Paul T. Guillory, 2021-08-09 *Emotionally Focused Therapy with African American Couples: Love Heals* is an essential guide that integrates emotionally focused therapy (EFT) with cultural humility. It provides a pathbreaking, evidence-based model of couples work that reinforces the bond between partners in the face of race-based distress. Guillory explores and brings a deep understanding of the legacy of racial trauma, and the cultural strengths of African American couples by using real-life case studies. The chapters in the book focus on several key clinical issues in the field, such as communication problems, anxiety, infidelity, depression, and porn. Each case study is enhanced by a consultation with EFT master therapist Sue Johnson. The book is an essential text for students and mental health professionals looking to provide culturally competent therapeutic interventions. It will also appeal to psychologists, mental health workers, social workers, marriage and family therapists, and religious leaders.

a primer for emotionally focused individual therapy: ***Created for Connection*** Kenneth Sanderfer, Dr. Sue Johnson, 2016-10-04 Whoever does not love does not know God, because God is love. -- 1 John 4:8 Are you looking to enrich a healthy relationship, revitalize a tired one, or rescue one gone awry? Do you yearn to grow closer to God, and to further incorporate Him and His

teachings into your marriage? We all want a lifetime of love, support, and faith. But sometimes we need a little help. Enter Dr. Sue Johnson, developer of Emotionally Focused Therapy (EFT) and the best couple therapist in the world, according to bestselling relationship expert Dr. John Gottman. In *Created For Connection*, Dr. Johnson and Kenneth Sanderfer, a leading EFT practitioner in the Christian community, share Johnson's groundbreaking and remarkably successful program for creating stronger, more secure relationships not only between partners, but between us and God. The message of *Created For Connection* is simple: Forget about learning how to argue better, analyzing your early childhood, or making grand romantic gestures. Instead, get to the emotional underpinnings of your relationship by recognizing that you are attached to and dependent on your partner in much the same way that a child is on a parent, and we are on the Heavenly Father, for nurturing, soothing, and protection. The way to enhance or save our relationships with each other and with God is to be open, attuned, responsive, and to reestablish safe emotional connection. Filled with Bible verses, inspiring real-life stories, and guidance, *Created For Connection* will ensure a lifetime of love.

a primer for emotionally focused individual therapy: An Introduction to the Therapeutic Frame Anne Gray, 2013-10-30 Designed for psychotherapists and counsellors in training, *An Introduction to the Therapeutic Frame* clarifies the concept of the frame - the way of working set out in the first meeting between therapist and client. This Classic Edition of the book includes a brand new introduction by the author. Anne Gray, an experienced psychotherapist and teacher, uses lively and extensive case material to show how the frame can both contain feelings and further understanding within the therapeutic relationship. She takes the reader through each stage of therapeutic work, from the first meeting to the final contact, and looks at those aspects of management that beginners often find difficult, such as fee payment, letters and telephone calls, supervision and evaluation. Her practical advice on how to handle these situations will be invaluable to trainees as well as to those involved in their training.

a primer for emotionally focused individual therapy: Hold Me Tight Dr. Sue Johnson, 2008-04-08 Strengthen and deepen your relationships with this much-needed (Harville Hendrix, PhD) guide that has sold over one million copies, through revelatory practical exercises, seven profound conversations, and sage advice from "the best couple's therapist in the world" (John Gottman, PhD, bestselling author) Are you looking to enrich a healthy relationship, revitalize a tired one, or rescue one gone awry? We all want a lifetime of love, support, and companionship. But sometimes we need a little help. Enter Dr. Sue Johnson, developer of Emotionally Focused Couple Therapy and "the most original contributor to couple's therapy to come along in the last thirty years," according to Dr. William J. Doherty, PhD. In *Hold Me Tight*, Dr. Johnson shares her groundbreaking and remarkably successful program for creating stronger, more secure relationships. The message of *Hold Me Tight* is simple: Forget about learning how to argue better, analyzing your early childhood, making grand romantic gestures, or experimenting with new sexual positions. Instead, get to the emotional underpinnings of your relationship by recognizing that you are emotionally attached to and dependent on your partner in much the same way that a child is on a parent for nurturing, soothing, and protection. Dr. Johnson teaches that the way to enhance or save a relationship is to be open, attuned, and responsive to each other and to reestablish emotional connection. With this in mind, she focuses on key moments in a relationship and uses them as touch points for seven healing conversations, including: Recognizing the Demon Dialogues Finding the Raw Spots Revisiting a Rocky Moment Forgiving Injuries Keeping Your Love Alive These conversations give you insight into the defining moments in your relationship and guide you in reshaping these moments to create a secure and lasting bond. Through stories from Dr. Johnson's practice, illuminating advice, and practical exercises, you will learn how to nurture, protect, and grow your relationship, ensuring a lifetime of love.

a primer for emotionally focused individual therapy: Love Sense Dr. Sue Johnson, 2013-12-31 The bestselling author of *Hold Me Tight* presents a revolutionary new understanding of why and how we love, based on cutting-edge research. Every day, we hear of relationships failing

and questions of whether humans are meant to be monogamous. LOVE SENSE presents new scientific evidence that tells us that humans are meant to mate for life. Dr. Johnson explains that romantic love is an attachment bond, just like that between mother and child, and shows us how to develop our love sense--our ability to develop long-lasting relationships. Love is not the least bit illogical or random, but actually an ordered and wise recipe for survival. LOVE SENSE covers the three stages of a relationship and how to best weather them; the intelligence of emotions and the logic of love; the physical and psychological benefits of secure love; and much more. Based on groundbreaking research, LOVE SENSE will change the way we think about love.

a primer for emotionally focused individual therapy: The Love Secret Sue Johnson, 2014-01-16 We are in danger of being swept away on a tide of pessimism about love and relationships. Endless cynical stories of affairs by politicians, athletes and celebrities fill the media. The dominant message is that creating a rewarding and enduring romantic relationship is impossible. In *The Love Secret* Dr Sue Johnson draws on the very latest scientific studies on attachment theory, including her own research, to show that this just isn't the case. The Big News is that we are naturally monogamous, bonding animals. A lasting, loving relationship is completely within our reach. In *The Love Secret* you will discover how the brain works when you are in a stable, caring relationship and how you can use this groundbreaking knowledge to achieve such positive results in your own life.

a primer for emotionally focused individual therapy: An Emotionally Focused Guide to Relationship Loss Clare Rosoman, 2022-06-20 By viewing romantic love as an attachment bond, Clare Rosoman incorporates emotionally focused therapy (EFT) and attachment theory to provide evidence-based tools in navigating close relationships and managing the pain of relationship loss. Beginning with a foreword from Veronica Kallos-Lilly, this book firstly explores how attachment themes show up in relationship dynamics, creating either security or insecurity, before looking at how relationships go wrong. Chapters then focus on creating a new narrative for this loss of connection, helping readers learn about their own attachment strategies and how to work through pain, anger, and grief. The last part focuses on helping readers learn how to forgive, let go, build security within themselves, and implement these strategies in future relationships. Addressing all forms of relationships, including family and friendship losses, LGBTQ+ couples, and references to cultural humility, this accessible and empathetic guide is written for both therapists and their clients to help them learn from their experiences and build the ability to be a resource for themselves. It is essential reading for EFT therapists as well as couple, marriage, and family therapists.

a primer for emotionally focused individual therapy: Emotion-focused Family Therapy Adele Lafrance, Katherine A. Henderson, Shari Mayman, 2019-12-10 In this treatment manual, Adele Lafrance, Katherine A. Henderson, and Shari Mayman provide mental health professionals with guidelines for implementing emotion-focused family therapy (EFFT), an exciting new intervention in which caregivers are the primary healing agents in their loved one's treatment. EFFT was initially created to treat eating disorders, and then developed into a transdiagnostic approach that can be applied to any emotion- or behavior-based disorder with various relationship dynamics across the lifespan, including parent-child relationships (even if the child is an adult) and romantic partnerships. The authors describe how to teach caregivers advanced skills for supporting their loved ones through emotion and behavior coaching. Therapists will also learn collaborative strategies for strengthening healing bonds between the caregiver and the loved one and healing relational ruptures. Techniques for processing caregivers' emotional blocks are also explored, as are methods for clinicians to work through their own blocks via supervision. Vivid case examples illustrate the implementation of EFFT in a wide variety of realistic scenarios. Clinical handouts are included in the appendices, which are also available under clinician and practitioner resources.

a primer for emotionally focused individual therapy: Interpersonal Therapy for Depression Paula Ravitz, Priya Watson, Sophie Grigoriadis, 2013-08-20 A series of quick-reference, multi-media guides to key protocols all therapists need to know.

a primer for emotionally focused individual therapy: Treating the Abusive Partner

Christopher Mark Murphy, Christopher I. Eckhardt, 2005-09-09 Detailing the first one-on-one cognitive-behavioral treatment approach for this highly challenging population, this resource provides a straightforward rationale and clear guidelines for implementing the authors' flexible four-phase model.

a primer for emotionally focused individual therapy: Radically Open Dialectical Behavior Therapy Thomas R. Lynch, 2018-02-15 Based on over twenty years of research, radically open dialectical behavior therapy (RO DBT) is a breakthrough, transdiagnostic approach for helping people suffering from extremely difficult-to-treat emotional overcontrol (OC) disorders, such as anorexia nervosa, obsessive-compulsive disorder (OCD), and treatment-resistant depression. Written by the founder of RO DBT, Thomas Lynch, this comprehensive volume outlines the core theories of RO DBT, and provides a framework for implementing RO DBT in individual therapy. While traditional dialectical behavioral therapy (DBT) has shown tremendous success in treating people with emotion dysregulation, there have been few resources available for treating those with overcontrol disorders. OC has been linked to social isolation, aloof and distant relationships, cognitive rigidity, risk aversion, a strong need for structure, inhibited emotional expression, and hyper-perfectionism. And yet—perhaps due to the high value our society places on the capacity to delay gratification and inhibit public displays of destructive emotions and impulses—problems linked with OC have received little attention or been misunderstood. Indeed, people with OC are often considered highly successful by others, even as they suffer silently and alone. RO DBT is based on the premise that psychological well-being involves the confluence of three factors: receptivity, flexibility, and social-connectedness. RO DBT addresses each of these important factors, and is the first treatment in the world to prioritize social-signaling as the primary mechanism of change based on a transdiagnostic, neuroregulatory model linking the communicative function of human emotions to the establishment of social connectedness and well-being. As such, RO DBT is an invaluable resource for treating an array of disorders that center around overcontrol and a lack of social connectedness—such as anorexia nervosa, chronic depression, postpartum depression, treatment-resistant anxiety disorders, autism spectrum disorders, as well as personality disorders such as avoidant, dependent, obsessive-compulsive, and paranoid personality disorder. Written for mental health professionals, professors, or simply those interested in behavioral health, this seminal book—along with its companion, *The Skills Training Manual for Radically Open Dialectical Behavior Therapy* (available separately)—provides everything you need to understand and implement this exciting new treatment in individual therapy—including theory, history, research, ongoing studies, clinical examples, and future directions.

a primer for emotionally focused individual therapy: *The Tapping Solution* Nick Ortner, 2013-04-02 In the New York Times best-selling book *The Tapping Solution*, Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In this book, he gives readers everything they need to successfully start using the powerful practice of tapping—or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies

Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

a primer for emotionally focused individual therapy: *Experiencing Compassion-Focused Therapy from the Inside Out* Russell L. Kolts, Tobyn Bell, James Bennett-Levy, Chris Irons, 2018-04-23 For therapists wishing to build their skills in compassion-focused therapy (CFT), this powerful workbook presents a unique evidence-based training approach. Self-practice/self-reflection (SP/SR) enables therapists to apply CFT techniques to themselves and reflect on the experience as they work through 34 brief, carefully crafted modules. The authors are master trainers who elucidate the multiple layers of CFT, which integrates cognitive-behavioral therapy, evolutionary science, mindfulness, and other approaches. Three extended therapist examples serve as companions throughout the SP/SR journey. In a large-size format for easy photocopying, the volume includes 24 reproducible forms. Purchasers get access to a Web page where they can download and print most of the reproducible materials.

a primer for emotionally focused individual therapy: *Therapeutic Presence* Shari M. Geller, Leslie S. Greenberg, 2012 The authors present their empirically based model of therapeutic presence, along with practical, experiential exercises for cultivating presence.

a primer for emotionally focused individual therapy: *A Primer of Transference-focused Psychotherapy for the Borderline Patient* Frank E. Yeomans, John F. Clarkin, Otto F. Kernberg, 2002 Treating borderline patients is one of the most challenging areas in psychotherapy because of the patient's extreme emotional expressions, the strain it places on the therapist, and the danger of the patient acting out and harming himself or the therapeutic relationship. Many clinicians consider this patient population difficult, if not impossible, to treat. However, in recent years dedicated experts have focused their clinical and research efforts on the borderline patient and have produced treatments that increase our success in working with borderline patients. Transference-Focused Therapy (TFP) is psychodynamic treatment designed especially for borderline patients. This book provides a concise and comprehensive introduction to TFP that will be useful both to experienced clinicians and also to students of psychotherapy. TFP has its roots in object relations and it emphasizes that the transference is the key to understanding and producing change. The patient's internal world of object representations unfolds and is lived in the transference with the therapist. The therapist listens for and makes use of the relationship that is revealed through words, silence, or, as often occurs in the case of individuals with some borderline personality disorder, acting out in subtle or not-so-subtle ways. This primer offers clinicians a way to understand and then use the transference and countertransference for change in the patient.

a primer for emotionally focused individual therapy: *Living Like You Mean It* Ronald J. Frederick, 2009-03-03 In *LIVING LIKE YOU MEAN IT*, author Ronald J. Frederick, does a brilliant job of describing why people are so afraid of their emotions and how this fear creates a variety of problems in their lives. While the problems are different, the underlying issue is often the same. At the core of their distress is what Dr. Frederick refers to as feelings phobia. Whether it is the experience of love, joy, anger, sadness, or surprise, our inborn ability to be a fully feeling person has been hijacked by fear--and it is fear that is keeping us from a better life. The book begins with a questionnaire-style list that help readers take an honest look at themselves and recognize whether and how they are afraid of their feelings. It then moves on to explore the origins of fear of feeling and introduces a four-part program for overcoming the fear: (1) Become aware of and learn to recognize feelings--anger, sadness, joy, love, fear, guilt/shame, surprise, disgust. (2) Master techniques for taming the fear. (3) Let the feeling work its way all the way through to its resolution. (4) Open up and put those feelings into words and communicate them confidently. With wisdom, humor, and compassion, the book uses stories and examples to help readers see that overcoming feelings phobia is the key to a better life and more fulfilling relationships.

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difficult, entrenched, and court-mandated situations. Using an original model (the System for Observing Family Therapy Alliances, or SOFTA) suitable to therapists across theoretical lines, the authors detail special challenges, empirically-supported strategies, and alliance-building interventions organized around common types of ongoing couple and family conflicts. Copious case examples illustrate how therapists can empower family members to discover their agency, find resources to address tough challenges, and especially repair their damaged relationships. These guidelines also show how to work effectively within multiple relationships in a family without compromising therapist focus, client individuality, or client safety. Included in the coverage: Using the therapeutic alliance to empower couples and families Couples' cross-complaints Engaging reluctant adolescents...and their parents Parenting in isolation, with or without a partner Child maltreatment: creating therapeutic alliances with survivors of relational trauma Disadvantaged, multi-stressed families: adrift in a sea of professional helpers Empowering through the alliance: a practical formulation Therapeutic Alliances with Families offers powerful new tools for social workers, mental health professionals, and practitioners working in couple and family therapy cases with reluctant clients and seeking specific, practical case examples and resources for alliance-related interventions.

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a primer for emotionally focused individual therapy: ACT Made Simple Russ Harris, 2019-05-01 NOTE FROM THE PUBLISHER: Due to the recent illegal counterfeiting of this book, we

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