



# **The Practice Of Emotionally Focused Marital Therapy: Creating Connection (Brunner/Mazel Basic Principles Into Practice Series, Vol 11)**

*Susan M. Johnson*

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This work serves as a clear, cogent description of the process of emotionally focused marital therapy (EFT) - which, at the same time, illuminates the promise this technique offers. While most of the literature in this area is based on the idea of intervention being primarily behavioral (with emotion considered as secondary at best, and disruptive at worst) this book identifies the role of emotion in marital distress, and then reveals its potential to play a central role in successful marital therapy. The Practice of Emotionally Focused Marital Therapy includes: A model for short-term, effective marital therapy Relevant theory of adult love and marital stress Change strategies with many clinical examples Nine steps in the process of change, together with key change events Step-by-step guide to intervention at specific points in therapy Specific ways to address a partners emotions to create new interactions and bonding events Applications of techniques with families This important new volume presents EFT as a powerful therapeutic technique for practicing professionals, and also serves as an instructive graduate-level text for courses in marital therapy, psychology, social work, and counselling.

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