

What is Emotionally Focused Therapy (EFT)

Emotionally Focused Therapy (EFT) is a comprehensive method of relationship counseling, based on well-tested theory and decades of research and clinical practice. It is highly regarded as a **most effective** approach to marriage and couple therapy. It helps partners rekindle their loving feelings and feel connected, safe, happy and secure with each other.

The goal of EFT is reconnection between partners. EFT, developed by Sue Johnson and Les Greenberg, is based on John Bowlby's Attachment Theory and research. Bowlby found that humans and higher primates have an innate need to feel attached to and comforted by significant others.

How EFT works

EFT focuses on what makes relationships distressed and provides a detailed map to heal the painful patterns and hurts that undermine a relationship. EFT helps couples by working to strengthen attachment bonds. A safe, secure attachment allows couples to be flexible in problem solving -- communicate effectively even during conflicts. EFT helps you to finally resolve the repetitive fights that plague most couples. It helps dissolve the walls of distance and disrespect that have grown up between you. Feelings of love, respect and trust can begin to grow again.

Emotionally Focused Therapy helps you restructure the negative repetitive cycles you and your partner get caught in, over and over, feeling like there is no way to stop. EFT can help you go from angry, withdrawn, hostile and guarded in your relationship, to feeling safer, warmer and more bonded. Most of all, the love, trust and connection that you once had with your partner can be rekindled and grown to a deeper level than ever before.

EFT works because it builds **emotional responsiveness**. And that, the research tell us, is the key to **a lifetime of love**.

What four leading experts say about EFT:

"EFT is a proven road map to the process of change in couple therapy."

John M. Gottman, Ph.D., world-renowned marriage expert, cofounder of the Seattle Marital and Family Institute, Professor of Psychology, University of Washington, and bestselling author of *The Seven Principles for Making Marriage Work*. (www.gottman.com)

"EFT is one of the best documented, most substantive and well researched approaches to couple therapy."

Alan S. Gurman, Ph.D., Emeritus Professor of Psychiatry and Director of Family Therapy Training, University of Wisconsin Medical School, and a leading authority on the clinical practice of couple therapy.

EFT is "one of the few approaches to marital therapy that has been proven to be effective."

Jay Lebow, Ph.D., LMFT, ABPP, Past President, Division of Family Psychology, American Psychological Association (www.apa.org); Research Consultant, The Family Institute, Northwestern University (www.family-institute.org).

"Rigorous studies during the past fifteen years have shown that 70 to 75 percent of couples who go through EFT recover from distress and are happy in their relationships. The results appear lasting, even with couples at high risk for divorce."

Dr. Sue Johnson, Professor of Clinical Psychology, University of Ottawa; Director of Ottawa Couple and Family Institute and International Centre for Excellence in Emotionally Focused Therapy (www.iceeft.com); Research Professor, Alliant University (www.alliant.edu).




Better therapist training, better results.

Research shows that good therapist training produces better outcomes in therapy. That's why both of us (Sandy and Douglas) have devoted ourselves to deep study and practice of EFT. Sandy is a **Certified EFT Therapist** and **Supervisor**. Douglas has reached the level of **Advanced EFT Training**. Both levels represent ongoing learning, training and practice and direct review of our work by a master EFT therapist/trainer, who was trained by Dr. Sue Johnson.

To put the healing power of Emotionally Focused Therapy (EFT) to work for your relationship – call **Sandy, 480-990-9128** or **Douglas, 602-538-9094**. Or email us at info@couples-counseling-phoenix.com.

For more information about EFT, EFT training and EFT research, read *Hold Me Tight: Seven Conversations for a Lifetime of Love*, by Dr. Sue Johnson and go to www.iceeft.com, www.emotionallyfocusedtherapy.us, and www.holdmetight.com.

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