

criticism of emotionally focused therapy

Criticism of Emotionally Focused Therapy: Exploring Its Limitations and Challenges

criticism of emotionally focused therapy often emerges in discussions among mental health professionals, clients, and researchers alike. While Emotionally Focused Therapy (EFT) has gained significant acclaim for its approach to improving relationships and emotional bonds, it is not without its detractors or limitations. Understanding these critiques is essential for anyone considering EFT or interested in the broader landscape of therapeutic modalities. In this article, we'll delve into some of the most notable criticisms, unpack the concerns raised by experts, and offer insights into where EFT may fall short or face challenges.

Understanding Emotionally Focused Therapy: A Quick Overview

Before diving into the criticism of emotionally focused therapy, it's helpful to grasp what EFT is all about. Developed in the 1980s by Dr. Sue Johnson, EFT is primarily used for couples therapy but has applications in individual and family therapy as well. It centers on identifying and reshaping negative interaction patterns by exploring underlying emotions and attachment needs. The goal is to create secure emotional bonds and improve communication.

While EFT's emphasis on emotional awareness and attachment theory has garnered praise, some mental health professionals argue that its framework might not be suitable for everyone or every issue.

Criticism of Emotionally Focused Therapy: The Scope and Applicability

Limited Applicability to Diverse Populations

One common criticism of emotionally focused therapy is that it might not be equally effective across different cultural backgrounds or diverse populations. Because EFT heavily relies on expressing emotions openly and valuing vulnerability, individuals from cultures where emotional restraint is the norm may find it difficult to engage fully in the therapeutic process.

Moreover, the attachment theory foundation of EFT is based mainly on Western models of relationships, which may not translate seamlessly into non-Western contexts where family dynamics and interpersonal norms differ significantly. This cultural limitation has led some therapists to question whether EFT can be considered a universally applicable therapy.

Challenges with Severe Psychological Disorders

While EFT shows promising results for couples experiencing relationship distress or moderate emotional difficulties, it is sometimes criticized for its limited effectiveness with clients facing severe psychological disorders such as complex trauma, personality disorders, or chronic mental illnesses. Critics argue that EFT's focus on emotional bonding and attachment may not address underlying psychopathology sufficiently in these cases.

For example, individuals with borderline personality disorder or severe depression might require more integrative approaches that combine EFT with other evidence-based treatments such as dialectical behavior therapy (DBT) or cognitive-behavioral therapy (CBT).

Criticism of Emotionally Focused Therapy: Methodological and Empirical Concerns

Limited Large-Scale and Long-Term Research

Though EFT has been supported by numerous studies, some critics point out that much of the research relies on relatively small sample sizes and short-term follow-ups. This raises questions about the durability of EFT's positive outcomes over time. Longitudinal studies that track couples or individuals years after therapy are relatively sparse, making it harder to celebrate EFT as a long-term solution.

In addition, some argue that the existing research is often conducted by proponents of EFT, which might introduce bias. Independent, large-scale randomized controlled trials (RCTs) are needed to provide more robust evidence.

Overemphasis on Emotional Experience Over Cognitive Change

Another point of contention is EFT's emphasis on emotional experience and attachment needs, sometimes at the expense of cognitive processes. Critics from cognitive-behavioral traditions argue that focusing predominantly on feelings without equally addressing thought patterns, beliefs, and behaviors might limit the therapy's effectiveness.

In real-world scenarios, clients may benefit from a more balanced approach that integrates emotional processing with cognitive restructuring. For some, EFT's emotional focus can feel too abstract or difficult to translate into practical change.

Practical and Therapeutic Challenges in Emotionally Focused Therapy

Therapist Training and Competency Issues

Emotionally focused therapy requires therapists to be highly skilled in recognizing and working with complex emotional dynamics and attachment patterns. This level of expertise demands extensive training and ongoing supervision. A criticism often raised is that not all therapists practicing EFT have adequate training or experience, potentially leading to inconsistent outcomes.

Because EFT is nuanced and relies heavily on the therapist's ability to create a safe emotional environment, variability in therapist competency can impact the therapy's success. This raises concerns about quality control and client safety.

Potential Emotional Intensity Can Be Overwhelming

EFT asks clients to confront deep-seated emotions and attachment fears, which can sometimes be intense or overwhelming. For some couples or individuals, this emotional depth might trigger distress or resistance, especially if they are unprepared or have unresolved trauma.

In certain cases, critics note that EFT may inadvertently exacerbate conflicts or emotional pain if not managed carefully, highlighting the importance of pacing and sensitivity in therapy.

Balancing the Criticism: Where Does EFT Shine?

While the criticism of emotionally focused therapy is important to acknowledge, it's equally valuable to recognize the areas where EFT excels. Its emphasis on emotional connection and attachment has helped many couples rebuild trust and intimacy. It offers a powerful framework for understanding relational dynamics and fostering empathy.

For clients without severe psychological disorders and those who resonate with an emotionally expressive approach, EFT can be transformative. However, being mindful of its limitations allows therapists and clients to make informed choices and consider complementary or alternative treatments when necessary.

Integrating EFT with Other Therapeutic Approaches

One practical tip for addressing some criticisms is to integrate EFT with other evidence-based modalities. For example, combining EFT with CBT techniques can help clients not only process emotions but also challenge unhelpful thought patterns. Similarly, incorporating trauma-informed care principles can make EFT safer for individuals with complex trauma histories.

Therapists who are flexible and skilled in multiple approaches tend to offer more personalized care, addressing the diverse needs clients bring to therapy.

Final Thoughts on Criticism of Emotionally Focused Therapy

Criticism of emotionally focused therapy is a reminder that no single therapeutic approach is perfect or universally applicable. EFT's focus on emotions and attachment fills a unique niche in therapy, but it also faces challenges related to cultural applicability, severity of client issues, research limitations, and therapist training.

By understanding these critiques, individuals seeking therapy can better advocate for their needs and choose approaches that align with their values and circumstances. For therapists, these criticisms encourage ongoing learning, adaptation, and integration to provide the most effective support possible.

Ultimately, emotionally focused therapy remains a valuable tool in the therapeutic toolbox, but like all tools, it works best when applied thoughtfully and in the right context.

Frequently Asked Questions

What are common criticisms of Emotionally Focused Therapy (EFT)?

Common criticisms of Emotionally Focused Therapy include concerns about its heavy emphasis on emotions at the expense of cognitive or behavioral aspects, limited applicability to certain cultural contexts, and the need for more diverse empirical research to validate its effectiveness across different populations.

Is Emotionally Focused Therapy effective for all types of clients?

While EFT has demonstrated effectiveness for many couples and individuals, critics argue that it may not be suitable for clients with severe mental health disorders, those who are less emotionally expressive, or individuals from cultures that discourage open emotional expression.

Does Emotionally Focused Therapy address cognitive aspects of therapy sufficiently?

Critics point out that EFT primarily focuses on emotional experiences and attachment bonds, potentially overlooking cognitive processes and behavioral patterns that other therapeutic approaches address more directly.

Are there any concerns about the empirical support for Emotionally Focused Therapy?

Although EFT has a strong evidence base, some critics highlight the need for more randomized controlled trials and research involving diverse populations to establish its generalizability and long-term effectiveness.

How does the cultural applicability of Emotionally Focused Therapy face criticism?

EFT's emphasis on emotional expression may conflict with cultural norms in communities where emotional restraint is valued, leading to questions about its cultural sensitivity and adaptability in non-Western contexts.

Is the training and certification process for Emotionally Focused Therapy a point of criticism?

Some critics argue that the EFT training process can be costly and time-consuming, potentially limiting access for therapists and, consequently, for clients seeking this type of therapy.

Can Emotionally Focused Therapy be integrated with other therapeutic approaches?

While EFT is primarily emotion-centered, some critics suggest that integrating it with cognitive-behavioral or other approaches might enhance treatment outcomes, as EFT alone may not address all aspects of a client's issues comprehensively.

Additional Resources

Criticism of Emotionally Focused Therapy: An In-Depth Exploration

criticism of emotionally focused therapy (EFT) has increasingly become a subject of discussion among mental health professionals, researchers, and clients alike. While EFT is widely lauded for its empathetic approach toward couples and individuals, its methodology, applicability, and evidence base have also faced scrutiny. This article delves into the nuanced critiques surrounding EFT, analyzing its theoretical foundations, clinical limitations, and the broader context in which it operates.

Understanding Emotionally Focused Therapy

Before embarking on a critical examination, it is essential to comprehend what Emotionally Focused Therapy entails. Developed in the 1980s by Dr. Sue Johnson and Dr. Les Greenberg, EFT is a structured, short-term approach primarily aimed at resolving attachment issues in romantic relationships. Rooted in attachment theory, EFT seeks to identify and transform negative interaction patterns by promoting emotional bonding and secure attachment between partners.

Over time, EFT has expanded beyond couples therapy to individual and family therapy settings, gaining recognition for its empathetic, emotion-centered techniques. Despite its growing popularity and empirical support, especially in the domain of couple therapy, criticism of emotionally focused therapy remains an important area of professional discourse.

Empirical Evidence and Methodological Concerns

One of the common points of criticism of emotionally focused therapy revolves around the empirical evidence supporting its efficacy. While numerous studies have demonstrated EFT's effectiveness in improving relationship satisfaction and emotional connection, some scholars argue that the body of research lacks diversity and methodological rigor.

Limited Diversity in Research Samples

Many clinical trials focusing on EFT have involved relatively homogeneous populations, often middle-class, heterosexual couples primarily from Western countries. This demographic limitation raises questions about the therapy's generalizability across different cultures, socioeconomic groups, and non-heteronormative relationships. Critics argue that without broader representation, it is difficult to conclusively claim EFT's universal applicability.

Comparative Efficacy with Other Therapies

Although EFT is frequently compared favorably against other modalities like cognitive-behavioral therapy (CBT) or psychodynamic therapy, some meta-analyses suggest that the differences in outcomes may not be as significant as proponents claim. For instance, certain studies indicate that while EFT excels in emotional bonding, CBT may be equally effective in reducing symptoms of distress and improving problem-solving skills within relationships.

This has led to debates about whether EFT should be positioned as the superior approach or as one of several effective tools, each with its own strengths and limitations. The criticism of emotionally focused therapy in this context underscores the need for more head-to-head randomized controlled trials to delineate when and for whom EFT is most beneficial.

Theoretical and Practical Limitations

Beyond empirical scrutiny, the theoretical underpinnings of EFT have also been challenged, especially regarding its reliance on attachment theory and emotional processing as central mechanisms of change.

Overemphasis on Attachment Styles

While attachment theory provides a robust framework for understanding relational dynamics, some critics argue that EFT's focus on attachment styles can oversimplify complex interpersonal issues. Relationships are influenced by multifaceted factors, including communication patterns, individual psychopathology, and external stressors. By concentrating predominantly on emotional bonding and attachment needs, EFT may neglect these other critical dimensions.

Emotional Intensity and Client Suitability

EFT's emphasis on accessing and expressing deep-seated emotions can be both a strength and a challenge. For clients unaccustomed or resistant to emotional exploration—such as those with certain personality disorders, trauma histories, or cultural backgrounds that discourage overt emotional expression—EFT may prove less effective or even counterproductive.

Therapists must therefore carefully assess client readiness and adapt techniques accordingly. The criticism of emotionally focused therapy here highlights a potential limitation in its one-size-fits-all application, suggesting a need for greater flexibility or integration with other therapeutic approaches.

Therapist Training and Fidelity

The successful implementation of EFT relies heavily on therapist skill and adherence to the model's protocols. However, there is concern about the variability in training quality and supervision standards. Without rigorous training, therapists may struggle to facilitate the nuanced emotional processes central to EFT, leading to inconsistent treatment outcomes.

This issue contributes to criticism of emotionally focused therapy as being somewhat resource-intensive regarding training and supervision, which may limit its accessibility and scalability in diverse clinical settings.

Contextual and Cultural Considerations

Emotionally focused therapy, like many psychotherapeutic models born from Western psychological traditions, faces particular challenges when applied across diverse cultural contexts.

Cultural Variations in Emotional Expression

EFT assumes that emotional expression and vulnerability promote intimacy and healing. However, cultural norms around emotional communication vary significantly. In some cultures, open emotional disclosure may be discouraged or viewed as inappropriate, potentially conflicting with EFT's core techniques. This incongruence can reduce the therapy's effectiveness or alienate clients.

Gender Roles and Relationship Norms

EFT's framework is heavily based on attachment needs that may align differently with traditional gender roles or relationship expectations in non-Western or more conservative societies. Critics suggest that EFT may inadvertently impose Western-centric ideals of intimacy and emotional connection, which could limit its resonance and applicability in diverse populations.

Balancing Strengths and Critiques

Despite these criticisms, it is important to acknowledge the significant contributions of EFT to the field of psychotherapy. Its empathetic, emotion-focused approach has helped many couples and individuals strengthen their relationships and emotional well-being. However, the ongoing critical evaluation of emotionally focused therapy ensures that practitioners remain vigilant about its limitations and continue refining the model.

Professionals considering EFT must weigh these critiques alongside the documented benefits, tailoring their approach to the unique needs and contexts of their clients. Integrating EFT with complementary methodologies or adapting its protocols for cultural sensitivity may enhance its overall effectiveness and relevance.

In the evolving landscape of psychotherapy, the criticism of emotionally focused therapy serves as a valuable catalyst for growth, encouraging continuous research, cultural competence, and clinical innovation.

Criticism Of Emotionally Focused Therapy

criticism of emotionally focused therapy: Emotion Focused Therapy for Youth Mirisse Foroughe, 2023-07-13 This edited collection is the first book of its kind to apply the theory, research, and teaching of Emotion Focused Therapy to youth and their families, equipping clinicians and students with the practical skills to facilitate individual, dyadic, and parent sessions confidently. Mirisse Foroughe is joined by an impressive group of internationally acclaimed contributors, including clinician-scientists and scholars, as well as the developer of Emotion Focused Therapy, Dr. Leslie Greenberg. This clinical manual offers a trauma-informed perspective on how to apply EFT for primary care of youth as well as more complex mental health difficulties. The manual begins with an incredibly user-friendly overview of core EFT principles before moving onto clinical applications with individual youth, parents, and dyads. The contributors then address how EFT can be implemented with specific client populations, such as youth with anxiety, depression, and borderline personality disorder, before examining important considerations that clinicians should bear in mind when working with parent and youth trauma and complex clinical presentations. Interweaving a trauma-informed perspective throughout, the manual is filled with practical summary tables, helpful tips, and eye-catching illustrations to ensure it is useful for students and experienced therapists. Emotion Focused Therapy for Youth is essential reading for marriage and family therapists, clinical social workers, and other mental health professionals working with youth and their families.

criticism of emotionally focused therapy: Emotionally Focused Therapy with African American Couples Paul 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.

criticism of emotionally focused therapy: Emotion-Focused Therapy Techniques Joselyn M. Hardy, 2024-11-12 If you've ever struggled to understand your emotions, felt overwhelmed by past trauma, or yearned for a way to feel truly connected to yourself and others, this book is your compassionate guide to transformation. Through powerful, practical steps, Emotion-Focused Therapy leads you into a journey of self-discovery, helping you tap into the core of your emotions. Instead of shying away from difficult feelings, you'll learn to embrace and work through them, unlocking the peace, clarity, and resilience you deserve. Written in a friendly, conversational style, this book will feel like having a trusted friend by your side, guiding you to understand yourself in ways that are nurturing, nonjudgmental, and deeply empowering. Imagine breaking free from the grip of past wounds, navigating conflicts with calm and empathy, and approaching each day with a renewed sense of emotional strength. This book doesn't just talk about emotional healing—it shows you how, with step-by-step exercises designed to integrate easily into everyday life. You'll learn how to set healthy boundaries, reframe negative thought patterns, and build self-compassion through simple, proven techniques. Each chapter offers accessible strategies to make emotional wellness a natural, lasting part of your routine. Ideal for anyone looking to heal, grow, and thrive, this book addresses real-life challenges—from dealing with stress and trauma to building deeper relationships. Emotion-Focused Therapy is for people who want to move beyond surface-level positivity and get to the heart of what makes life fulfilling and meaningful. Whether you're new to therapy or looking to deepen your personal journey, this book will equip you with essential tools for lasting change. Don't let emotional struggles hold you back another day. Dive into EFT and start building a more balanced, resilient, and joyful life—one that honors your true emotions and empowers your deepest self. Let this book be the start of your emotional transformation. Embrace the healing you deserve and take the first step toward a healthier, happier you.

criticism of emotionally focused therapy: The Case of Social Emotional Learning: Evidence-Based Practices Pedro Rosário , Carmel Cefai, 2024-09-20 At the end of the last century, social emotional learning (SEL) emerged as a relevant theme in education all over the world. What is SEL? SEL may be defined as a multidimensional construct orchestrating individuals' ability to identify and manage emotions, feelings, and concern for others, as well as to organize and manage behaviors toward goals, solve problems and develop positive relationships. SEL has been gaining growing popularity among researchers and practitioners. Still, there is a reasonable degree of ambiguity regarding the concept. In fact, the term is often used as an umbrella for many types of programs and interventions from distinct areas such as school, public health, mental health or character education, addressing the vulnerability of children and youth to various social and psychological problems. What is more, topics covered under the SEL umbrella are diverse as follows: emotions, cognition (including multiple intelligences), motivation, socialization in schools and families, and self-regulation and its effects.

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practice. Chapters include features such as case studies and transcripts, further reading sections and reflective exercises that help you to enhance your understanding of the approach.

criticism of emotionally focused therapy: *Processing Emotional Pain using Emotion Focused Therapy* Melissa Harte, 2019-10-18 Emotional pain is part of most people's reality. For some of us though, that pain can begin to impact on our ability to function in our everyday life. Despite years of valiant attempts to resolve or deny such pain, we may continue to suffer. Before her untimely death early in 2021, Dr Melissa Harte had experienced her own journey through emotional pain that led her eventually to become a counseling psychologist and an internationally accredited Emotion Focused Therapy (EFT) trainer. She spent years teaching hundreds of therapists how to use EFT as well as running her own thriving private practice. The legacy of her considerable skill and knowledge remains in this book which sets out a framework and model that works gently, effectively and deeply to assist in reversing the psychological, emotional, spiritual and physical damage of unresolved emotional pain. Applicable to a range of practitioners including counsellors and psychologists, this book will help you to help your clients whose emotional pain may be attachment-related, be a single episode, a series of major trauma experiences, or the culmination of many so-called 'small t trauma' events. This is a 'how-to' book, presenting techniques and concepts to assist practitioners, including investigating the use of the impacts of trauma case studies — an area until very recently often overlooked or minimised when formalising case histories. Chapters also address: • The dilemma with the DSM-5 diagnostic criteria for posttraumatic stress disorder (PTSD). • The value of understanding the importance of emotions and how, as adaptive experiences, they provide essential information that can assist us in our daily lives. • The concept of emotional pain and how to work through it with an extended version of the focusing task, including the influences that helped to shape the task and its significant components. • The challenges around identifying dissociation and how to manage it. • The use of chair work as another element of working through emotional pain. At Melissa's request, all royalties from sales of her book will go to the Australian Institute for Emotion Focused Therapy.

criticism of emotionally focused therapy: Emotionally Focused Therapy Katarina Volkov, In the quiet moments between heartbeats, in the space where words fail and emotions speak, lies the profound territory that Emotionally Focused Therapy seeks to explore and heal. It is here, in the delicate intersection of vulnerability and strength, that couples find themselves either drawing closer together or drifting further apart, often without understanding the invisible forces that guide their dance. Emotionally Focused Therapy, or EFT, emerges from a simple yet revolutionary understanding: that love is not merely a feeling but a complex emotional and behavioral system rooted in our deepest human need for secure attachment. Developed by Dr. Sue Johnson in the 1980s, this approach recognizes that the patterns of connection and disconnection we experience in our adult relationships echo the attachment bonds formed in our earliest years, creating a blueprint that influences how we reach for others when we are in distress, how we respond when our partner reaches for us, and how we navigate the inevitable storms that arise in intimate relationships. The foundation of EFT rests upon attachment theory, first articulated by John Bowlby, which suggests that our survival as human beings depends not merely on our ability to find food, shelter, and physical safety, but on our capacity to form secure emotional bonds with others. These bonds serve as a safe haven in times of distress and a secure base from which we can explore the world with confidence. When these bonds are threatened or damaged, we experience what attachment theorists call attachment panic, a primal fear that activates our most basic survival instincts and often leads to behaviors that, paradoxically, push away the very person we most need.

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and reinforces learning with the inclusion of learning objectives, chapter summaries, applications of each theory in practice, and brief biographies of major theorists. The text moves beyond traditional approaches with expanded coverage of relationship-centered and post-modern theories such as Dialectic Behavior Therapy, Emotion Focused Therapy, Solution-Focused Brief Therapy, Narrative Therapy, and others. Each theory is explored in depth through the use of a student-mentor dialogue that examines and debates the challenges that arise with each theory. The book also addresses the counseling role in psychiatric case management, reflecting the growing reality of cross-professional collaboration. Practical yet rigorous, the text is a state-of-the-art introduction to contemporary approaches in counseling and psychotherapy for students in counseling, social work, professional psychology, marriage and family therapy, and related professions. Key Features: Organized by a contemporary, big-picture framework—paradigms. Delivers expanded coverage of relationship-centered counseling theories Addresses contemporary approaches in depth, including postmodern theories and psychiatric case management Provides learning objectives, concluding summaries, review questions, and brief bios of major theorists Includes unique mentor-student dialogues exploring each theory and its application to practice

criticism of emotionally focused therapy: Transactional Analysis for Depression Mark Widdowson, 2015-10-05 Transactional Analysis for Depression is the first research-based, transactional analysis psychotherapy manual. Developed from the author's research into TA therapy for depression, the book also draws upon a wide range of contemporary research findings relating to depression and its treatment. Mark Widdowson provides the reader with a solid understanding about the nature of depression and clear guidance about how to provide effective psychotherapy for depressed clients. The book is a step-by-step guide to therapy, from the point of first contact through to ending, and covers: The theory and practice of TA therapy Understanding factors which maintain depression Conceptualising depression using Transactional Analysis Original material on the mechanisms of therapeutic change Optimising the psychotherapy process Key therapeutic processes in the therapy of depression Tailoring the therapy to client needs An introduction to neuroscience and the medical treatment of depression Complete with an additional resources section, including downloadable material designed to be given to clients to enhance the therapeutic process and strengthen the working alliance, Transactional Analysis for Depression provides structured, practical guidance to TA theory for therapists in practice and training.

criticism of emotionally focused therapy: Emotionally Focused Couple Therapy For Dummies Brent Bradley, James Furrow, 2013-07-08 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

criticism of emotionally focused therapy: Stepping into Emotionally Focused Therapy Lorrie L. Brubacher, 2024-09-30 This accessible, practical, and thoroughly updated second edition introduces and presents how emotionally focused therapy can be used effectively across all three

modalities, couple, family, and individual therapy, with clients from a diversity of backgrounds. Responding to critical updates in the field, this second edition once again follows Emily, an EFT therapist, to demonstrate how EFT can be used in practice. With updated references, research, and terminology throughout, this new edition reflects recent theoretical and practical updates by refocusing the model toward therapist interventions, such as the EFT Tango, rather than the client change events, making it more accessible for readers to learn. It addresses the current need to integrate explicit socio-cultural sensitivity into EFT by including diverse case studies, explicit discussion of how the model can be applied with a diversity of clients, and how EFT therapists can integrate cultural sensitivity and attunement across multiple and diverse identities, such as race, gender, sexual orientation, disabilities, neurotypicality, class, and religion. It can also be used alongside a practical new workbook, *Workouts for Stepping into Emotionally Focused Therapy*, providing therapists with all the tools needed to confidently integrate this approach into their practice. This book is an essential read for all marriage and family therapists in practice and in training as well as counselors who are looking to use EFT with couples, families, and individuals.

criticism of emotionally focused therapy: La psychothérapie centrée sur les émotions Ueli Kramer, Emna Ragama, 2020-09-01 La psychothérapie centrée sur les émotions (TCE) se base sur l'idée « je ressens donc je suis », comme le dit Leslie Greenberg, fondateur du modèle. L'expérience émotionnelle nous informe sur ce qui est important dans l'ici et maintenant et représente le point de départ du processus de transformation au cours duquel certaines émotions sont approchées, acceptées, exprimées, et régulées, afin de leur donner du sens et de les changer en profondeur. Ce livre a pour objectif de fournir les bases théoriques, méthodologiques et pratiques de la connaissance et des tâches centrales de la TCE. À ce titre, il place la TCE dans le champ de la psychothérapie actuelle, y compris dans celui de la recherche portant sur les émotions et sur les processus de changement, en explore les interventions spécifiques et explique les mécanismes de changement sous-jacents. Il est richement illustré par des exemples cliniques d'interactions avec des patients présentant des problèmes psychiques spécifiques. Cet ouvrage destiné aux professionnels - et futurs professionnels - de la santé mentale (notamment psychothérapeutes, psychiatres, psychologues, et psychanalystes), fut le premier livre en français consacré à ce sujet. La 2e édition est enrichie notamment par des apports des neurosciences, des travaux sur les troubles anxieux, sur la formation et sur la thérapie de couple centrée sur les émotions.

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criticism of emotionally focused therapy: Abnormal Psychology Jonathan D. Raskin, 2018-10-02 This groundbreaking core textbook offers a comprehensive overview of different approaches to the assessment and treatment of psychological disorders. The book retains important diagnostic perspectives, including the DSM-5, ICD-10, ICD-11 and PDM, but also widens the scope of coverage beyond mainstream psychiatric models to include psychological, biological, historical, sociocultural and therapeutic approaches. Contemporary and well-balanced, this book provides an even-handed and holistic foundation, allowing students to develop a strong critical mindset while retaining a robust research-driven orientation. *Abnormal Psychology: Contrasting Perspectives* - features an innovative structure organized by presenting problem, examining each in a broad context of traditional psychiatric and alternative approaches - is grounded in lived experience of disorder: shining a spot-light on service-users through 'Case Examples' scenarios and 'Lived

Experience' perspective pieces - supports student learning and critical thinking through engaging 'Controversial Question', 'Try it Yourself' and 'In Depth' - is supported by an impressive online support features including lecture slides, a test bank, instructor manual, student study guide, multiple choice self-test quizzes, flashcard activities and more. This book is ideal for undergraduate and postgraduates students on abnormal psychology, psychopathology, mental health or clinical psychology courses.

criticism of emotionally focused therapy: *Research Methods in Family Therapy* Douglas H. Sprenkle, Fred P. Piercy, 2005-06-01 Fully revised and updated, the second edition of this widely adopted text and professional reference reflects significant recent changes in the landscape of family therapy research. Leading contributors provide the current knowledge needed to design strong qualitative, quantitative, and mixed-method studies; analyze the resulting data; and translate findings into improved practices and programs. Following a consistent format, user-friendly chapters thoroughly describe the various methodologies and illustrate their applications with helpful concrete examples. Among the ten entirely new chapters in the second edition is an invaluable research primer for beginning graduate students. Other new chapters cover action and participatory research methods, computer-aided qualitative data analysis, feminist autoethnography, performance methodology, task analysis, cutting-edge statistical models, and more.

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