



*Susan M. Johnson*

## **The Practice of Emotionally Focused Couple Therapy: Creating Connection**

*Sue Johnson*

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# **The Practice of Emotionally Focused Couple Therapy: Creating Connection**

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## **The Practice of Emotionally Focused Couple Therapy: Creating Connection Sue Johnson**

Since its original publication in 1996, this volume has been a helpful guide to therapists in the practice of emotionally focused therapy. This second edition addresses the many changes in the field of couples therapy, including updated research results linked to clinical intervention and new information on using EFT to address depression and PTSD. A new section covers the growth of couples therapy as a field and its overall relevance to the mental health field, accompanied by coverage of how recent research into the nature of marital distress is consonant with EFT. Other new features are a section on EFT and feminism, as well as a section on cultural competence for the EFT therapist.

Written by a leading authority on emotionally focused couples and marital therapy, this second edition is an up-to-date reference on all aspects of EFT and its uses for mental health professionals.

## **The Practice of Emotionally Focused Couple Therapy: Creating Connection Details**

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## **From Reader Review The Practice of Emotionally Focused Couple Therapy: Creating Connection for online ebook**

### **Adrienne says**

This book I believe is a wonderful tool for therapists who are interested in EFT. It took me some time to read through it, however I think it's one of those books that you should take time with and reread sections. I am fortunate enough to be learning under a therapist who has a lot of experience working in this modality and he really brings it to life. I think if I had not had that experience, it would have made the book more difficult to get into. However, if you're a therapist interested in EFT, I highly suggest this book as a foundation block for your learning.

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### **Elizabeth says**

I don't know what they are actually teaching yet. Mostly I know what they are claiming to be teaching but no teaching yet.

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### **Eric Brown says**

This theoretical orientation is the most evidence based practice in couples therapy. Johnson's books Hold Me Tight and Love Sense are best for non-therapist.

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### **Amy says**

I am now wanting to get trained as an eft couples therapist. sue johnson's work is the most empirically proven type of couples therapy and this is her foundational book for practitioners.

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### **Scott says**

What I like most about the EFT approach is that it incorporates attachment concepts into couples therapy. The romantic relationship is an attachment relationship, and is affected by previous attachment relationships, especially the one with your caregivers in your early childhood experiences. Those are enduring and affect you throughout your life as an attachment style that you carry with you. Fortunately, attachment styles can change--if the early experiences were ones that fostered insecurity, greater attachment security can be gained, most notably through positive attachment experiences in a couple relationship. The EFT approach aims at repairing the couple relationship by attending to attachment needs, and to change patterns of interaction in the couple relationship that are triggering maladaptive attachment responses.

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### **Courtney Moeller says**

This book does an amazing job of providing an in-depth discussion of the theory of EFT and does a great job of breaking down each stage of EFT into digestible chunks, along with examples and questions to facilitate treatment with couples in therapy. I would highly recommend to any clinician who works with couples in therapy.

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### **Caryl Brent says**

I will be forever grateful to Sue Johnson for the best book on psychotherapy I have ever read. Her theory and practice make so much sense to me and more importantly they work.

I just returned from a 4 day workshop in Toronto with Sue Johnson and Gail Palmer. I learned so much about relationships that will help anyone in a relationship.

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### **Kitty says**

Full disclosure: I have picked this up sporadically, read different parts out of sequence, and mostly did a lot of skipping of things I already knew.

Two bits of advice: If you are not a therapist, read Hold Me Tight instead. If you are a clinician, take one of Sue Johnson's trainings instead.

Oh, wait-- third piece of advice, specifically for clinicians: She says this approach works for all types of couples. While I appreciate her attempts at being inclusive, just saying something is inclusive of diverse populations doesn't make it so. If you're going to work with LGBTQQIA2S, poly, fetish scene, and/or clients of non-dominant cultures, religions, and ethnic backgrounds, work from that point first before trying to do EFT. This was a modality designed with white, middle class, heterosexual clients in mind. Doesn't mean it doesn't work with all couples; just means you need to be more culturally competent than the average schmo before incorporating EFT.

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### **Sarah Ryburn says**

Definitely written for psychotherapists and probably too clinical for the casual reader.

Johnson's anticipation of current neurobiology research and discovery is impressive, particularly considering that she worked from an exclusively phenomenological base.

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### **Kelsey Ravindran says**

So far the reviews I've seen for this text tell me other clinicians in the field aren't the brightest bulbs in the

bunch or they're just missing the point. For a text book, this read was very straight forward and easy to follow. Plus attachment theory is just brilliant to know well. This model is proven to be effective and the statistics are undeniable.

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## K says

Rating this book fairly was a challenge for me, and I finally decided on the good old 3-star fallback simply because I didn't want to rate it overly high or overly low. This book took me forever to finish, but I can't decide whether that's attributable to a flaw in the book or whether it's just circumstantial that I'm not seeing any clients right now who seem right for this approach. The book is informative and clearly lays out a way of doing therapy with couples; unfortunately, the session scripts seemed so hokey that I couldn't see myself applying the concepts or imagine any of my clients embracing these interventions so readily and pouring forth with insight and emotion the way the ones in the book do.

A typical example (I just opened the book randomly and got this):

Therapist: So can you ask her, please, "I want you to start to get out of your tank. I want to be close."

Martin (to the therapist): Yes, I do want that. After all, then everything would be better -- and the problems with her family would be...

Therapist: Martin, can I interrupt you? Can you look at your wife and tell her that please -- that you want her to get out of her tank and let you in?

Martin (turns to his wife and looks at her): Yes, I want that -- for you to let me in, and I'm not going anywhere. I want to be beside you, not in the next yard. I want some tenderness, and I want to give it back.

Therapist: How does it feel to say that, Martin?

Martin: It feels good, like it's real, and I feel taller for saying it. (Therapist nods and smiles)

Therapist: What is it like for you to hear that, Susan?

Susan: It's a bit scary, but, well, I think I like it, and (to her partner) I really like that you wanted to say it enough to risk it; it's different. It's more like when we were first together.

As an aside, I started reading a different one of these case illustrations to my husband and he stopped me after two lines with, "Please, you're making me want to puke." But in all seriousness, I don't know whether it's just that I'm an inexperienced therapist, but I can't imagine the above dialogue taking place with any of my clients; they are SO not at that place. Maybe the book felt it would be a waste of time to include dialogue from the earlier sessions where the clients are screaming at each other and it's all the therapist can do to simply contain them, but it might have been helpful for me to see more dialogues where the session wasn't going so well, the hostility was high and the insight was low, and to see how the emotionally focused therapist deals with a couple who isn't smoothly going along with the process. I also couldn't help wondering, if they were that emotionally in-tune and insightful, why would they need me? Is it my goal to get my clients to sound like they're in some touchy-feely film like "Stepmom?" And is that at all realistic?

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**Tess Fragoulis says**

A tad repetitive. The workbook is organized in a much clearer fashion, gives better examples, and is more straight forward.

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