



# Emotion- Focused Therapy

Coaching Clients to Work  
Through Their Feelings

SECOND EDITION

Leslie S. Greenberg

# Emotion Focused Therapy Coaching Clients To Work Through Their Feelings

**Ueli Kramer, Emna Ragama**



## **Emotion Focused Therapy Coaching Clients To Work Through Their Feelings:**

*Emotion-Focused Therapy* Leslie S. Greenberg, 2022-09 Newly published in paperback this title presents a comprehensive overview of emotion focused therapy EFT a treatment that helps clients identify experience accept explore interpret transform and flexibly manage their emotions This second edition incorporates the latest theory and research on EFT

**Emotion-focused Therapy** Leslie S. Greenberg, 2011 Leslie S. Greenberg provides a thorough introduction to this feeling centered humanistic approach to therapy Emotion focused therapy emphasizes the awareness acceptance and understanding of emotion and proposes that emotions themselves have an adaptive potential that if activated can help clients to change

*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

**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

**Transforming Generalized Anxiety** Ladislav Timulak, James McElvaney, 2017-10-12 Transforming Generalized Anxiety An Emotion Focused Approach examines an approach to treating generalized anxiety disorder GAD which attempts to uncover the deeper underlying emotional experiences that clients are afraid of It also demonstrates how these painful experiences can be transformed in therapy into a form of emotional resilience by generating experiences of self compassion and healthy boundary setting protective anger Though most of the literature on treating GAD is dominated by Cognitive Behavior Therapy this book presents emotion focused therapy as an alternative treatment of this condition The emotional resilience this particular approach instils serves as a resource when encountering triggers of emotional vulnerability but also decreases the client's need to avoid hitherto feared triggers and the emotional experiences they bring Developed in a series of research studies and illustrated with reference to case examples this book offers a practical theoretically informed evidence based guide to conducting therapy with clients Using clinical material and applying the outcome of a series of research studies Transforming Generalized Anxiety will equip psychotherapists and counsellors with the means to help GAD clients transform core painful experiences into a sense of empowerment and inner confidence

The SAGE Handbook of Counselling and Psychotherapy Colin Feltham, Terry Hanley, Laura Anne Winter, 2017-09-20 At over 700 pages and with more than 100 contributions this Fourth Edition brings together the essentials of counselling and psychotherapy theory research skills and practice Including new content on assessment theory applications and settings and with new chapter overviews and summaries this continues to be the most comprehensive and accessible guide to the field for trainees or experienced practitioners

*Emotion Focused Family Therapy with Children and Caregivers* Mirisse Foroughe, 2018-03-15 This book introduces emotion focused family therapy EFFT as an evidence based intervention for children through the integration of parent trauma treatment and emotion focused techniques A team of expert authors including the founders of EFT and EFFT contribute to the chapters in which recent findings from longitudinal clinical trials are woven into a rich and deeply presented overview of using EFFT practically with clients This immensely practical book also provides illustrative case studies intervention strategies and do's and don'ts at the end of each chapter

**The Oxford Handbook of Counseling**

**Psychology** Elizabeth M. Altmaier, Jo-Ida C. Hansen, 2012 Recognized experts in theory research and practice review and analyze historical achievements in research and practice from counseling psychology as well as outline exciting agendas for the near future for the newest domains of proficiencies and expertise      **The Quick Theory Reference Guide** Karin Jordan, 2007 Since the beginning of the concepts of family therapy mental health professionals have known that the family the system is a powerful source of support for change or a powerful force for resistance to change Some professionals work with individuals some with families and some with groups However all work with the context of the systems family group community country etc Students especially beginning students are overwhelmed and confused at the variety of approaches to working with clients Many programs introduce students to individual as well as systems concepts in the course of training Students need assistance in learning this variety of theories They need to be able to compare and contrast theories and techniques to determine when and where to utilise the best skills in order to facilitate client change Dr Karin Jordan has compiled a comprehensive text that enables the students to discover each theory as it is presented in its purist form The text is accessible yet the content provides comprehensive knowledge of each theory Dr Jordan has brought together the master educators and clinicians in our fields to write about their particular expertise      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 que je ressens donc je suis comme le dit Leslie Greenberg fondateur du modèle L'expérience motionnelle 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 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      *Systems of Psychotherapy* James O. Prochaska, John C. Norcross, 2024 The field of psychotherapy has been fragmented and staggered by over choice We have witnessed the hyperinflation of brand name therapies In 1959 Harper identified 36 distinct systems of psychotherapy by 1976 Parloff discovered more than 130 therapies in the therapeutic marketplace or perhaps more appropriately the jungle place Recent estimates put the number at over 500 and growing Pearsall 2011      *Cyclical Psychodynamics and the Contextual Self* Paul L. Wachtel, 2014-04-03 Cyclical Psychodynamics and the Contextual Self articulates in new ways the essential features and most recent extensions of Paul

Wachtel's powerfully integrative theory of cyclical psychodynamics Wachtel is widely regarded as the leading advocate for integrative thinking in personality theory and the theory and practice of psychotherapy He is a contributor to cutting edge thought in the realm of relational psychoanalysis and to highlighting the ways in which the relational point of view provides especially fertile ground for integrating psychoanalytic insights with the ideas and methods of other theoretical and therapeutic orientations In this book Wachtel extends his integration of psychoanalytic cognitive behavioral systemic and experiential viewpoints to examine closely the nature of the inner world of subjectivity its relation to the transactional world of daily life experiences and the impact on both the larger social and cultural forces that both shape and are shaped by individual experience Here he discusses in a uniquely comprehensive fashion the subtleties of the clinical interaction the findings of systematic research and the role of social economic and historical forces in our lives The chapters in this book help to transcend the tunnel vision that can lead therapists of different orientations to ignore the important discoveries and innovations from competing approaches Explicating the pervasive role of vicious circles and self fulfilling prophecies in our lives Cyclical Psychodynamics and the Contextual Self shows how deeply intertwined the subjective the intersubjective and the cultural realms are and points to new pathways to therapeutic and social change Both a theoretical tour de force and an immensely practical guide to clinical practice this book will be essential reading for psychoanalysts psychotherapists and students of human behavior of all backgrounds and theoretical orientations

#### **The Psychotherapist's Own**

**Psychotherapy** Jesse D. Geller, John C. Norcross, David E. Orlinsky, 2005-01-27 The Psychotherapist's Own Psychotherapy Patient and Clinician Perspectives lifts a curtain that has long shrouded the intimate alliances between therapists and those of their patients who share the same profession In this unique volume distinguished contributors explore the multi faceted nature of the psychotherapy of psychotherapists from both sides of the couch The first person narratives clinical wisdom and research findings gathered together in this book offer guidance about providing effective treatments to therapist patients Part I presents multiple theoretical positions that justify and guide the work of therapists therapists In Part II eminent therapists write eloquently and intimately about their own experiences as patients Their personal reflections offer valuable insights about what is healing and educational about psychotherapy These narratives are followed by several chapters reviewing scientific research on therapists in personal therapy including the first report of relevant findings from a major international survey of psychotherapists In Part III celebrated therapists from different theoretical orientations offer guidance on conducting therapy with fellow therapists They reflect on the many challenges dilemmas and rewards that arise when two people do the same work Their chapters offer wisdom and warnings about such issues as power dynamics boundary maintenance therapist self disclosure the termination process and the post termination phase of the relationship These first hand accounts are enhanced by research overviews on conducting personal treatment including a new study of American therapists commissioned for the book The Psychotherapist's Own Psychotherapy Patient and Clinician Perspectives

is an essential resource for practitioners and students of all orientations and disciplines      *Handbook of Emotions* Lisa Feldman Barrett, Michael Lewis, Jeannette M. Haviland-Jones, 2016-07-12 Recognized as the definitive reference this handbook brings together leading experts from multiple psychological subdisciplines to examine one of today's most dynamic areas of research. Coverage encompasses the biological and neuroscientific underpinnings of emotions as well as developmental, social, and personality, cognitive and clinical perspectives. The volume probes how people understand, experience, express, and perceive affective phenomena and explores connections to behavior and health across the lifespan. Concluding chapters present cutting edge work on a range of specific emotions. Illustrations include 10 color plates. New to This Edition: Chapters on the mechanisms, processes, and influences that contribute to emotions such as genetics, the brain, neuroendocrine processes, language, the senses of taste and smell; Chapters on emotion in adolescence and older age and in neurodegenerative dementias; Chapters on facial expressions and emotional body language; Chapters on stress, health, gratitude, love, and empathy. Many new authors and topics extensively revised with the latest theoretical and methodological innovations. A Choice Outstanding Academic Title      Positive Body Image Workbook Nichole Wood-Barcalow, Tracy Tylka, Casey Judge, 2021-02-25 Accessible workbook providing new tools and factual information for promoting positive body image in clinical practice or through self help      *Developing Your Counselling and Psychotherapy Skills and Practice* Ladislav Timulak, 2011-01-19 *Developing Your Counselling and Psychotherapy Skills and Practice* fills the void between books that cover basic counselling skills and those that cover specific methods in depth. For the trainee or clinician who asks, "I am sitting in front of my client now, what do I do next?" Timulak's book will provide that answer. Paul Jerry, Psychologist and Associate Professor, Athabasca University      **Therapy as Discourse** Olga Smoliak, Tom Strong, 2018-08-14 This book addresses the premise that therapy can be understood, practiced, and researched as a discursive activity. Using varied forms of discourse analysis, it examines the cultural, institutional, and face-to-face communications that shape and occur within therapies that are discursively understood and practiced. By first providing an overview of commonalities across discursive therapies and research approaches, the authors discursively examine general aspects of therapy. Topics explored include subjectivity, psychological terms, institutional influences, therapeutic relationships, therapists' ways of talking and questioning, discursive ethics, and assessment of therapeutic processes and outcomes. This book offers a macro analysis of the conversational practices of a discursively informed approach to therapy as well as a micro analysis of the ways in which language shapes and is used in a discursively informed approach to therapy. This book will interest practitioners seeking to better understand therapy as a discursive process and discourse analysts wanting to understand therapy as discursive. Therapists might practice it      *Skills in Cognitive Behaviour Counselling & Psychotherapy* Frank Wills, 2008-03-18 *Skills in Cognitive Behaviour Counselling and Psychotherapy* is a practical guide to the core techniques used when working with clients in a range of therapeutic settings. Representing a truly contemporary view of the cognitive behavioural approach.

Frank Wills describes the process of working in a collaborative and interpersonally informed way with clients. The book stresses the need for an emotionally based CBT and outlines the essential skills used by practitioners in making assessments, mapping issues, formulation, developing a therapeutic relationship and promoting change in thinking, feelings and behaviour. The book also features exercises, samples of therapist-client dialogue and case studies to illustrate key points and deepen understanding. Skills in Cognitive Behaviour Counselling and Psychotherapy is written for those who are undertaking skills training and preparing to work in a wide range of health, mental health and general counselling settings. Frank Wills is an independent cognitive psychotherapist in Bristol and a tutor at the University of Wales Newport.

**Compassion Focused Therapy** Paul Gilbert, Gregoris Simos, 2022-02-27. Compassion Focused Therapy: Clinical Practice and Applications offers evidence-based guidance and extensive insight into the science behind compassion-focused therapy. The first section of the book explores the evolution and physiological infrastructures of caring and how compassion arises when humans use their complex cognitive competencies to address suffering deliberately and intentionally. With this framework and basis, the next sections of the book explore CFT applied to groups, specific interventions such as chair work, the importance of applying the principles of the therapy to oneself, the CFT therapeutic relationship and a chapter offering a systematic review of the evidence for CFT. The third section offers a series of multi-authored chapters on interventions for a range of different mental health problems such as depression, anxiety, trauma and many others. Being the first major clinical book on compassion-focused therapy with leading international researchers and clinicians addressing central problems, this landmark publication will appeal to psychotherapists from a variety of schools as well as being a vital resource for compassion-focused therapists.

*Therapeutic Feedback with the MMPI-2* Richard W. Levak, Liza Siegel, David S. Nichols, 2012-03-29. Therapeutic Feedback with the MMPI-2 provides the clinician with empirically based practical information about how to convey the abundance of information in the MMPI-2 profile in a way that is collaborative, empathic, hopeful and facilitates a therapeutic alliance. The larger trim size also reflects the size of the MMPI-2 interpretive reports and makes it easy for clinicians to copy pages of the book to share with their clients.



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