Leslie S. Greenberg and Jeanne C. Watson



# Emotion-Focused Therapy for Depression

# **Emotion Focused Therapy For Depression**

**Mirisse Foroughe** 

#### **Emotion Focused Therapy For Depression:**

Emotion-focused Therapy for Depression Leslie S. Greenberg, Jeanne C. Watson, 2005 A practical manual for the emotion focused treatment EFT of depression it covers theory case formulation treatment and research in a way to make this complex form of therapy accessible to all readers The authors discuss the nature of depression and its treatment examine the role of emotion and present a schematic model of depression **Case Studies in Emotion-focused Treatment of** Depression Jeanne C. Watson, Rhonda N. Goldman, Leslie S. Greenberg, 2007 In this book the authors offer a behind closed doors look at brief emotion focused therapy EFT in the treatment of depression capturing the state of the art of this important and widely used therapy Six in depth case studies three of which result in a good outcome and three in a poor outcome exemplify the principles of EFT and show how treatment progresses The six clients depicted vary widely in their background personalities and beliefs about the roots of their depression vividly demonstrating the utility of EFT across a range of circumstances Meticulous session by session descriptions of the therapy process include extensive dialogue and postsession evaluations using a variety of objective process measures **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 *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** Cognitive Therapy Mick Power, 2010-01-29 Emotion Focused Cognitive Therapy argues that it is time for a new focus in psychotherapy based on emotion and presents an innovative approach to the treatment of clients with emotional disorders Features an approach based on the latest work in cognition and emotion Offers psychologists an innovative way of working in therapy Draws on the strengths evidence based cognitive behavioural and interpersonal approaches to psychotherapy Provides relevant case examples throughout the text Additional resources for the book available online here

Emotion-Focused Counselling in Action Robert Elliott, Leslie Greenberg, 2021-02-24 This is the definitive introduction to the theory and practice of emotion focused counselling Starting with an introduction to the main theory and concepts it then guides you through the counselling phases from beginning to end The final chapter extends your learning by examining different client populations process research and ways of monitoring your 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 The Emotionally Focused Casebook James L. Furrow, Susan M. Johnson, Brent A. Bradley, 2011-05-09 There is currently no single resource that compiles the various applications to the many clinical populations being served by Emotionally Focused Therapy today The Emotionally Focused Casebook fills that void as a substantive reference for clinicians students professors and supervisors using and teaching EFT Each chapter utilizes a hands on case study approach with concrete guidelines and illustrations for the adaptation and application of EFT with specific treatment populations This Casebook is the perfect practical resource for professionals and students looking for examples of specific theoretical conceptual and treatment applications of EFT 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 of Emotionally Focused Couple Therapy Susan M. Johnson, 2019-07-26 Since its original publication in 1996 The Practice of Emotionally Focused Couple Therapy has been the definitive guide for couple therapists supervisors and students wishing to practice emotionally focused therapy This cutting edge third edition addresses recent changes in the field of couple therapy including updated research results relating to clinical interventions expanded understandings of emotion regulation adult attachment and neuroscience and dynamic EFT applications for a range of issues such as depression anxiety sexual disorders and PTSD Chapters introduce micro interventions for use in EFT couple sessions as well as a systematic presentation of a macro set of interventions called the EFT Tango Clinical examples are included throughout bringing the in session process of change alive and two case chapters offer in depth commentaries of Stage 1 and Stage 2 EFT sessions Written by the leading authority on emotionally focused therapy this third edition is an essential reference on all aspects of EFT and its uses for mental health professionals in the field of couple and marital therapy The Oxford Handbook of Mood Disorders Robert J. DeRubeis, Daniel R. Strunk, 2017-04-24 The most comprehensive volume of its kind The Oxford Handbook of Mood Disorders provides detailed coverage of the characterization understanding and treatment of mood disorders Chapters are written by the world's leading experts in their respective areas The Handbook provides coverage of unipolar depression bipolar disorder and variants of these disorders Current approaches to classifying the mood disorders are reviewed and contemporary controversies are placed in historical context Chapter authors offer a variety of approaches to understanding the heterogeneity of the experiences of those who meet criteria for mood disorders both within and across cultures The role of genetic and environmental risk factors as well as premorbid personality and cognitive processes in the development of mood pathology are detailed Interpersonal neurobiological and psychological factors also receive detailed consideration The volume reviews mood disorders in special populations e g postpartum and seasonal mood disorders as well as common comorbidities e g anxiety substance use disorders Somatic and psychosocial treatment approaches receive in depth coverage with chapters that describe and review empirical evidence regarding each of the most influential treatment approaches The depth and breadth offered by this Handbook make it an invaluable resource for clinicians and researchers as well as scholars and students Handbook of Emotions Michael Lewis, Jeannette M. Haviland-Jones, Lisa Feldman Barrett, 2010-11-03 Widely regarded as the standard reference in the field this handbook comprehensively examines all aspects of emotion and its role in human behavior The editors and contributors are foremost authorities who describe major theories findings

methods and applications The volume addresses the interface of emotional processes with biology child development social behavior personality cognition and physical and mental health Also presented are state of the science perspectives on fear anger shame disgust positive emotions sadness and other distinct emotions Illustrations include seven color plates

<u>Transforming Emotional Pain in Psychotherapy</u> Ladislav Timulak, 2015-04-17 Emotion focused therapy is a research informed psychological therapy that to date has mainly been studied in the context of depression trauma and couple distress The evidence suggests that this therapy has a lasting and transformative effect Ladislav Timulak presents EFT as a particular therapeutic approach that addresses psychological human suffering offering a view that puts more emphasis on attending to the distress rather than avoiding or suppressing it Focusing on the latest developments in EFT Transforming Emotional Pain in Psychotherapy presents a theory of human suffering and a model of therapy that addresses that suffering The model of suffering assumes that the experienced emotional pain is a response to an injury that prevents or violates the fulfilment of the basic human needs of being loved safe and acknowledged This book focuses on a particular way of transforming emotional pain in psychotherapy through helping the client to tolerate the pain assisting the client to identify the core of the difficult emotional experiences identifying the needs connected to the core pain which are unmet or being violated and responding with compassion and protective anger to the underlying needs of the client that transforms the original pain Transforming Emotional Pain in Psychotherapy provides an account of how emotional pain can be conceptualised and how it can be addressed in therapy It provides practical tips for therapists working with emotional pain and shows how it can then be made more bearable and transformed allowing the client to be more sensitive to the pain of others and to seek support when needed This book will be essential reading for clinical and counselling psychologists psychotherapists and counsellors in practice and training as well as for fully qualified professionals undergoing further training in EFT Working with **Emotion in Cognitive-Behavioral Therapy** Nathan C. Thoma, Dean McKay, 2014-11-12 Working actively with emotion has been empirically shown to be of central importance in psychotherapy yet has been underemphasized in much of the writing on cognitive behavioral therapy CBT This state of the art volume brings together leading authorities to describe ways to work with emotion to enrich therapy and achieve more robust outcomes that go beyond symptom reduction Highlighting experiential techniques that are grounded in evidence the book demonstrates clinical applications with vivid case material Coverage includes mindfulness and acceptance based strategies compassion focused techniques new variations on exposure based interventions the use of imagery to rework underlying schemas and methods for addressing emotional aspects of the Person-centred and Experiential Therapies Paul Wilkins, 2015-11-12 An essential new guide for therapeutic relationship any person centred trainee or practitioner this book explores some of the key contemporary counselling and psychotherapy approaches that have developed from classical client centred therapy Part One discusses five approaches including Classic Client Centred Therapy Relational and Dialogical Person Centred Therapy Focusing Oriented Therapy Experiential Therapy

Emotion Focussed Therapy and Person Centred Expressive therapy Each approach is introduced considered in terms of its history development current context and relevant research as well as exemplified through a range of inspiring vignettes Part Two brings readers up to date with recent developments in the application of person centred practice including creative approaches transcultural counselling work with people who ve experienced trauma as well as those who are experiencing limitations to their ability Written by leading UK based and international authors this authoritative and thought provoking book is a must read for anyone keen to understand the many approaches of person centred therapy William Breitbart, Phyllis Butow, Paul Jacobsen, Wendy Lam, Mark Lazenby, Matthew Loscalzo, 2021-01-22 Originally published in 1998 Psycho Oncology was the first comprehensive text in the field and remains the gold standard today Previously led by Dr Jimmie C Holland the founder of the field this new edition is edited by a team of internationally renowned experts in psycho oncology The text reflects the interdisciplinary nature and global reach of this growing field It covers evidence based clinical practice guidelines from around the world survivorship issues psychotherapeutic interventions and psychopharmacologic interventions Thoroughly updated and developed in collaboration with the American Psychosocial Oncology Society and the International Psycho Oncology Society the fourth edition is a current comprehensive reference for psychiatrists psychologists oncologists hospice workers and social workers seeking to understand and manage the psychological issues involved in the care of persons with cancer and the psychological social and behavioral factors that contribute to cancer risk and survival Bergin and Garfield's Handbook of Psychotherapy and Behavior Change Michael Barkham, Wolfgang Lutz, Louis G. Castonguay, 2021-10-11 Celebrating the 50th anniversary of a best selling and renowned reference in psychotherapy research and practice Now celebrating its 50th anniversary and in its seventh edition Bergin and Garfield's Handbook of Psychotherapy and Behavior Change maintains its position as the essential reference volume for psychotherapy research This bestselling reference remains the most important overview of research findings in psychotherapy It is a rigorous and evidence based text for academics researchers practitioners and students In recognition of the 50th anniversary this edition contains a Foreword by Allen Bergin while the Handbook covers the following main themes historical and methodological issues measuring and evidencing change in efficacy and practice based research therapeutic ingredients therapeutic approaches and formats increasing precision and scale of delivery and future directions in the field of psychotherapy research Chapters have either been completely rewritten and updated or comprise new topics by contributors including Characteristics of effective therapists Mindfulness and acceptance based therapies Personalized treatment approaches The internet as a medium for treatment delivery Models of therapy and how to scale up treatment delivery to address unmet needs The newest edition of this renowned Handbook offers state of the art updates to the key areas in psychotherapy research and practice today Over 60 authors experts in their fields from over 10 countries have contributed to Counseling and this anniversary edition providing in depth measured and insightful summaries of the current field

**Psychotherapy Theories in Context and Practice** John Sommers-Flanagan, Rita Sommers-Flanagan, 2018-03-23 Get to know the origins development and key figures of each major counseling theory. This comprehensive text covers all the major theories in counseling and psychotherapy along with an emphasis on how to use these theoretical models in clinical practice The authors cover the history key figures research base multicultural implications and practical applications of the following theoretical perspectives Psychoanalytic Individual Adlerian Existential Gestalt Person Centered Behavioral Cognitive Behavioral Choice Theory Reality Therapy Feminist Constructive Family Systems Multicultural and Eclectic Integrative This text has case examples that bring each theory to life The entire book has been updated with the latest research and techniques Pedagogical features include learner objectives Putting It in Practice boxes questions for reflection case examples and treatment planning and chapter summaries Every theory is examined from cultural gender sexual and spiritual perspectives The instructor supplement package includes a Respondus test bank chapter outlines supplemental lecture ideas classroom activities and PowerPoint slides Video demonstrations corresponding to every major theory and linked to each chapter's contents In addition a WPLS course will be available after publication Expanded video elements closely tied to sections of the text New visuals including graphics charts and tables to facilitate student understanding of theories and how they relate to one another Increased coverage of multicultural and ethical issues in every chapter Cultural gender sexuality and spiritual issues are integrated into every chapter The Sommers Flanagan's hands on practical approach emphasizes how students and practitioners can apply these theories in real world practice Students are empowered to develop theoretically sound and evidence based approaches to conducting counseling and psychotherapy La psychothérapie centrée sur les émotions Ueli Kramer, Emna Ragama, 2020-09-01 La psychoth rapie centr e sur les motions TCE se base sur l id e je ressens donc je suis comme le dit Leslie Greenberg fondateur du mod le L exp rience motionnelle nous informe sur ce qui est important dans l ici et maintenant et repr sente le point de d part du processus de transformation au cours duquel certaines motions sont approch es accept es exprim es et r gul es afin de leur donner du sens et de les changer en profondeur Ce livre a pour objectif de fournir les bases th oriques m thodologiques et pratiques de la connaissance et des t ches centrales de la TCE ce titre il place la TCE dans le champ de la psychoth rapie actuelle y compris dans celui de la recherche portant sur les motions et sur les processus de changement en explore les interventions sp cifiques et explique les m canismes de changement sous jacents Il est richement illustr par des exemples cliniques d interactions avec des patients pr sentant des probl mes psychiques sp cifiques Cet ouvrage destin aux professionnels et futurs professionnels de la sant mentale notamment psychoth rapeutes psychiatres psychologues et psychanalystes fut le premier livre en fran ais consacr ce sujet La 2e dition est enrichie notamment par des apports des neurosciences des travaux sur les troubles anxieux sur la formation et sur la th rapie de couple centr e sur les motions Theoretical Perspectives for Direct Social Work Practice Nick Coady, PhD, Peter Lehmann, PhD, LCSW, 2016-05-15 This expanded third edition of a popular textbook provides a completely revised

and updated overview of the theories models and therapies that inform direct social work practice. The text is grounded in generalist social work principles and values and promotes a problem solving model of social work practice as a framework for the eclectic use of theory as well as for integrating the artistic reflective elements of practice It provides in depth coverage of select psychodynamic cognitive behavioral humanistic critical and postmodern theories. The third edition features a new section on Critical Theories where a new chapter on Empowerment Theory is included with a completely revised chapter on Feminist Theory A new chapter on Strengths based Social Work has been added to the section on meta theories for social work practice Other new chapters include Emotion focused Therapy and Collaborative Therapy These revisions are based on suggestions from an extensive survey of professors New to the Third Edition A new section on Critical Theories New chapters on Strengths based Social Work Emotion focused Therapy Empowerment Theory and Collaborative Therapy Updated research on the debate about the importance of theory technique versus common e g relationship factors and on the critique of the empirically supported treatment movement Key Features Grounds direct practice firmly in the principles and values of generalist social work Promotes a problem solving model of social work as a flexible structure for integrating the eclectic use of theory with the artistic reflective elements of practice Organizes direct practice theories into like groupings and provides an overview of the main characteristics of each grouping Provides in depth coverage of topics in a clear logical and consistent format Includes editors and contributors from the U S and Canada Psychotherapy Skills and Methods That Work Clara E. Hill, John C. Norcross, 2023-07-28 While we know that psychotherapy works there is hearty debate about what makes it work In the past rival arguments have maintained that psychotherapy proves effective because of the treatment approach patient contributions or the therapeutic relationship Psychotherapy Skills and Methods That Work argues that clinical skills and methods also play a crucial role and that what therapists do has major consequences for improving practice Psychotherapy Skills and Methods That Work is the result of a multiyear interorganizational Task Force commissioned to identify compile and disseminate the research evidence and clinical practices on psychotherapist skills and methods used across theoretical orientations Edited by renowned scholars Clara E Hill and John C Norcross this book provides original research reviews on the effectiveness of 27 specific psychotherapy skills and methods including affirmation self disclosure role induction between session homework empathic reflections mindfulness and acceptance emotion regulation and cognitive restructuring Each chapter on a therapy skill or method features clinical examples diversity considerations training implications and bulleted therapeutic practices while the final chapter summarizes the research evidence for the effectiveness of these skills methods and emphasizes implications for clinical training and practice Forcefully demonstrating what therapists do to help clients change and live more effective lives Psychotherapy Skills and Methods That Work will serve as a go to guide for psychotherapy practitioners of all persuasions and professions as well as graduate students and psychotherapy researchers

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