

WHAT IS EMOTIONALLY FOCUSED THERAPY (EFT)

Emotionally Focused Therapy (EFT) is a comprehensive approach to relationship distress, which is based on decades of research, theory development, and clinical practice and which has been conducted all over the world. It is regarded by clinicians today as the most effective approach to couples therapy and has achieved an astounding 75 percent success rate. Fully 86 percent of couples report feeling happier with their relationship, with results that are long-lasting. EFT works to help partners rekindle their loving feelings and feel connected, safe, happy, and secure with each other.

The goal of EFT is reconnection between partners. Developed by Sue Johnson Ph.D. and Les Greenberg Ph.D., it is based on John Bowlby's *Attachment Theory*, which demonstrated that humans and higher primates have an innate need to feel attached to, connected to, and comforted by the people they love.

HOW DOES EFT WORK?

Older and less effective couples therapy approaches, such as learning to argue better are gently put to the side and instead, EFT gets to the underpinnings of your relationship by helping partners be open, attuned, and responsive to each other with a deeper emotional connection. EFT provides a detailed roadmap to heal the painful patterns and conditioned hurts that can undermine any relationship. It provides the space to deepen attachment bonds, and stronger attachment bonds translates into more flexibility in problem solving and communicating – even during conflicts. And finally, EFT helps the walls of distance and loneliness dissolve into newfound feelings of love, trust, and respect for each other.

The key to EFT is emotional responsiveness. And that, the research tells us, is the key to a lifetime of connection, safety, and love.

WHAT ARE OTHER LEADING EXPERTS IN COUPLES THERAPY SAYING ABOUT EFT?

“EFT is a proven roadmap to the process of change in couples therapy.”

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

“EFT is one of the best documented, most substantive, and well researched approaches to couples therapy.”

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

"EFT has achieved an astounding 75 percent success rate. Results are lasting!"
American Psychological Association

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

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

WANT MORE INFORMATION ABOUT EFT, EFT TRAINING, AND EFT RESEARCH?

More information can be gathered at www.iceft.com and www.holdmetight.com.

To put this remarkable process to work for you and your relationship, call me at 925-520-5263 or email me at margaret@theheartdistinction.com to ask questions or schedule an appointment. I typically return calls and emails on the same day.