



Becoming an Emotionally Focused Couple Therapist: The Workbook

Susan M. Johnson

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An invaluable tool for clinicians and students, *Becoming an Emotionally Focused Therapist: The Workbook* takes the reader on an adventure - the quest to become a competent, confident, and passionate couple and family therapist. In an accessible resource for training and supervision, seven expert therapists lead the reader through the nine essential steps of EFT with explicit intervention strategies. Suitable as a companion volume to *The Practice of Emotionally Focused Couple Therapy, 2nd Ed.* or as a stand-alone learning tool, the workbook provides an easy road-map to mastering the art of EFT with exercises, review sheets and practice models. Unprecedented in its novel and interactive approach, this is a must-have for all therapists searching for lasting and efficient results in couple therapy.

Becoming an Emotionally Focused Couple Therapist: The Workbook Details

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From Reader Review Becoming an Emotionally Focused Couple Therapist: The Workbook for online ebook

Pascal says

EFT is an amazing theoretical background to work with clients from diverse populations. I have written an interesting essay and plan to continue to incorporate Sue Johnson's and others observations into my work and thinking.

Rod White says

I have enjoyed learning how to do this. At first the workbook process was difficult for me to use. But once I got used to it, it helped me interact with the material. I'm no expert, but I have been able to incorporate the concepts into my practice.

John says

Be prepared to spend tons of time reading, answering multiple choice questions, hunting down answers in the back of this clumsy oversized book. It is too much of a pretty good thing. Needs reworking and a good editor to trim it down and make it more user friendly. It has more words in it than the book Becoming an Emotionally Focused Couple Therapist and duplicates lots that is in that book. They need to redo this and its companion as a set. Right now it is only the covers that go together.

Save your time and take a workshop.
