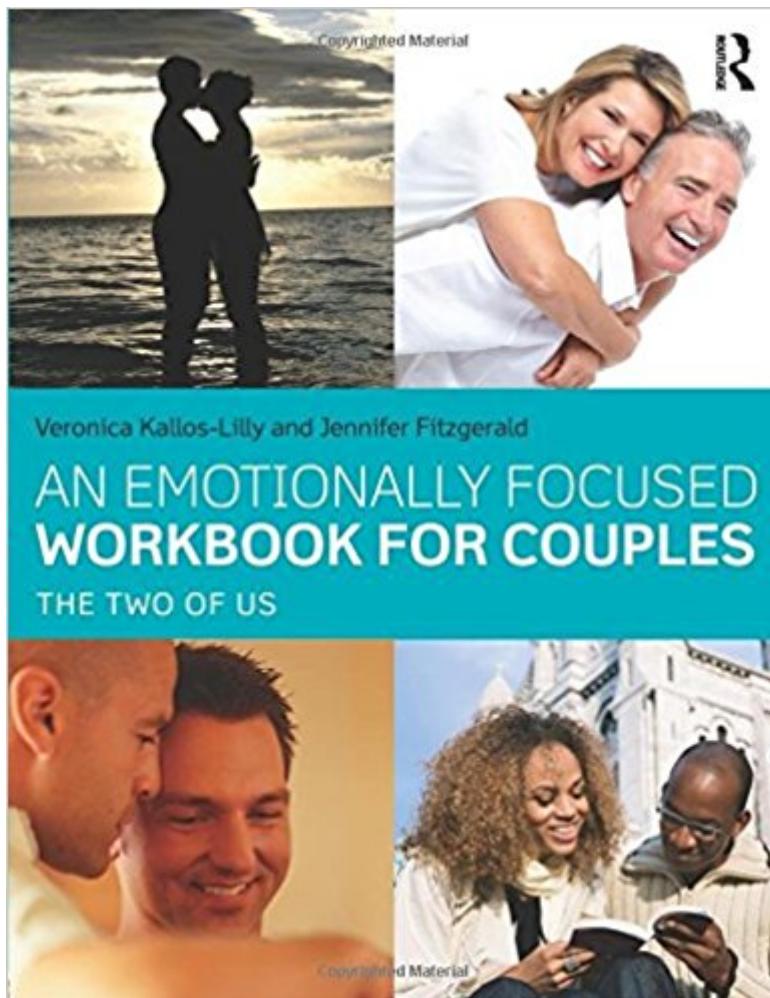


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# An Emotionally Focused Workbook For Couples: The Two Of Us



## **Synopsis**

This workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It is recommended for use with couples pursuing Emotionally Focused Therapy (EFT). It closely follows the course of treatment and is designed so that clinicians can easily integrate guided reading and reflections into the therapeutic process. The material is presented in a recurring format: Read, Reflect, and Discuss. Readings help couples look at their relationship through an attachment lens, walking them through the step-by-step process of creating a secure relationship bond. 33 Reflections invite readers to engage with the material personally, expanding their own awareness and ability to tune into their partner. Discussion sections suggest relationship-building exercises and a framework for conversations that promote safety, disclosure, and engagement. Case examples, along with informative illustrations, are scattered throughout the book to validate, illustrate, and inspire couples along their journey. Clinicians conversant with EFT can use this workbook to extend the effectiveness of their work with couples by giving them structured tasks to work on between sessions. For clinicians training in EFT, the book can guide them in staying focused on the EFT roadmap and illuminate how important change events unfold.

## **Book Information**

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## **Customer Reviews**

My husband and I are both counselors. We have watched for this book to come out, and have been working through it together. We are impressed with the material and how it is positively affecting our marriage and connection. We definitely will finish the book together, and plan to use it with clients. Professionally and personally, we recommend this book. Some couples will need the support of a

counselor to work through the material (especially if there are major issues/ hurts or an inability to communicate without arguing), but it can definitely stand alone as well. The exercises are great and the material is solid.... This is is the kind of book that changes lives.

I love this book! I haven't fully digested all the material since I haven't had it long enough but I wanted to write about it because it's such a well thought out workbook that was clearly written by people who know the Emotionally Focused Therapy model inside out. With any homework we give as EFT therapists we must be careful that we are not asking our couples to move beyond either person's ability to have faith in their safety within the hands of their partner. When they are working with us we see their distress as evidence of an insecure attachment (either withdrawing or pursuing) so, this book takes into account that we must honor and respect each person in the couple and their ability to understand that their distress is BECAUSE they fear the other won't be there for them. That means that homework must be well thought out so it doesn't demand more of the couple than they are ready for. The exercises in this workbook clearly are structured to support each person's progress toward being able to express their underlying primary emotions, thereby moving carefully through the EFT model. This workbook is a valuable tool for therapists and the use of it will add additional support to our clients. Well done and thank you to Veronica and Jenny!

This workbook is a nice accompaniment to Dr. Sue Johnson's Hold Me Tight book as it allows couples to identify their cycle and slow down their "dance" in order to change the way they understand and respond each other. As a therapist, I encourage every couple I work with to do the exercises. It gives a practical approach to Dr Johnson's exploration of attachment theory in adult relationships

Enjoying the book! I preordered it and I have been working through it. Breaks down a complicated theory very nicely. I look forward to what the authors have to say next on the subject. Also I appreciate another book on the subject because couples need solid info to help them heal. For therapist seeking to learn the concepts of EFT this book really breaks down the nuts and bolts.

There's an absolute sea of garbage out there dealing w/ this issue. We found this book to be very refreshing. Unlike most of the other guys, who always seem to be peddling some agenda (pushing their religion, trying to create a self-help franchise, etc.), these folks were objective and evidence-based. At least, as much as you can be with the topic of emotions. We're using this as a

companion piece to Dr. Sue Johnson's "Hold Me Tight." Both books put a lot of emphasis on citing the clinical research of predecessors rather than the, "And that's when I discovered the 7 rules of a successful blah, blah, blah! And now you can too!!" (I hate that crap!) Nope, this book just has a lot of common sense good advice for folks looking to fix or strengthen their relationship. It's almost embarrassing just how universal so many of these issues are that we think of as our own unique problems. It's like, "oh, uh, yeah, that's me all right. That's what's been tripping me out." "And that's what's been going on with me. I can see why you'd get so upset." "Okay, let's just suck it up and recognize what we've been doing wrong and fix it."

My fiance and I really could relate to the personal approach to this workbook. The stories are great and you can do it a day at a time, or break it up however. It works better if you have read hold me tight, but is still able to read without it. I love emotionally focused therapy, but it can be draining if you have a partner who is not open about these things. I would recommend talking about expectations or speaking with a counselor before diving into this book.

**SAVED MY MARRIAGE!** Between this book & working with an EFT therapist, my husband and I are stronger than before! **HIGHLY recommended!** Also very good for any relationship - friendship, sibling, children, co-workers, etc.... All relationships are about connection. When our feelings of connection and attachment are threatened, that is the time when we start to separate ourselves from others.

I am an EFT therapist and love this book for its simplicity and the many many exercises it has for couples to do. I do believe an intelligent and motivated couple could do this, but it really seems that couples would benefit to have this book in tandem with a therapist.

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