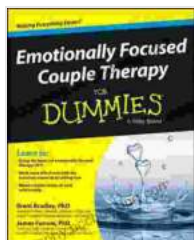


Emotionally Focused Couple Therapy For Dummies: Your Guide to Strengthening Your Relationship



Emotionally Focused Couple Therapy For Dummies

by Cassandra Toth

★★★★☆ 4.4 out of 5

Language	: English
File size	: 2742 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 397 pages
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Emotionally Focused Couple Therapy (EFT) is a type of couples counseling that focuses on helping couples improve their emotional connection and communication. EFT is based on the idea that all couples experience conflict, but that the way they deal with conflict can make a big difference in the health of their relationship.

EFT therapists help couples identify their emotional needs and learn how to express them in a healthy way. They also teach couples how to listen to each other's needs and respond in a supportive way.

EFT has been shown to be effective in helping couples improve their communication, resolve conflict, and build a stronger bond. In fact,

research has shown that EFT is as effective as traditional couples counseling, but it takes less time and is more cost-effective.

What to Expect in Emotionally Focused Couple Therapy

EFT typically involves 12-16 sessions, each of which lasts for 90 minutes. Sessions are typically held weekly or bi-weekly.

During the first few sessions, the therapist will help you and your partner identify your emotional needs and develop a deeper understanding of your relationship. The therapist will also teach you some basic EFT skills, such as how to active listen and how to express your needs in a healthy way.

As you progress through EFT, you will begin to practice these skills in your relationship. The therapist will provide feedback and support as you work to improve your communication and conflict resolution skills.

Benefits of Emotionally Focused Couple Therapy

EFT can help couples improve their relationship in a number of ways, including:

* Improved communication * Reduced conflict * Increased intimacy *
Stronger bond * Greater satisfaction

EFT can also help couples cope with difficult life events, such as the death of a loved one, job loss, or infidelity.

Who Can Benefit from Emotionally Focused Couple Therapy?

EFT is appropriate for any couple who is experiencing relationship difficulties. EFT can be particularly helpful for couples who are struggling

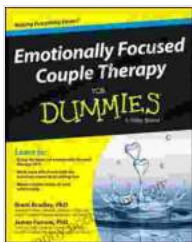
with:

* Communication problems * Conflict * Lack of intimacy * Infidelity * Divorce

How to Find an Emotionally Focused Couple Therapist

If you are interested in trying EFT, you can find a certified EFT therapist in your area by visiting the website of the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT).

Emotionally Focused Couple Therapy is a proven effective way to improve your relationship. If you are struggling with relationship difficulties, EFT can help you get back on track and build a stronger, more fulfilling relationship.



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