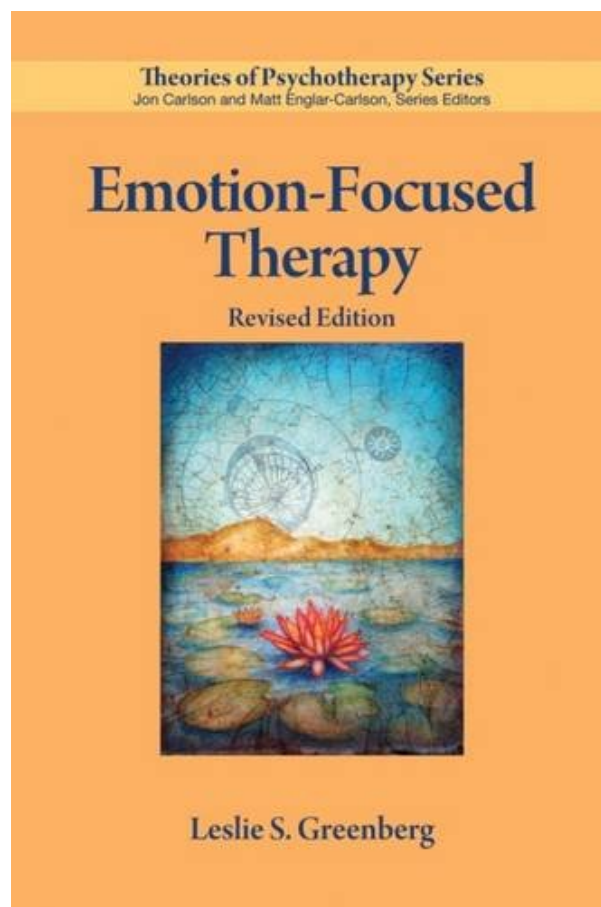


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About the Author

Leslie S. Greenberg, PhD, is Distinguished Research Professor Emeritus of Psychology at York University in Toronto, Ontario, Canada. He has authored the major texts on emotion-focused approaches to treatment of individuals and couples. He has published extensively on research on the process of change. Dr. Greenberg has received the Distinguished Research Career Award of the International Society for Psychotherapy Research, as well as the Carl Rogers Award and the APA Award for Distinguished Professional Contributions to Applied Research of the American Psychological Association. He also has received the Canadian Psychological Association Professional Award for Distinguished Contribution to Psychology as a Profession. He conducts a private practice for individuals and couples and trains people internationally in emotion-focused approaches.

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EMOTION-FOCUSED THERAPY, REVISED EDITION (THEORIES OF PSYCHOTHERAPY) BY LESLIE S. GREENBERG PDF

Emotion-focused therapy (EFT) is a complete theory of human functioning based on the adaptive role of emotion and founded on the idea that emotional change is central to enduring change. In this book, Leslie S. Greenberg presents and explores this versatile and useful approach, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and recent developments that have refined the theory and expanded how it may be practiced. This revised edition describes recent research findings on important constructs such as emotional needs, and new developments in the use of EFT in treating anxiety disorders.

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Features

- Emotion Focused Therapy

About the Author

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A difficult read but worth the effort

By MindTx

This book presents a very practical guide on how clinicians can learn to understand and use the clients emerging emotions to produce genuine positive change. It begins with the argument that emotions communicate important information and that clients must learn to understand, express and regulate emotion. A major caveat is that not all emotional expression accurately portrays what we are feeling deep down. For

example, a client may consider fear to be unacceptable and therefore express anger, he now appears for treatment for problems caused by his display of anger. EFT 2nd ed., manages to provide a convincing and practical guide on how to recognize and classify the emotions expressed by clients. In my opinion, what makes EFT stand out from other therapeutic orientations attempting to look beneath the surface, were two things. Firstly, it outlines a somewhat scientific process for doing so; and secondly, the method seemed to convey the crucial importance and utility of doing so to achieve therapeutic goals. It therefore goes well beneath the surface – to a place I feel many clients expect us to go - in a way that is useful, meaningful and necessary. The book is not an easy read – a lot of time will be spent learning to determine what is primary, secondary and instrumental (manipulative) emotion; whether the emotion is over- or under-regulated; simple or complex etc. This book took me a long time to digest. It emphasizes the importance for clients to learn the language of their emotions and how to use the information they convey to see what they need to change or accept. The argument of EFT is that emotions contain a need (e.g. fear needs safety) and by accessing and feeling our primary emotion we will develop goals that address the real problem.

There is a lot of advice on how to develop and manage the kind of therapeutic relationship and interactions with clients. The book contains a lot of very useful dialogues taken from the authors clinical practice. The book also prepares the reader for practice of EFT with descriptions of how to conduct several therapeutic techniques (e.g. imagery, empty-chair dialogue etc). (some of these methods, such as overcoming clients interruption of emotion (e.g. holding back tears or incongruent body language) are I think better described by Jeffrey Young in schema therapy.) EFT appears to work by helping clients construct of new narrative of experience. According to this book there is a lot to learn from clients expressed emotion, perhaps more so than from their ‘prepared verbal summary’ of what is bothering them. Needless to say we should certainly investigate both. I am now looking forward to delving into Paivio and Pascual-Leone’s application of EFT to trauma.

14 of 14 people found the following review helpful.

The Seminal Text of EFT

By David M. Bell

This is the third book by Dr Greenberg I own and I wish I would've read it first. His other more recent book on EFT: Learning Emotion Focused Therapy is much more about the moment by moment process of EFT itself and follows this book nicely.

I'm a psychotherapist who became a therapist to specifically ride the new wave of trauma-focused and experiential psychotherapies out there such as SE, EMDR, EFT, AEDP, Sensorimotor Psychotherapy and so on. I am currently being trained in AEDP which is a phenomenal experiential therapy with early roots in ISTDP but in practice is significantly more like EFT than anything else. The main difference is that attachment theory is more explicit.

While I love Dr. Fosha's works, I have found that EFT is really the foundation I need to work from to learn AEDP. Dr. Fosha's work is really EFT taken in an original direction. Reading this book, I'm filling in the blanks of many techniques and ideas in AEDP that can be difficult to make full sense of without a dept of knowledge of EFT.

This specific book is my favorite out of Greenberg's more recent works. I find it a highly confident and accessible seminal text in working with emotions in psychotherapy. Every page of this book provides knowledge that is highly applicable towards practice. Being a psychotherapy researcher, Dr. Greenberg is an expert on the nuts and bolts of what causes change in therapy and it shines through all over the book.

Therapy is just significantly more rewarding working with affective experience than simply working in a more cognitive or behavioral manner. I didn't become a therapist to help people think more rationally or teach a few coping skills, I am passionate about coaching others to live fuller, more rewarding lives. With

this book and anything by Dr. Greenberg and colleagues you can do this in your practice!

2 of 2 people found the following review helpful.

Great read for in intro to EFT

By Jonathan Weingarden

Great book, clearly written, more organized / less of 'cowboy' than Fritz Perls (Gestalt Therapy). As a left handed, right brain, musician who is clearly a non-linear thinker, I particularly enjoyed the discussion of the importance of non-linear implicit aspects of psychology. However, as a therapist with a background in psychodynamic psychology, I found it hard to believe there is not a "self" in the way cognitive and dynamic theorist describe. Les Greenberg discusses how people develop emotional schemes and other schemas, but believes our experience of the self arises from the interaction between emotional schemes and implicit narratives created by past experiences. He seems to imply we do not have a set of self-schemas, but rather our self-concept is re-created over and over and over each time certain emotions and narratives are elicited from external stimuli. However, this notion seems to me logically challenged the mere fact we can self-reflect, and reflect on past self-reflecting we have done: if I can recall me self-image from yesterday, then I have a memory of self-images and self-narratives that do in fact create a self-schemas independent, but in constant interaction with, emotional-schemas, other schemas, and narratives. I've found the most effective approach with many of my patients is understanding various self-schemas, particularly how split or incongruent ones clash, and work through those clashes toward integration using Emotion-Focused (or experiential/Gestalt) approaches to therapy. Consequently, I do not think the existence of self precludes the remainder of the theory behind EFT, but rather the integration of the two is most effective. In fact, Fritz Perls main focus was integrating splits in the self, part of which was usually projected and thereby prohibiting the individual from being a whole / holon / completing a Gestalt. The person would be left in an impasse. Thus the self and emotional experience seem to go hand in hand to me.

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