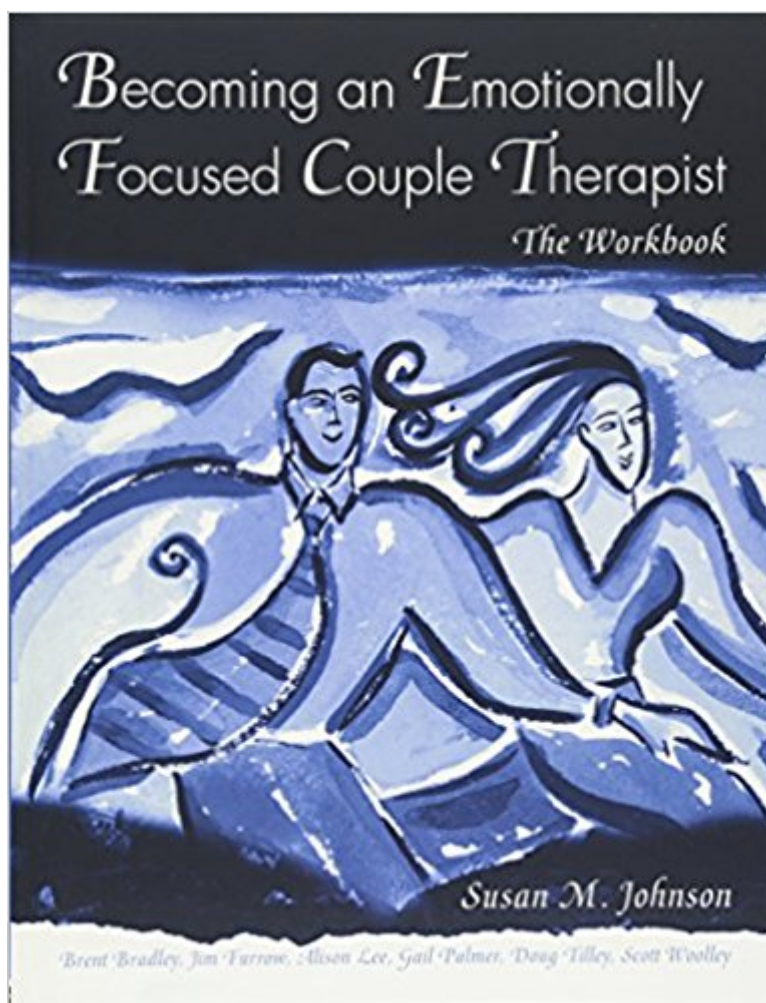




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Becoming An Emotionally Focused Couple Therapist: The Workbook



Synopsis

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.

Book Information

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Customer Reviews

"As a certified EFT therapist/supervisor, I found this workbook very informative and useful, with numerous examples of client scenarios and clinical interventions. The exercise questions are both pertinent and stimulating. This workbook can serve as supplementary material for small group discussions, role-play practice, and homework assignments when training EFT therapists." - Ting Lui in *Journal of Couple and Relationship Therapy*, Vol. 5, No.4.

A well-written workbook that helps you apply EFT to your work with couples and to your own relationships. Like its person-centered theoretical roots, the workbook helps you self-reflect as a way of connecting with the material.

This is a great workbook for learning Emotionally Focused Therapy. It is a good companion to "Creating Connection: The Practice of Emotionally Focused Couple Therapy. If you learn the model better from a workbook than from reading, this is a great way to learn EFT.

MUST HAVE when learning EFT

No complaints!! Product was as described and prompt delivery. Great pick!!

really helpful in understanding things for my marriage counseling class

Excelent!

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.

Thanks

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