



DRAAIBOEK BASIS TRAINING EFT

EMOTIONALLY FOCUSED THERAPY

L.A.J. (BERRY)AARNOUDSE
EFT NETWERK NEDERLAND
15 NOVEMBER 2017

Emotionally Focused Therapy

Emotionally Focused Therapy (EFT) is een vorm van relatietherapie, ontworpen door Sue Johnson. De therapie is werkzaam voor paren die verwijdering ervaren of vastlopen in een patroon van conflicten. Partners kunnen verstrikt raken in een patroon van negatieve reacties, die het gevoel van verbondenheid en veiligheid aantasten.

EFT helpt paren zich bewust te worden van de gevoelens en verlangens die onder dit patroon liggen, zodat dit doorbroken kan worden. De onderlinge verbondenheid wordt vergroot, zowel in de basis van de relatie als in het dagelijks leven. Partners leren om ruzies of vernietigende dialogen om te buigen naar gesprekken waar men steun kan vragen en bieden.

Onderzoek heeft uitgewezen dat EFT geschikt is voor paren van verschillende geaardheid, culturele achtergrond, in verschillende levensfasen en ook bij paren die te maken hebben met verlies, depressie en trauma. In de EFT komen diverse perspectieven bij elkaar: de hechtingstheorie, het systemische of interpersoonlijke perspectief en het experiëntiële of intra-persoonlijke perspectief.

Uit wetenschappelijk onderzoek naar EFT blijkt dat:

EFT een sterk positief effect op de verbondenheid in een partnerrelatie heeft; de stabiliteit van de resultaten sterk is (er is heel weinig terugval); EFT effectief is bij diverse paren, ook bij psychische of lichamelijke klachten; EFT beter werkt dan andere relatie behandelmethodes.

In de bijlage vindt u een samenvatting van de lijst van onderzoeken en commentaren en onderzoek van Emotionally Focused Therapy research. (update augustus 2017)

Doel, werkwijze en eindtermen van de basistraining EFT

Het grondig kennismaken met de beginselen van het EFT model en het begrijpen van complexe partnerrelatieproblematiek in het licht van de hechtingstheorie. Het kennis nemen van de interventies en de methodiek in het model, en aan het einde van de cursus methodisch kunnen werken met echtparen binnen het model.

Werkwijze en didactische werkvormen.

Zowel in de basistraining komen onderstaande werkvormen aan bod:

- Iedere cursusdag staat een stap van het therapieproces centraal, zodat na 4 dagen alle stappen in het EFT proces zijn uitgewerkt en verdiept.
- Literatuurbespreking; inleidingen, er zijn enkele PowerPointpresentaties.
- Inoefenen van nieuwe werkwijzen middels rollenspelen
- Bestuderen van Engels- en Nederlandstalig video-instructie materiaal, er wordt gebruik gemaakt van opnames van sessies door (Nederlandstalige) EFT trainers.
- Bijwonen van een live sessie, met de deelnemersgroep wordt deze nabesproken
- Inbrengen en bespreken van cursusmateriaal
Door (zelf)observatie oefeningen wordt van de cursist gevraagd te reflecteren over zijn/haar werk, attitude en zienswijze.

De basistraining EFT is ontwikkeld voor professionals in de geestelijke gezondheidszorg.

Inspanningen die verwacht wordt van de deelnemers in basistraining

- Cursisten bereiden de cursusdagen voor door evt. opgegeven literatuur te bestuderen.
- De cursist heeft in zijn/haar praktijk de mogelijkheid om partnerrelatie therapie te geven. Recent opgedane praktijkervaringen worden als cursusmateriaal ingebracht

Docent /trainer

Dhr. L.A.J. (Berry) Aarnoudse,
Ingeschreven in het BIG register als: Psychotherapeut onder nr. 09005554716
Kamer van Koophandel nr. 17231570

Lid van de Vereniging voor Gedragstherapie en Cognitieve Therapie (VCGT),
Nederlandse Vereniging voor Relatie- en Gezinstherapie (NVRG),
Landelijke Vereniging van Vrijgevestigde Psychologen en Psychotherapeuten (LVVP),
Vereniging voor Kinder- en Jeugdpsychotherapie (VKJP),
Nederlandse Vereniging voor Cliëntgerichte Psychotherapie (VCgP).
Internationaal gecertificeerd EFT therapeut, supervisor en trainer.
Oprichter EFT Centrum Zuid Nederland, EFT Netwerk Nederland en
Organisator Creating Connections Conference.

Werkervaring & opleiding docent

1976 - 1989 Werkzaam als verpleegkundige in een algemeen en psychiatrisch ziekenhuis en de spoedeisende ambulancedienst
1989 - 2001 SPV bij de Adolescentenzorg en crisisdienst RIAGG Breda VO Systeemtherapie
2001 - 2008 Psychotherapeut i.o Reinier van Arkel-groep 's-Hertogenbosch,
2003 - heden Big registratie psychotherapeut. Vrijgevestigde psychotherapie praktijk
2011 - heden ICEEFT erkende EFT trainer
2013 - 2104 Praktijkbegeleider psychotherapie praktijk Psyche

Data

Er worden door EFT Netwerk Nederland 2 trainingen per jaar gegeven.

Tijd: 9.00 uur – 17.00 uur

Totaal uren per training (exclusief pauzes) : 4 x 6,5 uur = 26uur

Locaties waar de training gegeven wordt

- Praktijk voor psychotherapie
Kerkhovensestraat 19
5061 PJ Oisterwijk
- Fletcher Hotel Boschoord

- Gemullehoekenweg 138
Oisterwijk
- Fletcher Hotel Het Witte Huis
Birkenstraat 138
3768 HN Soest

Kader en positie van de cursus

Deze cursus leidt op tot het eerste opleidingsniveau; die van Basis EFT-therapeut. Deze cursus is erkend door ICEEFT, het opleidingsinstituut voor Emotionally Focused Therapy in Ottawa, Canada.

Accreditatie voor deze cursus is eerder toegekend door FGzPt, NVRG, NIP, VCgP, NVvP,

Literatuur

Johnson, S.M., Bradley, B., Furrow, J., Lee, A., Palmer, G., Tilley, D., & Woolley, S. (2005) *Becoming an Emotionally Focused Therapist: The Workbook* New York: Brunner /Routledge.

of de Nederlandstalige versie: *Veilig Verbinden*. Johnson, S.M., Bradley, B., Furrow, J., Lee, A., Palmer, G., Tilley, D. & Woolley, S. (2005)
Greenberg, L., & Johnson, S.M., (1988) *Emotionally Focused Therapy for Couples* New York: Guilford Press

Van de deelnemers wordt verwacht dat zij het boek *Becoming an Emotionally Focused Therapist* (2005) of de Nederlandse vertaling *Veilig Verbinden* (2010) bestudeerd hebben.

Toetsvorm

De training wordt aan het einde getoetst met een schriftelijke toets.

Thema dag 1

- Theoretische inleiding over hechting in volwassen relaties en plaatsbepaling van EFT in het veld van de relatietherapie.
- Theorie van de emoties.

Fase van de therapie:

Fase 1: Stap 1 en 2

Aan de orde komt:

- De theorie van de liefde. Wat zijn de krachten die een relatie maken, in stand houden of juist stuk maken. De hechtingsgeschiedenis van de partners.
- De basis van het EFT-model: integratie van experiëntieel en systemisch perspectief.
- Een overzicht van de veranderingsprocessen, fases en stappen.
- Assessment: het in kaart brengen van de problemen en (contra) indicaties.
- Rollenspel om te oefenen met het uitvragen van de interacties en het in een cirkel plaatsen van gedragingen en percepties.

Dagindeling

09.00-09.30 Welkom en introductie van deelnemers, trainer en shadowers.

09.30-10.00 Introductie in EFT.

10.00-11.30 Relatieproblemen

10.30- 11.00 Hechtingstheorie

11.00-11.15 Pauze

11.15-12.30 Introductie en uitleg Stap 1 het EFT model

12.30-13.30 Lunchpauze

13.30-14.30 Introductie en uitleg Stap 2 het EFT model

14.30-15.00 Training Video / Discussie

15.00-15.15 Pauze

15.15-17.00 Interventies

16.00-16.30 Rollenspel

16.30-17.00 Wrap up of the day : samenvatting dag 1 / evaluatie

Programma Dag 2 4-daagse basistraining Emotionally Focused Therapy

Thema dag 2

- Emoties in context van de cirkel.
- Op weg naar de-escalatie.

Fase van de therapie:

Fase 1: Stap 3 en 4

Aan de orde komt:

- Onderscheid tussen de secundaire- en primaire emoties.
- Het begrijpen en bewust worden hoe deze emoties een rol spelen in de cirkel die partners ongewenst creëren.
- Bestuderen van videomateriaal dat de verschillende aspecten van deze eerste fase belicht. Interventies worden geoefend zodat de cursisten aan het eind van de twee dagen een eerste handvat hebben om mee aan de slag te gaan.
- Net als op andere dagen zijn ook nu persoonlijke oefeningen een onmiskenbaar onderdeel om het proces aan den lijve te ervaren en wat de effecten zijn van EFT interventies.

Dagindeling

09.00-09.45 Welkom - Terugblik op dag 1. Gelegenheid tot vragen stellen

09.45-10.45 Training met video

10.45-11.00 Discussie

11.00-11.15 Pauze

11.15-12.30 Introductie en uitleg Stap 3 EFT Model

12.30-13.30 Lunchpauze

13.30-15.00 Training Video –Rollenspel –Discussie

15.00-15.15 Pauze

15.15-16.00 Introductie en uitleg Stap 4 EFT Model

16.00-16.30 Rollenspel

16.30-17.00 Wrap up of the day: samenvatting dag 1 & 2 / evaluatie

Programma Dag 3

4-daagse basistraining Emotionally Focused Therapy

Thema dag 3:

- Bereiken van de-escalatie.
- Betrokkenheid verdiepen.

Fase van de therapie:

Overgang Fase 2, stappen 5, 6 en 7

Aan de orde komt:

- Casus presentatie- live sessie of videoband bekijken, discussie hierover
- Taken en interventies in het EFT proces.
- Het valideren, reflecteren, empathisch gissen.
- Belangrijke verandermomenten in fase 2: de verdieping van de gevoelde betrokkenheid.
- Het doorwerken van de onderliggende emoties, hechtingsbehoeften en hechtingsangsten. Het stimuleren dat de ander de beleving van de partner aanvaardt. Nieuwe wijzen van uitspreken naar elkaar (enactment als belangrijkste interventie).
- Persoonlijke oefening en rollenspel

Dagindeling

09.00-09.30 Welkom / Terugblik op dag 1&2. Gelegenheid tot vragen stellen

9.30 - 11.00 Livesessie

11.00-11.15 Pauze

11.15-12.30 Nabespreking live sessie; koppeling met theorie

12.30-13.30 Lunchpauze

13.30-14.30 Introductie en uitleg Stap 5 & 6 EFT Model

14.30-15.00 Training Video / Discussie

15.00-15.15 Pauze

15.15-16.00 Introductie en uitleg Stap 7 EFT Model + interventies

16.00-16.30 Training Video / Discussie

16.30-17.00 Wrap up of the day: samenvatting dag 1 & 2 +3 / evaluatie

Programma Dag 4 4-daagse basistraining Emotionally Focused Therapy

Thema dag:4

- Consolidatie
- EFT met traumakoppels.

Fase van de therapie:

De therapiefasen worden nogmaals belicht en als extra nadruk fase 3: stappen 8 en 9

Aan de orde komt:

Samenvattend overzicht van het totaalproces van de therapie; fase 1-3, de verdieping
Nu de hechting tussen partner opnieuw wordt gedefinieerd kan het gaandeweg mogelijk worden gemaakt dat er nieuwe oplossingen ontstaan voor oude problemen in de relatie. De therapeut spiegelt het interactieproces van het paar en valideert nieuwe responsen en emoties die ze delen en uitspreken. Dit kan nu met veel minder leiding door de therapeut en met minder intensiteit dan in de voorgaande sessies.

Consolidatiefase: hoe de winst van de verandering kan worden behouden en de veilige band kan worden gekoesterd.

Als extra thema deze dag: EFT met traumakoppels; "Attachment injuries" en vergeving
Persoonlijke oefening en rollenspel

Dagindeling

09.00-09.30 Welkom; Terugblik op dag 1,2 en 3 en gelegenheid tot vragen stellen

09.30-10.00 Introductie en uitleg Stap 8 & 9 EFT Model

10.00-11.00 Training – video

11.11-11.15 Pauze

11.15-12.30 Discussie n.a.v. video

12.30-13.30 Lunchpauze

13.30-15.00 Trauma slachtoffers en hechtings kwetsuren

15.00-15.15 Pauze

15.15-16.00 Video trauma slachtoffers

16.00-16.45 Wrap up of the day: samenvatting dag 1 & 2 +3 / evaluatie Samenvatting

16.45-17.00 Afsluiting

EFT Research (update june 2017)

Following the short summary is a list of studies and commentaries on Emotionally Focused Therapy research.

Short Summary of EFT Research

Question: Does EFT conform to any “Gold” standard in terms of research validation and the standards set out for psychotherapy?

In terms of the gold standard set out by bodies such as APA for psychotherapy research, EFT epitomizes the very highest level set out by this standard. Over the last 30 years, the EFT research program has systematically covered all the factors set out in optimal models of psychotherapy research.

The meta-analysis (Johnson et al, 1999) of the four most rigorous outcome studies conducted before the year 2000, showed a larger effect size (1.3) than any other couple intervention has achieved to date. Studies consistently show excellent follow-up results, and some studies show that significant progress continues after therapy. EFT has a body of process research showing that change does indeed occur in the way that the theory suggests. This level of linkage between in-session process and rigorous outcome measurement is unusual in the field of psychotherapy.

EFT is the only model of couple intervention that uses a systematic empirically validated theory of adult bonding as the basis for understanding and alleviating relationship problems. The generalizability of EFT across different kinds of clients and couples facing co-morbidities such as depression and PTSD has been examined and results are consistently positive. Outcome and process research addressing key relationship factors, such as the forgiveness of injuries, has also been conducted with positive results. EFT studies are generally rigorous and published in the best peer reviewed journals.

In brief, EFT researchers can show that, as set out in the Johnson 2004 seminal text, *Creating Connection: The Practice of Emotionally Focused Couple Therapy*, EFT works very well, results last, we know HOW it works so we can train therapists to intervene efficiently and we know it works across different populations and problems. It also links congruently to other bodies of research such as those examining the nature of relationship distress and adult attachment processes.

Recent research involves outcome studies of couples facing trauma and stressful events (the Dalton and MacIntosh studies, and a study on EFT effects on attachment security with an fMRI component.) The fMRI study shows that EFT changes the way contact with a partner mediates the effect of threat on the brain. A short video, *Soothing the Threatened Brain*, summarizing this study can be viewed on drsuejohnson.com/videos. There is an outcome

study in progress of the new educational program based on EFT (Hold Me Tight Program: Conversations for Connection). A pilot study has also been completed at the VA in Baltimore on EFT with veteran couples dealing with PTSD.

Completed and ongoing EFT research consistently supports the efficacy of the Emotionally Focused Therapy model.

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Outcome Research

1. Kennedy, N.W., Johnson, S.M., Wiebe, S.A., & Tasca, G.A. (2017). "Conversations for Connection: An Outcome Assessment of the Hold Me Tight Relationship Education Program for Couples." (Manuscript in review.)
2. Wong, T.Y., Greenman, P.S., & Beaudoin, V. (2017). " 'Hold Me Tight': The generalizability of an attachment-based group intervention to Chinese Canadian couples." *Journal of Couple & Relationship Therapy — Innovations in Clinical and Educational Interventions*. Published online 03 Apr 2017.
3. Lee, N.A., Furrow, J.L., & Bradley, B.A. (2017). "Emotionally Focused Couple Therapy for Parents Raising a Child with an Autism Spectrum Disorder: A pilot study." *Journal of Marital and Family Therapy*. Published online 17 Apr 2017.
4. Wiebe, S., Johnson, S. M., Burgess-Moser, M., Dagleish, T., Lafontaine, M., & Tasca, G. (2016). "Predicting follow-up outcomes in Emotionally Focused Couple Therapy: The role of change in trust, relationship-specific attachment, and emotional engagement." *Journal of Marital and Family Therapy*, 43(2), 213-226.
5. Wiebe, S., Johnson, S. M., Burgess-Moser, M., Dagleish, T., Lafontaine, M., & Tasca, G. (2016). "Two-year follow-up outcomes in Emotionally Focused Couple Therapy: An investigation of relationship satisfaction and attachment trajectories." *Journal of Marital and Family Therapy*, 43(2), 227-244.
6. Burgess-Moser, M., Johnson, S. M., Dagleish, T., Lafontaine, M., Wiebe, S., & Tasca, G. (2015). "Changes in relationship-specific attachment in Emotionally Focused Couple Therapy." *Journal of Marital and Family Therapy*, 42(2), 231-245.
7. Dagleish, T.L., Johnson, S.M., Burgess Moser, M., Lafontaine, M. F., Wiebe, S.A. & Tasca, G.A. (2015). "Predicting change in marital satisfaction throughout Emotionally Focused Couple Therapy." *Journal of Marital and Family Therapy*, 41(3), 276-291.
8. Soleimani, A.A., Najafi, M., Ahmadi, Kh., Javidi, N., Hoseini Kamkar, E., & Mahboubi, M. (2015). "The effectiveness of emotionally focused couples therapy on sexual satisfaction and marital adjustment of infertile couples with marital conflicts." *International Journal of Fertility and Sterility*, 9(3), 393-402.

9. Elliott, C., Wiebe, S. A., Johnson, S. M. & Tasca, G. A. (2015). "Attachment & sexual satisfaction in emotionally focused therapy for couples." (Manuscript in review.)
10. Mehr, S.E., Bahrami, F., Karami, B., Mehr, Y.E., Hedayati, A.M., Ahmadi, S. & Rozeyan, A. (2014) "Studying the effect of emotion focused therapy on couples' attachment styles." MAGNT Research Report, Vol.2(5), 595-602.

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11. Ahmadi, F.S., Zarei, E. & Fallahchai, S.R. (2014). "The Effectiveness of Emotionally-Focused Couple Therapy in Resolution of Marital Conflicts between the Couples Who Visited the Consultation Centers." *Journal of Education and Management Studies*, 4(1), 118-123.
12. Soltani, M., Shairi, M.R., Roshan, R., & Rahimi, C. (2014). "The Impact of Emotionally Focused Therapy on Emotional Distress in Infertile Couples." *International Journal of Fertility and Sterility*, 7(4): 337- 344.
13. Johnson, S.M., Burgess Moser, M., Beckes, L., Smith, A., Dalgleish, T., Halchuk, R., Hasselmo, K., Greenman, P.S., Merali, Z. & Coan, J.A. (2013). "Soothing the threatened brain: Leveraging contact comfort with Emotionally Focused Therapy." *PLOS ONE*, 8(11): e79314.
14. Dalton, J., Greeman, P., Classen, C., & Johnson, S. M. (2013). "Nurturing Connections in the Aftermath of Childhood Trauma: A randomized controlled trial of Emotionally Focused Couple Therapy (EFT) for Female Survivors of Childhood Abuse." *Couple and Family Psychology: Research and Practice*, Vol.2(3), 209-221.
15. McLean, L.M., Walton, T., Rodin, G., Esplen, M.J., & Jones, J.M. (2013). "A couple-based intervention for patients and caregivers facing end-stage cancer: outcomes of a randomized controlled trial." *Psycho-Oncology*, 22(1), 28-38.
16. Soltani, M., Molazadeh, J., Mahmoodi, M., & Hosseini, S. (2013). "A Study on the effectiveness of Emotionally Focused Couple Therapy on Intimacy of Couples." *Social and Behavioral Sciences*, Vol.82, 461-465.
17. Denton, W.H., Wittenborn, A.K., & Golden, R.N. (2012). "Augmenting antidepressant medication treatment of depressed women with emotionally focused therapy for couples: A randomized pilot study." *Journal of Marital and Family Therapy*, Vol.38, Supplement s1, 23-38.
18. Halchuk, R., Makinen, J. & Johnson, S. M. (2010). "Resolving Attachment Injuries in Couples using Emotionally Focused Therapy: A 3 year follow-up." *Journal of Couple and Relationship Therapy*, 9, 31- 47.
19. Honarparvaran, N., Tabrizy, M., & Navabinejad, Sh. (2010). "The efficacy of emotionally focused couple therapy (EFT-C) training with regard to reducing sexual dissatisfaction among couples." *European Journal of Scientific Research*, 43(4), 538-545.
20. MacIntosh, H.B. & Johnson, S. (2008). "Emotionally focused therapy for couples and childhood sexual abuse survivors." *Journal of Marital and Family Therapy*, 34(3), 298-315.
21. Naaman, S., Johnson, S.M., & Radwan, K. (2008). "Evaluation of the clinical efficacy of emotionally focused therapy on psychological adjustment of couples facing early breast cancer," (Doctoral Dissertation). School of Clinical Psychology, University of Ottawa, Canada.

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22. [Couture-Lalande, M.-E., Greenman, P.S., Naaman, S. & Johnson, S.M. \(2007\)](#) "La thérapie de couple axée sur l'émotion (EFT) pour traiter les couples dont la femme a le cancer du sein: Une étude exploratoire / Emotionally focused therapy (EFT) for couples with a female partner who suffers from breast cancer: an exploratory study." *Psycho-Oncology*, 1(4), 257–264. (Journal of the Psychological, Social and Behavioral Dimensions of Cancer).
23. [Makinen, J. A. & Johnson, S. \(2006\)](#). "Resolving Attachment Injuries in Couples using EFT: Steps Toward Forgiveness and Reconciliation." *Journal of Consulting and Clinical Psychology*. 74(6), 1055-1064.
24. [Dessaulles, A., Johnson, S. M. & Denton, W. \(2003\)](#). "Emotion-Focused Therapy for Couples in the Treatment of Depression: A Pilot Study." *American Journal of Family Therapy*, 31(5), 345-353.
25. [Clothier, P., Manion, I., Gordon-Walker, J. & Johnson, S. M. \(2002\)](#). "Emotionally Focused Interventions for Couples with Chronically Ill Children: A two year follow-up." *Journal of Marital and Family Therapy*, 28(4), 391-398.
26. [Denton, W., Burleson, B., Clark, T., Rodriguez, C. & Hobbs, B. \(2000\)](#). "A Randomized Trial of Emotionally Focused Therapy for Couples in a Training Clinic." *Journal of Marital and Family Therapy*, 26(1), 65-78.
27. [Johnson, S., Hunsley, J., Greenberg, L. & Schindler, D. \(1999\)](#). "Emotionally Focused Couples Therapy: Status & challenges (A meta-analysis)." *Journal of Clinical Psychology: Science and Practice*, 6(1), 67- 79.
NOTE: Also listed under Meta-Analyses
28. [Johnson, S., Maddeaux, C. & Blouin, J. \(1998\)](#). "Emotionally Focused Family Therapy for Bulimia: Changing Attachment Patterns." *Psychotherapy: Theory, Research & Practice*, 35(2), 238-247.
29. [Gordon-Walker, J., Johnson, S., Manion, I. & Cloutier, P. \(1996\)](#). "Emotionally Focused Marital Intervention for Couples with Chronically Ill Children." *Journal of Consulting and Clinical Psychology*, 64(5), 1029-1036.
30. [McPhee, D., Johnson, S.M. & van der Veer, M.C. \(1995\)](#). "Low sexual desire in women: The effects of marital therapy." *Journal of Sex and Marital Therapy*, 21(3), 159-182.
31. [Dandeneau, M. & Johnson, S. \(1994\)](#). "Facilitating Intimacy: Interventions and Effects." *Journal of Marital and Family Therapy*, 20(1), 17-33.
32. [Goldman, A. & Greenberg, L. \(1992\)](#). "Comparison of Integrated Systemic and Emotionally Focused Approaches to Couples Therapy." *Journal of Consulting and Clinical Psychology*, 60(6), 962-969.
33. [James, P. \(1991\)](#). "Effects of a Communication Training Component Added to an Emotionally Focused Couples Therapy." *Journal of Marital and Family Therapy*, 17(3), 263-275.

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34. [Johnson, S. & Greenberg, L. \(1985\)](#). "Emotionally Focused Couples Therapy: An Outcome Study." *Journal of Marital and Family Therapy*, 11(3), 313-317.
35. [Johnson, S. & Greenberg, L. \(1985\)](#). "The Differential Effects of Experiential and Problem Solving Interventions in Resolving Marital Conflict." *Journal of Consulting & Clinical Psychology*, 53, 175-184. (EFT, CBT and controls tested.)

Process & Predictors Research

1. [Wiebe, S., Johnson, S. M., Burgess-Moser, M., Dagleish, T., Lafontaine, M., & Tasca, G. \(2017\)](#). "Predicting follow-up outcomes in Emotionally Focused Couple Therapy: The role of

change in trust, relationship-specific attachment, and emotional engagement." *Journal of Marital and Family Therapy*, 43(2), 213-226.

2. [Dalgleish, T.L., Johnson, S. M., Burgess Moser, M., Wiebe, S.A. & Tasca, G.A. \(2015\)](#). "Predicting Key Change Events in Emotionally Focused Couple Therapy." *Journal of Marital and Family Therapy*, 41(3), 260-275.
3. [Sandberg, J.G., Brown, A.P., Schade, L.C., Novak, J.R., Denton, W.H. & Holt-Lundstad, J. \(2015\)](#). "Measuring Fidelity in Emotionally Focused Couples Therapy (EFT): A Pilot Test of the EFT Therapist Fidelity Scale." *The American Journal of Family Therapy*, 43(3), 251-268.
4. [Schade, L.C., Sandberg, J.G., Bradford, A., Harper, J.M., Holt-Lunstad, J. & Miller, R.B. \(2015\)](#) "A Longitudinal View of the Association Between Therapist Warmth and Couples' In-Session Process: An Observational Pilot Study of Emotionally Focused Couples Therapy." *Journal of Marital and Family Therapy*, 41(3), 292-307.
5. [McRae, T.R., Dalgleish, T.L., Johnson, S.M., Burgess-Moser, M., & Killian, K.D. \(2014\)](#). "Emotion Regulation and Key Change Events in Emotionally Focused Couple Therapy." *Journal of Couple & Relationship Therapy*, 13(1), 1-24.
6. [Greenman, P., & Johnson, S. \(2013\)](#). "Process Research on EFT for Couples: Linking Theory to Practice." *Family Process, Special Issue on Couple Therapy*, 52(1), 46-61.
7. [Zuccarini, D.J., Johnson, S.M., Dalgleish, T. & Makinen, J. \(2013\)](#). "Forgiveness and reconciliation in Emotionally Focused Therapy for Couples: The Client Change Process and Therapist Interventions." *Journal of Marriage and Family Therapy*, 39(2), 148-162.
8. [Swank, Lauren E. & Wittenborn, Andrea K. \(2013\)](#) "Repairing Alliance Ruptures in Emotionally Focused Couple Therapy: A Preliminary Task Analysis". *The American Journal of Family Therapy*, 41(5), 389-402.

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9. [Furrow, J.L., Edwards, S.A., Choi, Y., & Bradley, B. \(2012\)](#). "Therapist presence in emotionally focused couple therapy blamer softening events: promoting change through emotional experience." *Journal of Marital and Family Therapy*, Vol.38, Supplement s1, 39-49.
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