

The Emotionally Focused Casebook Volume 2

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Solution-Focused Counseling in Schools John J. Murphy 2015-01-29 The third edition of this widely adopted text covers the philosophical foundations and nuts-and-bolts of using solution-focused counseling to help preschool–12 students resolve problems. Dr. Murphy's practical and respectful approach has been successfully applied throughout the world by school counselors, counselors-in-training, psychologists, social workers, teachers, administrators, and clinicians who work with young clients. His empowering techniques help students focus on doing what works as simply and efficiently as possible by using their strengths, resources, wisdom, and feedback. This edition includes new chapters and information on the restrictive influence of problems, strategies for building positive relationships, collecting client feedback to monitor and improve services, and coconstructing solvable problems and reachable goals. Real-life case examples, sample dialog from counseling sessions, discussion and practice exercises, troubleshooting tips, and new and expanded appendixes enhance the book's classroom and clinical utility. A complimentary test manual and PowerPoint slides for instructors' use are available by written request to ACA. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org.

Addictions Counseling Today Kevin G. Alderson 2019-11-14 Winner of the 2020 Canadian Counselling and Psychotherapy Association (CCPA) Counselling Book Award Enlightening and practical, **Addictions Counseling Today** invites students into the heart of addictive thinking, offering first-person accounts of what it is like to experience different addictions. The text covers the range of addictions from alcohol, drug abuse, and nicotine to various process addictions, including sex, internet, gaming, social media, and gambling. Also included are the various theories and models of addiction, with a unique chapter on the neuroscience of addiction. Focusing on the new DSM-V classifications for addiction with an emphasis on CACREP and treatment, this provocative, contemporary text is an essential reference for both students and practitioners wanting to gain a deeper understanding of those with addiction. Learn why teaching addictions is changing and how to adapt your course by watching Kevin G. Alderson's Ph.D. webinar entitled **The Pandemic Addiction Volcano** here. Online Resources Free PowerPoint® slides with video for instructors are available with this text. Test bank questions will be available in August 2020. Contact the author to learn more.

A Primer for Emotionally Focused Individual Therapy (EFIT) Susan M. Johnson 2021-09-29 From best-selling author, Susan M. Johnson, with over 1 million books sold worldwide! This essential text from the leading authority on Emotionally Focused Therapy, Susan M. Johnson, and colleague, T. Leanne Campbell, apply the key interventions of EFT to work with individuals, providing an overview and clinical guide to treating clients with depression, anxiety, and traumatic stress. Designed for therapists at all levels of expertise, Johnson and Campbell focus on introducing clinicians to EFIT interventions, techniques, and change processes in a highly accessible and practical format. The book begins by summarizing attachment theory and science – the theoretical basis of this model – together with the experiential approach to change in psychotherapy. Chapters describe the three stages of EFIT, macro-interventions, such as the EFIT Tango, and various micro-interventions through clinical exercises, case studies, and transcripts to demonstrate this model in practice with individuals, highlighting the unique benefits of EFT as a cross-modality approach for treating emotional disorders. With exercises interwoven throughout the text, this book is built to accompany in-person and online training, helping the practicing clinician offer targeted and empirically tested interventions that not only alleviate symptoms of distress but expand the client's emotional balance, agency, and sense of self. As the next major extension of the EFT approach, this book will appeal to therapists already working with couples and families as well as those just beginning their professional journey. Psychotherapists, psychologists, counselors, social workers, and mental health workers will also find this book invaluable.

Clinical Psychology Charles Berg 2021-12-26 Originally published in 1948 the blurb read: 'Dr Berg has an extraordinary flair for presenting a difficult subject in a most realistic and attractive manner, without sacrifice of scientific essentials. The patients are made to speak for themselves, with the result that we feel actually present at the analytical sessions, sharing the most intimate details of each individual's life and feelings. Throughout it is alive with real, vivid clinical material. The reader is led through a panorama of troubled minds and disturbed emotions – from the simplest worries and anxieties, through increasing severity of stresses, to incipient major disorders. The whole subject of treatment is reviewed and expounded in compendious detail, concluding with a critical review and revolutionary suggestions for the future. In spite of its novel and entertaining method of exposition, the book covers a surprisingly wide field – the whole field of clinical psychology up to date – and more.' Today it can be read and enjoyed in its historical context. This book is a re-issue originally published in 1948. The language used is a reflection of its era and no offence is meant by the Publishers to any reader by this re-publication.

Emotionally Focused Family Therapy James L. Furrow 2019-06-11 Emotionally Focused Family Therapy is the definitive manual for applying the effectiveness of emotionally focused therapy (EFT) to the complexities of family life. The book sets out a theoretical framework for mental health professionals to enhance their conceptualization of family dynamics, considering a broad range of presenting problems and family groups. The first section applies EFT theory and principles to the practice of family therapy. The second section explicates the process of EFT and examines the interventions associated with the EFT approach to families. In the final section, the authors provide case examples of emotionally focused family therapy (EFFT) practice, with chapters on traumatic loss, stepfamilies, externalizing disorders, and internalizing disorders. Integrating up-to-date research with clinical transcripts and case examples throughout, Emotionally Focused Family Therapy is a must-read for therapists looking to promote the development and renewal of family relationships using the principles of EFT.

Emotionally Focused Couple Therapy with Trauma Survivors Susan M. Johnson 2011-11-03 This book provides a theoretical framework and an innovative model of intervention for distressed couples whose relationships are affected by the echoes of trauma. Combining attachment theory, trauma research, and emotionally focused therapeutic techniques, Susan M. Johnson guides the clinician in modifying the interactional patterns that maintain traumatic stress and fostering positive, healing relationships among survivors and their partners. In-depth case material

brings to life the process of assessment and treatment with couples coping with the impact of different kinds of trauma, including childhood abuse, serious illness, and combat experiences. The concluding chapter features valuable advice on therapist self-care.

An Introduction to Marriage and Family Therapy Joseph L. Wetchler 2014-08-27 Now in its second edition, this text introduces readers to the rich history and practice of Marriage and Family Therapy, with 32 professionals from across the US presenting their knowledge in their areas of expertise. This blend of approaches and styles gives this text a unique voice and makes it a comprehensive resource for graduate students taking their first course in Marriage and Family Therapy. The book is divided into three sections: Part 1 focuses on the components on which 21st century family therapy is based and summarizes the most recent changes made to not only therapeutic interventions, but to the very concept of "family." Part 2 presents an overview of the 7 major theoretical models of the field: structural, strategic, Milan, social constructionist, experiential, transgenerational, and cognitive-behavioral family therapy. Each chapter in this section • Focuses on the founder of the theory, its theoretical tenants, and its key techniques • Shows how the model focuses on diversity • Presents the research that supports the approach Part 3 addresses specific treatment areas that are common to marriage and family therapists, such as sex therapy, pre-marital therapy, research, and ethics and legal issues. As an introduction to the field of Marriage and Family Therapy, this volume stands above the rest. Not only will readers gain an understanding of the rich history of the field and its techniques, but they will also see a complete picture of the context in which families are embedded, such as gender, culture, spirituality, and sexual orientation. This knowledge is the key to understanding what differentiates Marriage and Family Therapy from individual psychotherapy. Glossaries, case studies, tables, figures, and appendices appear generously throughout the text to present this information and give students a thorough overview to prepare them for their professional lives.

Imago Relationship Therapy Harville Hendrix 2005-03-11 Imago Relationship Therapy It's been more than three decades since Harville Hendrix and Helen LaKelly Hunt—the best-selling authors of *Getting the Love You Want* and *Keeping the Love You Find*—created Imago Relationship Therapy. Their concept of the "conscious marriage" introduced a new paradigm for understanding the dynamics of couples. Since that time more than two thousand clinicians in twenty-eight countries have adopted and implemented this highly effective form of couples therapy. This groundbreaking book offers an overview of the highly successful Imago Relationship Therapy (IRT) and the relationship of IRT with preceding schools of thought such as psychoanalytic theory, family systems theories, affect theory, and self-psychology. At the heart of IRT is a three-step process involving mirroring (reflecting) the partner's feelings, validating the partner's point of view, and expressing empathy toward the partner's feelings. Imago Relationship Therapy traces IRT's history and explosive growth and outlines the differences and similarities between Imago theory and other models of couples therapy. The book also presents some of the ideas of prominent Imago thinkers, such as the central role of connectivity and the problem of envy in committed relationships. "A uniquely important book for the practitioner, which provides clinical wisdom and a rare look into the heart and soul of Imago Relationship Therapy." —Pat Love, Ed.D., author, *The Truth About Love*

The Emotionally Focused Casebook James L. Furrow 2011-05-09 There is currently no single resource that compiles the various applications to the many clinical populations being served by Emotionally Focused Therapy today. The Emotionally Focused Casebook fills that void as a substantive reference for clinicians, students, professors, and supervisors using and teaching EFT. Each chapter utilizes a hands-on case study approach with concrete guidelines and illustrations for the adaptation and application of EFT with specific treatment populations. This Casebook is the perfect practical resource for professionals and students looking for examples of specific theoretical, conceptual, and treatment applications of EFT.

The Body Remembers Casebook: Unifying Methods and Models in the Treatment of Trauma and PTSD Babette Rothschild 2003-04-17 This is the first book of its kind to advocate utilizing and combining an assortment of trauma treatment models. Based on ideas put forward in the bestselling *The Body Remembers*, Babette Rothschild emphasizes the importance of tailoring every trauma therapy to the particular needs of each individual client. A breath of fresh air in the competitive 'mine is best' atmosphere currently so divisive in the field of trauma therapy, each varied and complex case (presented in a variety of writing styles: case reports, session-by-session narratives, single session transcripts) is approached with a combination of methods ranging from traditional psychodynamic and cognitive approaches and applications of attachment theory to innovative trauma methods including EMDR and Levine's SIBAM model. Read on its own or in conjunction with *The Body Remembers*, clinicians from all disciplines will discover new strategies and gain insight into how to combine various treatment models for increased success with traumatized clients.

Healing in the Relational Paradigm Wade Luquet 2013-10-28 First published in 1998. Routledge is an imprint of Taylor & Francis, an informa company.

Advanced Casebook of Obsessive-Compulsive and Related Disorders Eric A. Storch 2019-11-09 **Advanced Casebook of Obsessive-Compulsive and Related Disorders: Conceptualizations and Treatment** presents a synthesis of the emerging data across clinical phenomenology, assessment, psychological therapies and biologically-oriented therapies regarding obsessive compulsive disorders, including hoarding, skin picking, body dysmorphic and impulse control disorders. Following the re-classification of such disorders in the DSM-5, the book addresses recent advances in treatment, assessment, treatment augmentation and basic science of OCRDs. The second half of the book focuses on the treatment of OCRDs, covering both psychological therapies (e.g. inhibitory learning informed exposure, tech-based CBT applications) and biologically oriented therapies (e.g. neuromodulation). Includes psychosocial theoretical and intervention approaches Addresses newly proposed clinical entities, such as misophonia and orthorexia Examines neurobiological features of OCRDs across the lifespan

Emotionally Focused Couple Therapy For Dummies Brent Bradley 2013-07-15 A practical, down-to-earth guide to using the world's most successful approach to couple therapy One of the most successful therapeutic approaches to healing dysfunctional relationships, emotionally focused couple therapy provides clients with powerful insights into how and why they may be suppressing their emotions and teaches them practical ways to deal with those feelings more constructively for

improved relationships. Unlike cognitive-behavioural therapy, which provides effective short-term coping skills, emotionally focused therapy often is prescribed as a second-stage treatment for couples with lingering emotional difficulties. Emotionally Focused Couple Therapy For Dummies introduces readers to this ground-breaking therapy, offering simple, proven strategies and tools for dealing with problems with bonding, attachment and emotions, the universal cornerstones of healthy relationships. An indispensable resource for readers who would like to manage their relationship problems independently through home study. Delivers powerful techniques for dealing with unpleasant emotions, rather than repressing them and for responding constructively to complex relationship issues. The perfect introduction to EFT basics for therapists considering expanding their practices to include emotionally focused therapy methods. Packed with fascinating and instructive case studies and examples of EFT in action, from the authors' case files. Provides valuable guidance on finding, selecting and working with the right EFT certified therapist.

Becoming an Emotionally Focused Couple Therapist Susan M. Johnson 2013-05-13 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. **Created for Connection** Sue Johnson 2016-10-04 "Whoever does not love does not know God, because God is love." --1 John 4:8 Are you looking to enrich a healthy relationship, revitalize a tired one, or rescue one gone awry? Do you yearn to grow closer to God, and to further incorporate Him and His teachings into your marriage? We all want a lifetime of love, support, and faith. But sometimes we need a little help. Enter Dr. Sue Johnson, developer of Emotionally Focused Therapy (EFT) and "the best couple therapist in the world," according to bestselling relationship expert Dr. John Gottman. In *CREATED FOR CONNECTION*, Dr. Johnson and Kenneth Sanderfer, a leading EFT practitioner in the Christian community, share Johnson's groundbreaking and remarkably successful program for creating stronger, more secure relationships not only between partners, but between us and God. The message of *CREATED FOR CONNECTION* is simple: Forget about learning how to argue better, analyzing your early childhood, or making grand romantic gestures. Instead, get to the emotional underpinnings of your relationship by recognizing that you are attached to and dependent on your partner in much the same way that a child is on a parent, and we are on the Heavenly Father, for nurturing, soothing, and protection. The way to enhance or save our relationships with each other and with God is to be open, attuned, responsive, and to reestablish safe emotional connection. Filled with Bible verses, inspiring real-life stories, and guidance, *CREATED FOR CONNECTION* will ensure a lifetime of love.

Clinical Casebook of Couple Therapy Alan S. Gurman 2012-11-26 An ideal supplemental text, this instructive casebook presents in-depth illustrations of treatment based on the most important couple therapy models. An array of leading clinicians offer a window onto how they work with clients grappling with mild and more serious clinical concerns, including conflicts surrounding intimacy, sex, power, and communication; parenting issues; and mental illness. Featuring couples of varying ages, cultural backgrounds, and sexual orientations, the cases shed light on both what works and what doesn't work when treating intimate partners. Each candid case presentation includes engaging comments and discussion questions from the editor. See also *Clinical Handbook of Couple Therapy*, Fourth Edition, also edited by Alan S. Gurman, which provides an authoritative overview of theory and practice.

The Casebook of Newbury & Hobbes George Mann 2013-09-24 A collection of short stories detailing the supernatural steampunk adventures of detective duo, Sir Maurice Newbury and Miss Veronica Hobbes. Along with Chief Inspector Bainbridge, Newbury and Hobbes will face plague revenants, murderous peers, mechanical beasts, tentacled leviathans, reanimated pygmies, and an encounter with Sherlock Holmes.

Foundations for Couples' Therapy Jennifer Fitzgerald 2017-02-03 As a quality resource that examines the psychological, neurobiological, cultural, and spiritual considerations that undergird optimal couple care, *Foundations for Couples' Therapy* teaches readers to conduct sensitive and comprehensive therapy with a diverse range of couples. Experts from social work, clinical psychotherapy, neuroscience, social psychology, and health respond to one of seven central case examples to help readers understand the dynamics within each partner, as well as within the couple as a system and within a broader cultural context. Presented within a Problem-Based Learning approach (PBL), these cases ground the text in clinical reality. Contributors cover critical and emerging topics like cybersex, emotional well-being, forgiveness, military couples, developmental trauma, and more, making it a must-have for practitioners as well as graduate students.

An Emotionally Focused Workbook for Couples Veronica Kallos-Lilly 2014-08-13 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.

The Curious Incident of the Dog in the Night-Time Mark Haddon 2009-02-24 A bestselling modern classic—both poignant and funny—narrated by a fifteen year old autistic savant obsessed with Sherlock Holmes, this dazzling novel weaves together an old-fashioned mystery, a contemporary coming-of-age story, and a fascinating excursion into a mind incapable of processing emotions. Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. Although gifted with a superbly logical brain, Christopher is autistic. Everyday interactions and admonishments have little meaning for him. At fifteen, Christopher's carefully constructed world falls apart when he finds his neighbour's dog Wellington impaled on a garden fork, and he is initially blamed for the killing. Christopher decides that he will track down the real killer, and turns to his favourite fictional character, the impeccably logical Sherlock Holmes, for inspiration. But the investigation leads him down some unexpected paths and ultimately brings him face to face with the dissolution of his parents'

marriage. As Christopher tries to deal with the crisis within his own family, the narrative draws readers into the workings of Christopher's mind. And herein lies the key to the brilliance of Mark Haddon's choice of narrator: The most wrenching of emotional moments are chronicled by a boy who cannot fathom emotions. The effect is dazzling, making for one of the freshest debut in years: a comedy, a tearjerker, a mystery story, a novel of exceptional literary merit that is great fun to read.

Attachment Theory in Practice Susan M. Johnson 2019 Drawing on cutting-edge research on adult attachment--and providing an innovative roadmap for clinical practice--Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.

An Emotionally Focused Workbook for Couples Veronica Kallos-Lilly 2021-12-21 The second edition of this essential and newly updated workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It closely follows the course of EFT treatment and allows clinicians to easily integrate guided reading, reflection, and discussion into the therapeutic process. Incorporating new developments in EFT and decades of research in the field of attachment, Veronica Kallos-Lilly and Jennifer Fitzgerald include chapters that explore concepts such as attachment bonds, the three cycles of relationship distress, how to make sense of emotions, relationship hurts and more. The workbook follows the familiar and accessible format of the first edition, Read, Reflect, and Discuss, and weaves fresh, illustrative examples throughout, with updated content considering the impact of gender, culture, and sexual orientation on relationship dynamics. Added reflections on these topics and an expanded section on sexuality dispels constraining popular myths and frees partners up to express themselves more openly. This book is essential reading for partners looking for helpful steps to improve the quality of their romantic relationships as well as marriage and family therapists, couple therapists and clinicians training in EFT to use with their clients.

Case Studies in Leadership and Adult Development Kristina N. LaVenia 2021-12-20 This book serves as an instructional tool for development of skills related to the organizational leadership of adults. The text offers teaching cases that explicitly partner the leadership and adult development literature bases so readers can work to apply leadership for adult development to real-world scenarios. *Case Studies in Leadership and Adult Development: Applying Theoretical Perspectives to Real World Challenges* consists of 19 chapters, organized into three parts. Part I includes four chapters drawn from business and industry leaders' experiences encompassing cases from nonprofit, for-profit, and non-governmental agencies. Part II delves into three chapters that focus on the challenges of leading through crisis, including how the Coronavirus pandemic shapes decision making and impacts leadership in both K - 12 and higher education environments. Part III offers a comprehensive view of education through 12 chapters, four of which are drawn from higher education settings. Part III's balance includes cases from elementary, middle, and secondary schools and district-level leadership. Written for graduate level courses in adult education, each case focuses on at least one major theory from both the leadership and adult development domains. Including questions for discussion and reflection, the book allows students to explore the linkages between leadership theories and adult development theories within the context of real-world scenarios.

Undoing Aloneness and the Transformation of Suffering Into Flourishing Diana Fosha 2021 This book updates clinical guidance and theory for Accelerated Experiential Dynamic Psychotherapy (AEDP), an approach that gives patients corrective emotional and relational experiences that mobilize changes in the brain. Practitioners of AEDP understand psychopathology as a byproduct of internal working models, borne out of insecure attachment experiences, that now thwart adaptive functioning in adulthood. The goal of AEDP is to be therapeutically present with patients and their pain and to guide them to have a new experience--a good experience--thus rewiring memory and capacity to reflect. Updates to the AEDP approach (moving it into its second iteration, or "2.0") leverage emerging findings from the field of affective neuroscience to enhance individuals' healing and transformation. The authors demonstrate the power of relational work by sharing excerpts and analysis of clinical session transcripts. In each chapter, they engage different aspects of the AEDP model to show how emotional suffering can be transformed into adaptive connection, even for individuals with histories of neglect, abuse, and complex trauma.

Attachment and Family Systems Phyllis Erdman 2013-05-13 *Attachment and Family Systems* is a cogent and compelling text addressing the undeniable overlap between two systems of thought that deal with the nature of interpersonal relationships and how these impact functioning. In this enlightening work, leading thinkers in the field apply attachment theory within a systemic framework to a variety of life cycle transitional tasks and clinical issues.

Using Relentless Empathy in the Therapeutic Relationship Anabelle Bugatti 2020-12-31 With a refreshing approach to resistance in therapy, *Using Relentless Empathy in the Therapeutic Relationship* offers practical tools and tips to help therapists and clinicians across all modalities of counseling work with their most challenging clients. By illustrating the power of empathic responsiveness coupled with attachment science and interventions, the author goes straight to the heart of what's vital for building strong therapeutic alliances with even the most difficult clients. *Using Relentless Empathy in the Therapeutic Relationship* presents effective tools that clinicians and therapists can use to move away from pathological diagnostic labels toward engaging with people in their distress. This is a valuable resource to anyone in a helping profession, teaching them to effectively use their most valuable instrument--themselves--by harnessing the power of relentless empathy to shape relationships with not only clients but also the outside world.

Quick to Listen, Slow to Speak Robert E. Fisher 1990-06 Fisher challenges us to live out the language of love in our family relationships. Breakdowns occur when clear principles from the Bible about human relationships are violated. Learn how to revolutionize and revitalize your relationships.

Emotionally Focused Therapy for Couples Leslie S. Greenberg 1988-10-07 This influential volume provides a comprehensive introduction to emotionally focused therapy (EFT): its theoretical foundations, techniques, and clinical practice. EFT is a structured approach to couple therapy that integrates intrapsychic and interpersonal perspectives to help couples create new, more satisfying interactional patterns. Since the original publication of this book, EFT has been implemented and tested with growing numbers of couples in a wide range of settings. The authors, who codeveloped the approach, illuminate the power of emotional experience in relationships and in the process of therapeutic change. The book is richly illustrated with case examples and session transcripts.

The Practice of Emotionally Focused Couple Therapy Susan M. Johnson 2012-02-24 Since its original publication in 1996, this volume has been a helpful guide to therapists in the practice of emotionally focused therapy. This second edition

addresses the many changes in the field of couples therapy, including updated research results linked to clinical intervention and new information on using EFT to address depression and PTSD. A new section covers the growth of couples therapy as a field and its overall relevance to the mental health field, accompanied by coverage of how recent research into the nature of marital distress is consonant with EFT. Other new features are a section on EFT and feminism, as well as a section on cultural competence for the EFT therapist. Written by a leading authority on emotionally focused couples and marital therapy, this second edition is an up-to-date reference on all aspects of EFT and its uses for mental health professionals.

Emotional Intelligence in Couples Therapy Brent J. Atkinson 2005 Over the past thirty years, groundbreaking studies on the relationships of couples have identified precisely what intimate partners must do in order to have successful partnerships.

Casebook on benefit and harm UNESCO 2011-12-30

Constructivist, Critical, And Integrative Approaches To Couples Counseling Michael D. Reiter 2017-01-20 Couples counseling is distinct from individual and family therapy and, while ideas from these other formats may be overlapping, applying theoretical concepts to couples has distinctive challenges. Constructivist, Critical, and Integrative Approaches to Couples Counseling is unique in that it addresses how to conceptualize various theories around a single case. By discussing only one case, the reader is more readily able to compare and contrast the theoretical ideas of each theory, as well as the pragmatics of techniques. Five theories are discussed around four consistent parts: history, theory of problem formation, theory of problem resolution, and case transcript. This book follows the same format as its companion Behavioral, Humanistic-Existential, and Psychodynamic Approaches to Couples Counseling.

Working with Children and Youth with Complex Needs Michael Ungar 2014-09-25

Working with Children and Youth with Complex Needs provides a detailed description of techniques and rich stories of how social workers, psychologists, counselors, and child and youth care workers can help young people become more resilient. With ample case studies and fascinating explanations of research, Dr. Ungar shows why we need to work just as hard changing the environments that surround children as we do changing children themselves. Building on lessons learned from clinical, community and residential settings, Dr. Ungar discusses 20 skills that can enhance the effectiveness of frontline mental health services. Along with descriptions of the skills necessary to talk with clients about the factors that put their mental health at risk, Working with Children and Youth with Complex Needs also presents systemic practices clinicians can use in their everyday work. Engaging with children's extended family, addressing issues of community violence, racism and homophobia, and helping parents and teachers understand children's maladaptive coping strategies as sometimes necessary are among the many practical strategies that are discussed which clinicians can use to enhance and sustain the therapeutic value of their work.

10 Principles for Doing Effective Couples Therapy (Norton Series on Interpersonal Neurobiology) Julie Schwartz Gottman 2015-10-26 From the country's leading couple therapist duo, a practical guide to what makes it all work. In 10 Principles for Doing Effective Couples Therapy, two of the world's leading couple researchers and therapists give readers an inside tour of what goes on inside the consulting rooms of their practice. They have been doing couples work for decades and still find it challenging and full of learning experiences. This book distills the knowledge they've gained over their years of practice into ten principles at the core of good couples work. Each principle is illustrated with a clinically compiled case plus personal side-notes and storytelling. Topics addressed include: • You know that you need to "treat the relationship," but how are you supposed to get at something as elusive as "a relationship"? • How do you empathize with both clients if they have opposite points of view? Later on, if they end up separating does that mean you've failed? Are you only successful if you keep couples together? • Compared to an individual client, a relationship is an entirely different animal. What should you do first? What should you look for? What questions should you ask? If clients give different answers, who should you believe? • What are you supposed to do with all the emotional and personal history that your clients stir up in you? • How can you make your work research-based? No one who works with couples will want to be without the insight, guidance, and strategies offered in this book.

Therapist Stories of Inspiration, Passion, and Renewal Michael F. Hoyt 2012-09-10 Why do you practice psychotherapy? In this exciting volume, some of the field's leading therapists tell true stories which evoke the pleasures, joys, and satisfactions that inspire passion for therapeutic work. Rather than focusing on the stresses and strains of being a clinician, these dramatic, poignant, wise, sometimes humorous and always soulful stories will help you gain (or regain) hope and excitement, and ultimately inspire a recommitment to a profession that, at its heart and soul, is about helping people.

Psychodynamic Coaching Claudia Nagel 2019-06-27 In Psychodynamic Coaching: Distinctive Features, Claudia Nagel presents a comprehensive overview of the unique features of psychodynamic coaching. As leaders and managers acknowledge the need to understand themselves and their context by looking underneath the surface to improve their decision-making, psychodynamic approaches offer unique insight. Psychodynamic Coaching: Distinctive Features covers not only the major theory but also the practice of coaching, giving guidance from beginning to end of the client relationship. Constructive, holistic and accessible, it demonstrates the impact and dynamics of the unconscious whilst illustrating the power of understanding human behaviour in the complexity of the modern world. With a focus on emotions and relationships in supporting modern leaders adapting to organisational challenges, this book will be an invaluable tool for coaches of all backgrounds, academics and students of coaching and organisational behaviour, and also clinicians. It will also be a key resource for senior leaders for their own

personal growth.

Clinical Psychology Casebook Across the Lifespan Carol C Choo 2019-06-04 This book illustrates the multifaceted applications of clinical psychology in multi-cultural contexts. It considers people's emotional, cognitive, interpersonal and psychological development across their lifespans. The book explores nine multicultural clinical cases that illustrate clinical assessment, biopsychosocial formulation, and evidence-based therapy. Further, it provides therapy outcomes for diverse clients throughout their lifespans, e.g. for cognitive behavioral therapy, integrative therapy, and narrative therapy; and examines clinical findings on e.g. social and emotional development, family trauma, child sexual abuse and its impact, as well as culturally sensitive assessment and interventions for a range of mental health issues. Further cases focus on co-morbid conditions, and physical ailments, across the lifespan. Bringing together contributions from both academics and practitioners, the book illustrates practical applications of theories and concepts relevant to the practice of clinical psychology. It also reviews the relevant literature with clinical recommendations, and provides multicultural perspectives and insights into contemporary clinical approaches from experienced clinical supervisors and practitioners, who are also academics and educators in the field. Accordingly, the book offers a valuable asset for students, academics, researchers and practitioners, as well as for postgraduate clinical training.

The Therapist's Notebook, Volume 2 Lorna L. Hecker 2007 Get the updated classic that provides innovative exercises that promotes change The Therapist's Notebook, Volume 2: More Homework, Handouts, and Activities for Use in Psychotherapy, is the updated classic that provides mental health clinicians with hands-on tools to use in daily practice. This essential resource includes helpful homework assignments, reproducible handouts, and activities and interventions that can be applied to a wide variety of clients and client problems. Useful case studies illustrate how the activities can be effectively applied. Each expert contributor employs a consistent chapter format, making finding the 'right' activity easy. The Therapist's Notebook, Volume 2: More Homework, Handouts, and Activities for Use in Psychotherapy, includes innovative field-tested activities to assist therapists in a wide range of applications, including adults, children, adolescents and families, couples, group work, trauma/abuse recovery, divorce and stepfamily issues, and spirituality. Format for each chapter follow by type of contribution (activity, handout, and/or homework for clients and guidance for clinicians in utilizing the activities or interventions), objectives, rationale for use, instructions, brief vignette, suggestions for follow-up, and contraindications. Three different reference sections include references, professional readings and resources, and bibliotherapy sources for the client. Various theoretical perspectives are presented in The Therapist's Notebook, Volume 2: More Homework, Handouts, and Activities for Use in Psychotherapy, including: cognitive behavioral narrative therapy solution focus choice theory and reality therapy REBT strategic family therapy experiential art and play therapies couples approaches including Gottman and Emotionally Focused Therapy medical family therapy Jungian family-of-origin therapy adventure-based therapy The Therapist's Notebook, Volume 2: More Homework, Handouts, and Activities for Use in Psychotherapy, is a horizon-expanding guide for marriage and family therapists, psychiatric nurses, counselors, social workers, psychologists, pastoral counselors, occupational therapists, counselor educators, school social workers, school counselors, and students.

Pachinko (National Book Award Finalist) Min Jin Lee 2017-02-07 A New York Times Top Ten Book of the Year and National Book Award finalist, Pachinko is an "extraordinary epic" of four generations of a poor Korean immigrant family as they fight to control their destiny in 20th-century Japan (San Francisco Chronicle). NEW YORK TIMES NOTABLE BOOK OF 2017 * A USA TODAY TOP TEN OF 2017 * JULY PICK FOR THE PBS NEWSHOUR-NEW YORK TIMES BOOK CLUB NOW READ THIS * FINALIST FOR THE 2018 DAYTON LITERARY PEACE PRIZE* WINNER OF THE MEDICI BOOK CLUB PRIZE Roxane Gay's Favorite Book of 2017, Washington Post NEW YORK TIMES BESTSELLER * #1 BOSTON GLOBE BESTSELLER * USA TODAY BESTSELLER * WALL STREET JOURNAL BESTSELLER * WASHINGTON POST BESTSELLER "There could only be a few winners, and a lot of losers. And yet we played on, because we had hope that we might be the lucky ones." In the early 1900s, teenaged Sunja, the adored daughter of a crippled fisherman, falls for a wealthy stranger at the seashore near her home in Korea. He promises her the world, but when she discovers she is pregnant--and that her lover is married--she refuses to be bought. Instead, she accepts an offer of marriage from a gentle, sickly minister passing through on his way to Japan. But her decision to abandon her home, and to reject her son's powerful father, sets off a dramatic saga that will echo down through the generations. Richly told and profoundly moving, Pachinko is a story of love, sacrifice, ambition, and loyalty. From bustling street markets to the halls of Japan's finest universities to the pachinko parlors of the criminal underworld, Lee's complex and passionate characters--strong, stubborn women, devoted sisters and sons, fathers shaken by moral crisis--survive and thrive against the indifferent arc of history. *Includes reading group guide* **A Clinical Guide to Psychodynamic Psychotherapy** Deborah Abrahams 2021-01-19 A Clinical Guide to Psychodynamic Psychotherapy serves as an accessible and applied introduction to psychodynamic psychotherapy. The book is a resource for psychodynamic psychotherapy that gives helpful and practical guidelines around a range of patient presentations and clinical dilemmas. It focuses on contemporary issues facing psychodynamic psychotherapy practice, including issues around research, neuroscience, mentalising, working with diversity and difference, brief psychotherapy adaptations and the use of social media and technology. The book is underpinned by the psychodynamic competence framework that is implicit in best psychodynamic practice. The book includes a foreword by Prof. Peter Fonagy that outlines the unique features of psychodynamic psychotherapy that make it still so relevant to clinical practice today. The book will be beneficial for students, trainees and qualified clinicians in psychotherapy, psychology, counselling, psychiatry and other allied professions.