

# Emotion Focused Couples Therapy



Emotion Focused Therapy (EFT) helps address the core questions you often ask yourselves about your most important relationship:

“Do I matter deeply to my partner?”

“Will he or she be there for me when I need him or her the most?”

“Do I feel safe and secure enough in the relationship to be my full and authentic self?”

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*These questions are typically at the root of what couples fight about: The emotional bond and security in their relationship.*

When you fear that the answer to one of the above questions may be “no,” it can cause you to feel isolated and alone, and sometimes as though you are fighting for survival itself.

And fight we will! Or withdraw.

EFT for couples is a powerful approach to transforming love relationships based on the new science of adult love and emotional bonding. It has 25 years of dynamite research behind it and gets the best results.

EFT will help you send clear emotional messages to each other to shape the dance of loving connection we all long for.

EFT focuses on the emotional bond between you and your partner. It considers that most relational problems arise from a disruption of this bonding.

EFT will help you learn to be more open and to trusting with your partner, and to reach for him or her more effectively.

*When you and your partner learn to do this, it creates a more lasting secure bond, and from this secure base, you can both solve other issues more easily.*

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Love is about being emotionally responsive, and most people seek help when they are stuck in a pattern that doesn't work. To get out of that pattern, you and your partner may need help sending clearer messages.

An EFT therapist will help you learn to both send and receive messages, so that you can experience a positive and durable connection in your important relationship with your partner.

To help you create this connection, the EFT therapist will:

Help you recognize the dynamics that keep you and your partner emotionally distant

Help you identify and articulate the needs and fears fuelling your dynamics

Help you learn to listen and be there for each other in the ways you each need

Help you ultimately feel much more connected

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An EFT therapist will assist you to get *underneath* the reactions to the fight, to *uncover* the empathy & soothing beneath, teaching you to repair ruptures so that you can *soothe*, *connect* and *collaborate* more readily, and more *deeply*.

**It works!**

**Read more about EFT for couples:**

<http://psychcentral.com/lib/2011/emotionally-focused-therapy-bolstering-couples-emotional-bonds/>