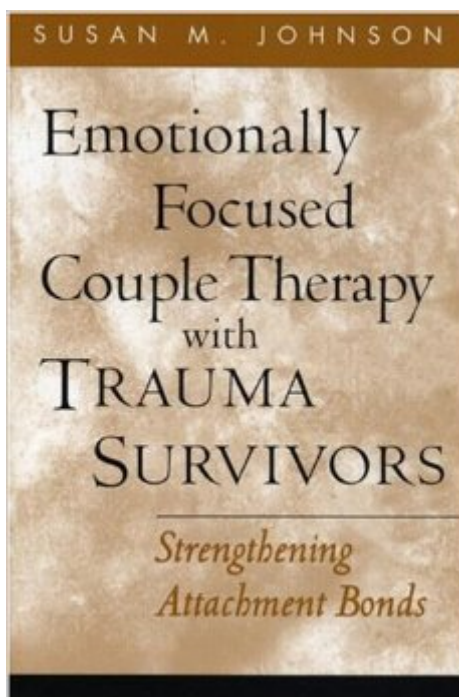


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# Emotionally Focused Couple Therapy With Trauma Survivors: Strengthening Attachment Bonds (Guilford Family Therapy (Paperback))



## Synopsis

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.

## Book Information

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## Customer Reviews

This slim volume offers a clear overview of the essentials of successful treatment with this very difficult population. Trauma survivors frequently evince high levels of emotional pain, can be hostile and controlling in their attachment interactions, have difficulty trusting their partners, and have high needs for reassurance and emotional security. It is not uncommon for trauma survivors to have histories of early attachment disorganization that, even in adulthood, result in high levels of emotional reactivity, suspicion, hostile attribution, revivification of early traumatic experience, affect dysregulation, deficits in metacognition, and low stress tolerance. These characteristics seriously hinder the formation of secure attachment bonds in adult romantic relationships and present a

therapeutic mine field for both the couple and therapist. Johnson clarifies the underlying issues inherent in the couple dynamics of trauma survivors and describes how she models affective attunement, empathic mirroring, and guides the couple into safe mutual emotional disclosure and responsiveness. Other reviewers have criticized this book for its dry academic style and lack of accessibility. Because of this there may be better volumes for those who seek to learn the fundamentals of couple therapy or for those who want to learn the basics of working with trauma survivors. However, for the experienced clinician Johnson provides a concise guide that pinpoints precise clinical leverage points and a theoretically coherent rationale for specific interventions. Johnson's approach is theoretically and empirically grounded and is written with compassion, sensitivity, and clarity. It is the best resource I've found for this important treatment niche.

Sue Johnson's *Emotionally Focused Couple Therapy with Trauma Survivors: Strengthening Attachment Bonds* provides a rich resource for MFTs. First, Johnson argues for the necessity of placing relationship treatment in what is often thought of as an "individual" form of psychopathology. Second, she clearly delineated the differences between the standard approach to EFT and modifications for addressing trauma with EFT. Her inclusion of several case studies has been helpful for understanding the application of EFT with different kinds of trauma. Finally, her text is replete with systems thinking that I find invaluable as both a marriage and family therapist and a professor.

This book was a really good tool in creating a stronger relationship with my husband. The case studies in chapter 6 to the end of the book were the most helpful in providing clear guidance. I am recommending this book to all my friends to strengthen their relationships.

As a doctoral student in marriage and family therapy with an interest in an attachment based approaches to working with traumatized couples, I found this book extremely helpful. Susan Johnson really spells out the theory, and gives powerful examples.

I think every therapist/counselor should have this on their book shelf! What an excellent way to describe trauma for the read to understand it. Trauma comes in all forms, times and places such as; domestic violence, childhood abuse, death of a child, natural disasters, traumatic accident, war etc....these are all traumatic events that can have lasting effects on your clients (both or just one of

them) that is effecting their connection as a couple. This book is therapist/ counselor focused treatment of EFT for couples who have trauma (past or present), but I recommend that therapist/counselors read this even if they are not going down the treatment path of trauma focused techniques. It will open one up to compassion and understanding to all victims of trauma.

Though an 'academic' type book... Susan M Johnson hits the nail on the head for reaction of Survivors.. It is a book set up for other therapists. It was nice for me to read some of the studies that are sited in this book and to have my husband and his logical mind read as well. He has had a very difficult time since my 'box' blew up and this book showed him that it isn't 'just me'. I did not buy this book for answers for 'me', necessarily, yet had relief that i can see us in it and that gives me a bit of hope..... Thank you

This is a great book for learning about how EFT can help with couples when one or both partners have experienced trauma, as well as including varying additional clinical issues, e.g., substance abuse. Dr. Johnson writes in clear and compassionate way. I like using this in my practice.

Understand the impact of trauma from an attachment perspective and learn how to effectively help your trauma clients heal. I have found this book extremely beneficial in my work with trauma clients. Clearly understanding trauma and the attachment significance helps me keep my balance when the trauma comes up in the session. It also provides a map of what healing looks like, so I know how to help them.

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