

Current Psychotherapies Corsini And Wedding 10th Edition

Emotion-focused therapy for individuals was originally known... 6a07c2ecbf

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Emotionally focused therapy The central premise is that emotions influence cognition, motivate behavior, and are strongly linked to needs. EFT is usually a short-term treatment (eight to 20 sessions). 773. These therapies combine

experiential therapy techniques, including person-centered and Gestalt therapies, with systemic therapy and attachment theory.). Belmont, CA: Cengage Learning Emotionally focused therapy and emotion-focused therapy (EFT) are related humanistic approaches to psychotherapy that aim to resolve emotional and relationship issues with individuals, couples, and families. PMID 12924682. 4. Wedding, Danny; Corsini, Raymond J. The goals of treatment include transforming maladaptive behaviors, such as emotional avoidance, and developing awareness, acceptance, expression, and regulation of emotion and understanding of relationships. (2013) [1973]. 71. Current psychotherapies (10th ed. 1037/0022-006X 6a07c2ecbf

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