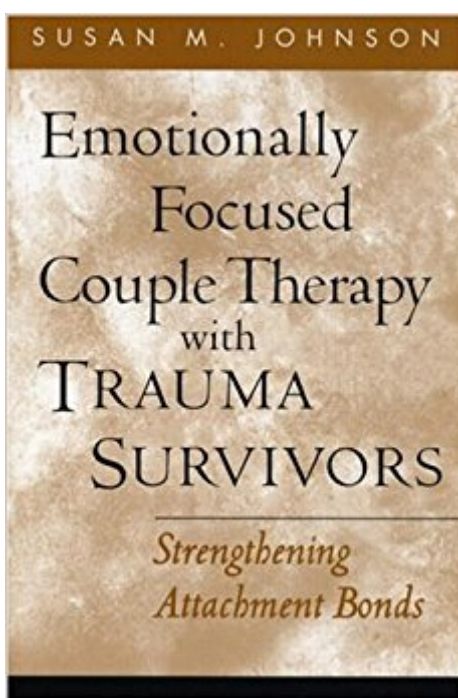


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# Emotionally Focused Couple Therapy With Trauma Survivors: Strengthening Attachment Bonds (The Guilford Family Therapy Series)



## 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

Series: The Guilford Family Therapy Series

Paperback: 228 pages

Publisher: The Guilford Press; 1 edition (January 18, 2005)

Language: English

ISBN-10: 1593851650

ISBN-13: 978-1593851651

Product Dimensions: 8.9 x 6.1 x 0.6 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 16 customer reviews

Best Sellers Rank: #72,552 in Books (See Top 100 in Books) #70 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Psychiatric](#) #76 in [Books > Medical Books > Nursing > Psychiatry & Mental Health](#) #83 in [Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder](#)

## Customer Reviews

"Most therapists nowadays take for granted the obvious relevance of couple therapy for ruptures of relationship bonds. But what is unique about this book is the vivid and vital way in which Johnson reveals the power of couple relationships to help heal trauma originally experienced by individuals outside those relationships. I hope this book will launch a new era in the psychotherapeutic treatment of PTSD and related disorders. It's that good."--Alan S. Gurman, PhD, University of Wisconsin Medical School  
"With the increasing recognition that many couples' problems are related to the traumas of one or both partners comes the need for a new framework for understanding and doing couple therapy. This book succeeds brilliantly in providing such a framework. Skillfully

integrating aspects of attachment theory, traumatology, and emotion-focused couple therapy, Susan Johnson enriches each of these fields while also providing practical guidelines for both beginning and seasoned clinicians. This book represents an important advance in the treatment of couples and of trauma survivors. I will be recommending it to all my students and colleagues."--Richard C. Schwartz, PhD, Center for Self Leadership, Oak Park, IL

"This book is a major advance in the treatment of traumatized individuals and their partners, and a much-needed resource for clinicians. Dr. Johnson clearly shows how the experience of any kind of trauma can resonate in an individual's significant relationships, thereby compounding and extending the reach of the stressful experience. Offering an important theoretical perspective on the significance of attachment to the healing process, the book outlines a sequenced treatment approach and specific strategies and techniques to help couples rework and recover from the devastating effects of past trauma."--Christine A. Courtois, PhD, The CENTER: Posttraumatic Disorders Program, The Psychiatric Institute of Washington; author of *Healing the Incest Wound* and *Recollections of Sexual Abuse*

"Johnson offers a highly engaging and readable approach for clinicians working with couples affected by trauma. Her brilliant synthesis, based on extensive scholarship and a depth of clinical experience, applies to couples dealing with childhood trauma as well as those mired in past hurts from the relationship itself. Regardless of theoretical orientation, clinicians will learn much that they can apply to help in their most difficult couple cases."--Karen S. Wampler, PhD, Department of Marriage and Family Therapy, Texas Tech University

"A well balanced book....A very informative book. It held my attention from cover to cover....Johnson ably demonstrated how the couple can be both worked with therapeutically to ameliorate psychological distress and cause the exasperation of distress....Johnson's EFT has most definitely brought another level of awareness, when working with traumatized clients, to the therapeutic table." (Journal of the Society for Existential Analysis 2005-01-20)

"A significant addition to the trauma treatment literature....Case examples are vivid, interesting, and tackle complex issues. Interventions are similarly detailed and well described....Recommended to all therapists working with couples where one or both members of the couple have suffered trauma." (Journal of Trauma Practice 2005-01-20)

"[Johnson] is an experienced clinician and a gifted writer. Individuals interested in adult attachment processes and the impact of trauma on either individual or relationship functioning, and clinicians committed to intervening with trauma survivors from either an individual or couple perspective, will find this book an invaluable resource." (Relationship Research News 2005-01-20)

Susan M. Johnson, EdD, is Professor Emeritus of Clinical Psychology at the University of Ottawa,

Canada; Distinguished Research Professor in the Marital and Family Therapy Program at Alliant International University in San Diego; Director of the International Centre for Excellence in Emotionally Focused Therapy ([www.iceeft.com](http://www.iceeft.com)); and Director of the Ottawa Couple and Family Institute. Widely published, she is the leading developer of emotionally focused therapy, which she teaches extensively in North America and internationally. Dr. Johnson is a recipient of honors including the Order of Canada--the highest civilian award given by the Canadian government, for outstanding achievement, dedication to the community, and service to the nation--and the Distinguished Contribution to Family Systems Research Award from the American Family Therapy Academy. Her website is [www.drjsuejohnson.com](http://www.drjsuejohnson.com).

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 cited 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.

This book may not be appropriate for bibliotherapy, but it is a must read for any clinician working with couples and individuals surviving trauma. Johnson provides a clear outline, structure, and resources for clinicians to help ground the sometime chaotic experience of facilitating EFT.

The material is excellent and appropriate for use with clients dealing with PTSD. I've had much success with couples using these techniques.

this is a fine book by one of the leaders in the field. concise how-to recommendations. I recommend this to anyone.

Very helpful in my work as a psychotherapist. I appreciate that it's clearly written and readily applicable to my work. Highly recommended for therapists who work with couples or trauma survivors.

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