

Download Emotionally Focused Couple Therapy For Dummies

Emotion Focused Therapy, or EFT, is based on the idea that emotions are not only important factors in our lives, but the key to who we are. Dr. Bradley is Founder and President of The Couple Zone. He holds a Ph.D. in Marriage and Family therapy, and is a licensed marriage and family therapist. This innovative book provides both the conceptual framework and clinical methods needed to appropriately handle problems that arise in the administration of Miranda warnings and waivers. What is Couples Therapy and What is Couples Counseling? While you may have heard both of these terms – “couples therapy” and “couples counseling” – and wondered what set them apart from one another, they usually mean the same thing. Emotionally Focused Couple Therapy For Dummies.

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