

What Is Emotionally Focused Couples Therapy?

EFT is based on the theory of attachment, the therapeutic conditions of experiential therapy, and elements of family systems therapy. The core concepts are the importance of emotions to our survival as humans, the role of emotion in attachment and relationships, and the ways in which attachment can be strengthened to allow for optimal inter-dependency and emotional regulation.

Emotionally Focused Couples Therapy

Tao Wei



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