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*emotionally focused therapy tokyo mental health* Nov 14 2022 emotionally focused therapy eft was developed by sue johnson and les greenberg in 1985 it is best known as a couple therapy intervention but also widely used in individual therapy and family therapy eft believes emotion is the key to our behavioral response and by changing how we experience emotions our behaviors also change

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emotion focused family therapy techniques and working of it Sep 12 2022 emotion focused family therapy efft helps families to identify and manage emotional triggers improve communication among family members and create a safe environment for emotional expression this approach has six distinct stages that must be completed for the therapy to be successful

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