



[Manuals.plus](#) /

› [Routledge](#) /

› Routledge: A Primer for Emotionally Focused Individual Therapy (EFIT) Instruction Manual

Routledge 0367548259

A Primer for Emotionally Focused Individual Therapy (EFIT)

Brand: Routledge | **Model:** 0367548259

INTRODUCTION TO EFIT

This essential text, authored by Susan M. Johnson and T. Leanne Campbell, provides a comprehensive overview and clinical guide to Emotionally Focused Individual Therapy (EFIT). It details the application of key EFT interventions for treating individuals experiencing depression, anxiety, and traumatic stress.

The book is designed to introduce clinicians to EFIT interventions, techniques, and change processes in a practical and accessible format. It summarizes attachment theory and science, which form the theoretical basis of this model, alongside the experiential approach to change in psychotherapy.

Best-selling author with over 1 million books sold worldwide

A Primer for Emotionally Focused Individual Therapy (EFIT)

Cultivating Fitness and Growth in Every Client



Susan M. Johnson and T. Leanne Campbell



Image Description: The book cover features the title "A Primer for Emotionally Focused Individual Therapy (EFIT)" with the subtitle "Cultivating Fitness and Growth in Every Client." Below the title is a stylized silhouette of a human head with a keyhole shape in the center, surrounded by concentric shades of blue. The authors, Susan M. Johnson and T. Leanne Campbell, are listed at the bottom, along with the Routledge publisher logo.

KEY INTERVENTIONS AND APPROACH

This resource outlines the core interventions of the Emotionally Focused Therapy (EFT) approach specifically adapted for individual application. It is authored by Sue Johnson, a recognized expert and founder in the field of EFT.



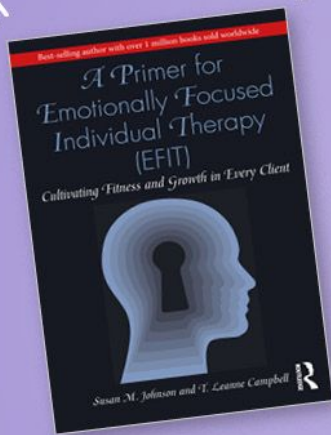
Image Description: A white background with a partial view of a laptop keyboard and a notebook with pencils. Text on the left states: "FIRST COMPREHENSIVE RESOURCE TO OUTLINE KEY INTERVENTIONS OF THE EFT APPROACH FOR APPLICATION WITH INDIVIDUALS. Authored by Sue Johnson, founder and renowned expert in the field of EFT. This book is aligned with exercises and trainings already in place to support trainee therapists."

The book details the three stages of EFIT, including macro-interventions like the EFIT Tango, and various micro-interventions. These concepts are illustrated through clinical exercises, case studies, and transcripts, demonstrating the model in practice with individuals. This highlights the unique benefits of EFT as a cross-modality approach for treating emotional disorders.

Exercises are integrated throughout the text to support in-person and online training, assisting clinicians in applying targeted and empirically tested interventions. These interventions aim not only to alleviate symptoms of distress but also to enhance the client's emotional balance, agency, and sense of self.

TARGET AUDIENCE

This book serves as a significant extension of the EFT approach, appealing to therapists currently working with couples and families, as well as those beginning their professional journey. Psychotherapists, psychologists, counselors, social workers, and mental health workers will find this resource valuable.



AN ESSENTIAL TEXT FROM THE LEADING AUTHORITY OF EFT.

This highly accessible and practical text applies the key interventions of EFT to work with individuals. Johnson and Campbell provide a clinical guide to treating clients with emotional disorders.

Image Description: A purple background with the book cover on the left. Text on the right reads: "AN ESSENTIAL TEXT FROM THE LEADING AUTHORITY OF EFT. This highly accessible and practical text applies the key interventions of EFT to work with individuals. Johnson and Campbell provide a clinical guide to treating clients with emotional disorders."

ABOUT THE AUTHORS

Susan M. Johnson, Ed.D.

Dr. Susan M. Johnson is the primary developer of Emotionally Focused Therapy (EFT) for individuals, couples, and families. She is Professor Emeritus of Clinical Psychology at the University of Ottawa and Distinguished Research Professor at Alliant University, San Diego. Dr. Johnson directs the International Center for Excellence in EFT (www.iceeft.com). She has received numerous awards for her work in couple therapy and attachment, including the Order of Canada. Her book "Hold Me Tight" has sold over one million copies globally.

T. Leanne Campbell, Ph.D.

Dr. T. Leanne Campbell is co-director of the Vancouver Island Centre for EFT and Campbell & Fairweather Psychology Group. She is also an Honorary Research Associate of Vancouver Island University. Dr. Campbell was initially trained by Dr. Susan M. Johnson and has applied the EFT model across various modalities for three decades. She conducts professional training worldwide and has co-developed educational materials and programs.

EDITORIAL REVIEWS AND ENDORSEMENTS

The book has received positive feedback from prominent figures in the field of psychology and psychotherapy, highlighting its value as a clinical resource.

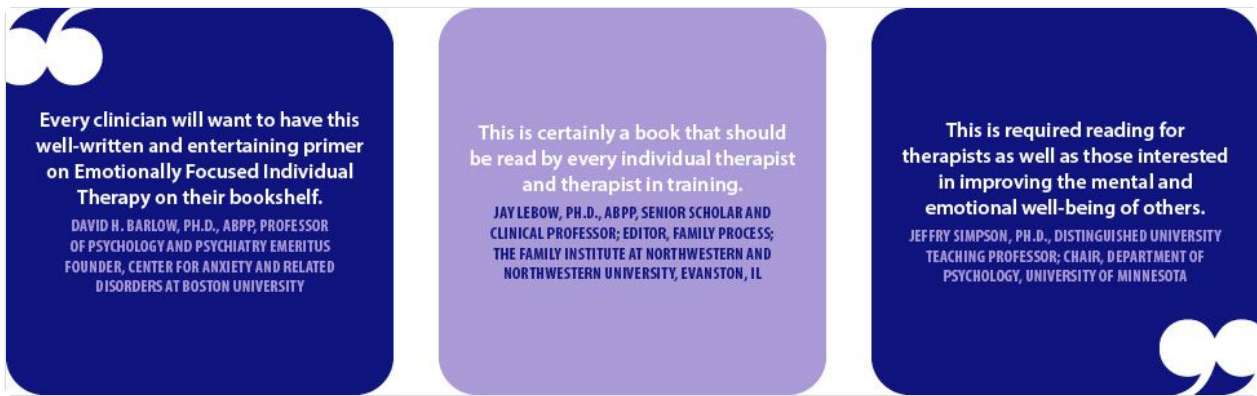


Image Description: Three purple speech bubble shapes containing quotes. The first quote is from David H. Barlow, stating that clinicians will want this primer. The second from Jay Lebow, recommending it for every individual therapist. The third from Jeffrey Simpson, calling it required reading for therapists.

- **David H. Barlow, Ph.D., ABPP:** "Every clinician will want to have this well-written and entertaining primer on Emotionally Focused Individual Therapy on their bookshelf."
- **Jay Lebow, Ph.D.:** "This is certainly a book that should be read by every individual therapist and therapist in training."
- **Jeffrey Simpson, Ph.D.:** "This is required reading for therapists as well as those interested in improving the mental and emotional well-being of others."
- **Peter A Levine:** "Without any doubt, this is a most important resource for all therapists wishing to do depth work with their clients."
- **Steven C. Hayes, Ph.D.:** "We have a lot to learn how best to use the science of attachment in psychotherapy, but you could not do better than to start here."

RELATED WORKS AND RESOURCES

Routledge, as a leading publisher in Mental Health, offers a range of resources covering theory, clinical practice, and training needs. This book is part of a broader collection of works related to Emotionally Focused Therapy and other therapeutic approaches.

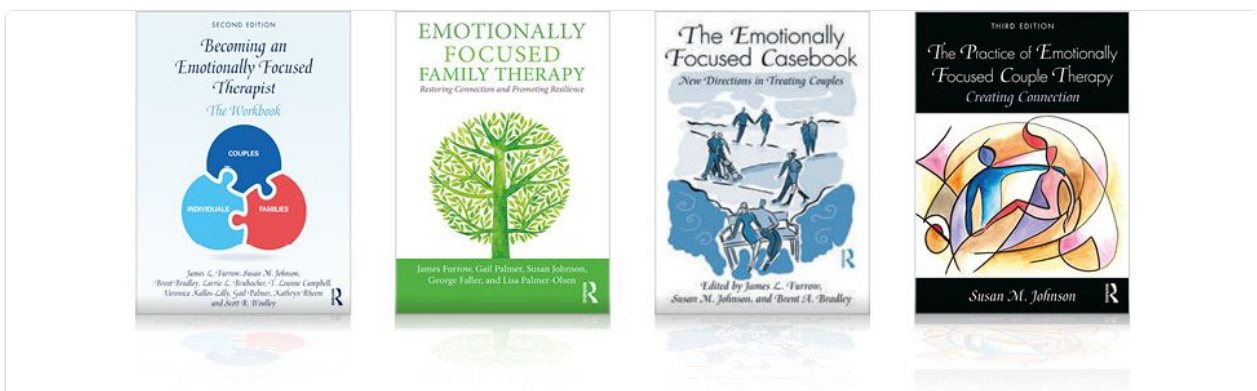


Image Description: A row of four book covers. From left to right: "Becoming an Emotionally Focused Therapist: The Workbook," "Emotionally Focused Family Therapy," "The Emotionally Focused Casebook," and "The Practice of Emotionally Focused Couple Therapy." All books feature the Routledge logo.

We are the leading publisher globally in all aspects of Mental Health, covering cutting-edge theory, clinical practice, and training needs. We provide resources from leading thinkers, clinicians and trainers for all practitioners from the most experienced to those beginning training.



Image Description: A dark blue background with a silhouette of a family on a beach. White text states: "We are the leading publisher globally in all aspects of Mental Health, covering cutting-edge theory, clinical practice, and training needs. We provide resources from leading thinkers, clinicians and trainers for all practitioners from the most experienced to those beginning training." The Routledge logo is prominently displayed.

SPECIFICATIONS

Publisher	Routledge
Publication Date	September 29, 2021
Edition	1st
Language	English
Print Length	222 pages
ISBN-10	0367548259
ISBN-13	978-0367548254
Item Weight	11.2 ounces
Dimensions	5.98 x 0.5 x 9.02 inches

SUPPORT AND FURTHER INFORMATION

For additional resources, training, and information on Emotionally Focused Therapy, please visit the International Center for Excellence in EFT (ICEEFT) website:

www.iceeft.com