



# Emotion-Focused Therapy, Revised Edition (Theories of Psychotherapy)

*Leslie S. Greenberg*

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## **Emotion-Focused Therapy, Revised Edition (Theories of Psychotherapy)** Leslie S. Greenberg

Emotion-focused therapy (EFT) is a complete theory of human functioning based on the adaptive role of emotion and founded on the idea that emotional change is central to enduring change. In this book, Leslie S. Greenberg presents and explores this versatile and useful approach, its theory, history, therapy process, primary change mechanisms, the empirical basis for its effectiveness, and recent developments that have refined the theory and expanded how it may be practiced. This revised edition describes recent research findings on important constructs such as emotional needs, and new developments in the use of EFT in treating anxiety disorders.

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