

## How Emotionally Focused Therapy Helps Couples

The goal of Emotionally Focused Therapy (EFT) is to create feelings of safety, lasting connection and trust between partners.

Couples who attend therapy together learn the skills necessary to form a secure attachment base in their relationship. Couples seeking therapy frequently suffer from deep wounds and negative patterns in their marriage; one or both partners frequently feel unable to open up to their companion or believe that their partner is unwilling to listen or simply doesn't care. When feelings of loneliness and insecurity are present in a relationship, the critical need of safety and trust necessary to human well-being is lost.

Emotionally Focused Therapists create an environment of safety and attention where each partner can be heard, understood, and validated. As individual concerns are brought up, the therapist suggests methods that will allow couples to better understand each other and recognise the underlying emotions that feed negative patterns. Over time couples learn to communicate more openly and ask for their needs to be met in a healthy way.

As couples progress through Emotionally Focused Therapy, communication will continue to improve and healthy interactions between the partners will become routine. These positive interactions create a stronger, more secure and satisfying bond between the couple and the deep wounds that have been festering in the relationship can finally begin to heal.

The therapist will continue to assist the couple in being open and honest about their emotions and their needs until, together, the couple determines that they are comfortable and confident with their new skills and decide to discontinue sessions with their therapist.