



# An Emotionally Focused Workbook for Couples: The Two of Us

By Veronica Kallos-Lilly, Jennifer Fitzgerald

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This workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It is recommended for use with couples pursuing Emotionally Focused Therapy (EFT). It closely follows the course of treatment and is designed so that clinicians can easily integrate guided reading and reflections into the therapeutic process. The material is presented in a recurring format: Read, Reflect, and Discuss. Readings help couples look at their relationship through an attachment lens, walking them through the step-by-step process of creating a secure relationship bond. 33 Reflections invite readers to engage with the material personally, expanding their own awareness and ability to tune into their partner. Discussion sections suggest relationship-building exercises and a framework for conversations that promote safety, disclosure, and engagement. Case examples, along with informative illustrations, are scattered throughout the book to validate, illustrate, and inspire couples along their journey. Clinicians conversant with EFT can use this workbook to extend the effectiveness of their work with couples by giving them structured tasks to work on between sessions. For clinicians training in EFT, the book can guide them in staying focused on the EFT roadmap and illuminate how important change events unfold.

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## **Editorial Review**

### **Review**

**"The perspectives and exercises offered here are right on target; they arise from a clear understanding of the bonds of love and how these bonds work in adult relationships... We hope that this book will help you do just that – shape your precious relationship into a more satisfying and lasting bond." - Dr. Sue Johnson, From the Foreword**

**"This book offers 'power tools' for couples who want to look deeply at themselves and their relationship. The authors go a lot deeper than routine techniques of marital communication--they get to the heart of the matter. And so will you if you read, digest, and practice what this book offers."-- William J. Doherty, PhD, Professor of Family Social Science at the University of Minnesota, USA and Author of *Take Back Your Marriage***

"At last a workbook for couples that faithfully mirrors the process of Emotionally Focused Therapy (EFT). It's like having 2 master EFT therapists come home with you during the week to support and guide you to maintain the progress you make in therapy sessions and improve your relationship more quickly. In-depth explanations and reflective exercises will help you to explore your emotions, articulate them better for yourself, and express them to your partner. I will recommend this workbook to every one of the couples in my practice!" -- Marlene Best, PhD, Clinical Professor in Clinical Psychology, University of Ottawa, Canada; Certified EFT Therapist, Supervisor & Trainer

"This workbook, based on Emotionally Focused Therapy, includes excellent exercises that focus on helping couples create positive communication patterns in place of the destructive ones that negatively affect their relationships. Drawing on extensive research and clinical experience, this book will help couples strengthen their trust in one another as well as heal past hurts. I recommend it for use in marriage enrichment groups, as well as by individual couples." --Patricia Noller PhD, Emeritus Professor, School of Psychology, University of Queensland, Australia

### **About the Author**

**Veronica Kallos-Lilly, PhD**, is a Registered Psychologist and Co-Founder and Director of the Vancouver & Family Institute and the Vancouver Centre for EFT Training in British Columbia, Canada. She is also a certified EFT supervisor and trainer.

**Jennifer Fitzgerald, PhD**, is a Clinical Psychologist in private practice and Senior Lecturer at the University of Queensland in Brisbane, Australia. She is also a certified EFT supervisor and trainer.

## **Users Review**

### **From reader reviews:**

**Jeremiah Burroughs:**

Book is to be different for every grade. Book for children until eventually adult are different content. As it is known to us that book is very important for all of us. The book An Emotionally Focused Workbook for Couples: The Two of Us had been making you to know about other know-how and of course you can take more information. It doesn't matter what advantages for you. The reserve An Emotionally Focused Workbook for Couples: The Two of Us is not only giving you more new information but also to get your friend when you experience bored. You can spend your own personal spend time to read your publication. Try to make relationship with all the book An Emotionally Focused Workbook for Couples: The Two of Us. You never truly feel lose out for everything should you read some books.

**Martina Barton:**

This An Emotionally Focused Workbook for Couples: The Two of Us book is not really ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is information inside this reserve incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. This particular An Emotionally Focused Workbook for Couples: The Two of Us without we comprehend teach the one who reading it become critical in pondering and analyzing. Don't end up being worry An Emotionally Focused Workbook for Couples: The Two of Us can bring whenever you are and not make your carrier space or bookshelves' become full because you can have it in your lovely laptop even telephone. This An Emotionally Focused Workbook for Couples: The Two of Us having excellent arrangement in word and layout, so you will not really feel uninterested in reading.

**Yvonne Matz:**

Spent a free time and energy to be fun activity to do! A lot of people spent their down time with their family, or their friends. Usually they carrying out activity like watching television, going to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Might be reading a book might be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the book untitled An Emotionally Focused Workbook for Couples: The Two of Us can be great book to read. May be it might be best activity to you.

**Jeffrey Channell:**

In this era which is the greater person or who has ability to do something more are more special than other. Do you want to become one among it? It is just simple approach to have that. What you have to do is just spending your time little but quite enough to possess a look at some books. Among the books in the top listing in your reading list will be An Emotionally Focused Workbook for Couples: The Two of Us. This book that is certainly qualified as The Hungry Mountains can get you closer in turning into precious person. By looking upwards and review this reserve you can get many advantages.

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