



Emotion-focused Therapy: Coaching Clients to Work Through Their Feelings

Leslie S. Greenberg

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In this seminal volume, master clinician and founder of emotion-focused therapy (EFT) Leslie Greenberg presents a comprehensive overview of EFT a treatment that helps clients identify, experience, accept, explore, interpret, transform, and flexibly manage their emotions. Essentially, the approach helps clients increase their emotional intelligence and achieve greater well-being.

EFT's influence has grown in the decade since the first edition of this book was published. There have been significant theoretical and empirical advances, and the approach has been applied successfully to new clinical populations. This second edition incorporates the latest theory and research on EFT. It also includes a new chapter on specific marker-guided interventions and case formulation, as well as chapters on forgiveness and working with emotion in organizational leadership. This essential guide to EFT is required reading for all therapists who believe that accessing emotions can be a source of healing and wisdom.

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