

# Emotion-Focused Couples Therapy

*The DYNAMICS of*  
EMOTION, LOVE, *and* POWER

Leslie S. Greenberg  
Rhonda N. Goldman



## Emotion-Focused Couples Therapy

*The Dynamics of Emotion, Love, and Power*

Leslie S. Greenberg and Rhonda N. Goldman

In *Emotion-Focused Couples Therapy: The Dynamics of Emotion, Love, and Power*, authors Leslie S. Greenberg and Rhonda N. Goldman explore the foundations of emotionally focused therapy for couples. They expand its framework to focus more intently on the development of the self and the relationship system through the promotion of self-soothing and other-soothing; to deal with unmet needs both from the client's adulthood and childhood; and to work more explicitly with emotions, specifically fear, anxiety, shame, power, joy, and love. The authors discuss the affect regulation involved in three major motivational systems central to couples therapy—attachment, identity, and attraction and clarify emotions and motivations in the dominance dimension of couples' interactions.

Written with practitioners and graduate students in mind, the authors use a rich variety of case material to demonstrate how working with emotions can facilitate change in couples and, by extension, in all situations where people may be in emotional conflict with others. Greenberg and Goldman

provide the tools needed to identify specific emotions and show the reader how to work with them to resolve conflict and promote bonding in couples therapy. 2008. 384 pages. Hardcover.

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## About the Authors

**Leslie S. Greenberg, PhD**, is Professor of Psychology at York University in Toronto, Ontario, Canada. He is the Director of the York University Psychotherapy Research Clinic. He is one of the leading authorities on working with emotions in psychotherapy and is an originator of emotion-focused approaches to the treatment of individuals and couples having authored the major original texts on the approach. He trained intensively in both experiential and systemic approaches and integrated these into the development of an emotion-focused approach to couples therapy. Greenberg also has written extensively on the theory and practice of emotion-focused therapy with individuals. He conducts a private practice for individuals and couples and offers training internationally in emotion-focused approaches to treatment.

**Rhonda N. Goldman, PhD**, is an associate professor at Argosy University Schaumburg Campus and is also affiliated as a therapist at the Family Institute at Northwestern University in Evanston, Illinois where she works with both couples and individuals. She became active in the development of emotion-focused therapy in graduate school, while working with Leslie S. Greenberg. Since then she has co-authored two texts illustrating the approach for working with individuals. More recently, she became involved in writing about emotion-focused therapy for couples. She also practices, teaches, and conducts research on emotional processes and outcomes in emotion-focused therapy and has written on empathy, vulnerability, depression, and case formulation.



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