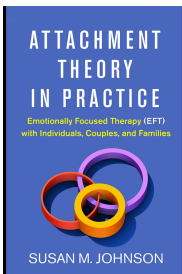


## Reviews



"A lucid treatise on psychotherapy that will prove useful to students as well as experienced practitioners. Drawing deftly from the wisdom of such pioneers as John Bowlby, Carl Rogers, and Harry Stack Sullivan--and from significant empirical research in emotional and interpersonal phenomena--Johnson has written an outstanding work that will have an impact on our field for a great many years."-- **Irvin Yalom, MD, Professor Emeritus of Psychiatry, Stanford University**

"This book is a magnum opus that finally gives therapists a practical and very readable guide to using EFT principles across psychotherapy modalities. Johnson has made a valuable contribution that can guide the therapist toward a theoretically integrated and powerful method of doing therapy with a wide variety of clinical cases. A 'must read.'"-- **John M. Gottman, PhD, The Gottman Institute, Seattle, Washington**

"Johnson, one of the world's leading psychotherapists, has drilled down through research and years of clinical practice to describe the growing consensus on the crucial role of emotion regulation and interpersonal processes in psychotherapy, using attachment theory as a theoretical guide. Every therapist and therapist-in-training should be aware of this important perspective on what they do." -- **David H. Barlow, PhD, ABPP, Professor Emeritus of Psychology and Psychiatry and Founder, Center for Anxiety and Related Disorders, Boston University**

"An excellent, most refreshing addition to the field. With wit, insight, and intellectual brawn, Johnson unpacks the key elements of attachment theory, shows how they have informed the development and elaboration of the groundbreaking EFT approach, and reveals the healing power of EFT in different therapeutic contexts. There are nuggets of brilliance and wisdom in every chapter." --**Jeffry A. Simpson, PhD, Distinguished University Teaching Professor and Chair, Department of**

"In this wise and fascinating book, Johnson combines her deep knowledge of attachment theory and research, her well-researched approach to therapy, and her many years of clinical and teaching experience to demonstrate how best to conceptualize and conduct successful, life-changing therapy with individuals, couples, and families. The book is true to the scientific literature, skillful in comparing EFT to other therapeutic approaches, beautifully written, and rich with engaging, moving case examples. It will captivate clinical professionals, graduate students, and anyone who wants to understand the central role of emotions and close relationships in all our lives."--**Phillip R. Shaver, PhD, Distinguished Professor Emeritus of Psychology, University of California, Davis**

"Moving beyond the frame in which she is best known--as a foremost couple therapist--Johnson expands her focus to explore the central role of attachment in human functioning and how a focus on attachment can promote successful psychotherapy. Johnson's impeccable scholarship and extraordinary clinical acumen are evident throughout this marvelously written book. Filled with compelling and instructive case studies, this surely will become the go-to book about the practice of attachment-informed psychotherapy. It also immediately becomes the best source for learning about the application of EFT across individual, couple, and family therapy. The culmination of a lifetime of writing, presenting, and practice focused on emotion and attachment, this book should be read by every clinician and every student of psychotherapy."--**Jay L. Lebow, PhD, ABPP, LMFT, Senior Scholar and Clinical Professor, The Family Institute at Northwestern University**