

Emotionally Focused Therapy for Couples (EFCT) 情緒取向伴侶治療

<https://iceeft.com/what-is-emotionally-focused-therapy-for-couples/>

Emotionally Focused Couples Therapy (EFCT) is a short-term structured approach, encompassing 8 to 20 sessions, established in the 1980s based on attachment science. It employs a humanistic, experiential approach to restructure emotional experience, alongside a systemic structural approach to amend interactions. Extensive research underpins EFCT's effectiveness, showcasing substantial treatment effect sizes with enduring results. EFCT has been utilized successfully across diverse settings and with various couples facing challenges like depression, anxiety, or forgiveness dilemmas. It's employed across North America, Europe, Australia, among others, with both traditional and non-traditional couples, demonstrating its wide applicability and effectiveness. Discover how EFCT can revolutionize your work with couples by exploring our courses below.

情緒取向伴侶治療（EFCT）是一種短期結構化的治療方法，包括 8 至 20 節的會談，於 1980 年代基於依附科學而建立。它採用人本主義、體驗式的治療方法來重組情緒經歷，同時採用系統性的結構方法來修正互動。廣泛的研究支持情緒取向伴侶治療的有效性，展示了巨大的治療效果和持久的果效。情緒取向伴侶治療已成功使用在不同的情況中，包括面臨著抑鬱、焦慮或寬恕困境等挑戰的各種伴侶。它在北美、歐洲、澳大利亞等地被採用，包括傳統和非傳統的伴侶，證明其廣泛的適用性和有效性。通過探索下面的課程，發現情緒取向伴侶治療如何可以徹底地改變你的伴侶治療工作。

EFCT Courses 情緒取向伴侶治療的課程

By becoming certified in Emotionally Focused Couple Therapy (EFCT), you can significantly enhance your therapeutic toolkit. This certification provides you with a research-supported approach to effectively address the intricate dynamics of couple relationships. As an EFCT therapist, you'll be able to facilitate deeper emotional connections and improved communication among couples, bolstering your professional expertise and increasing your appeal to clients seeking meaningful and lasting relationship transformations.

通過獲得情緒取向伴侶治療（EFCT）的認證，你可以顯著增強你的治療工具箱。該認證為你提供了一種有研究支持，有效解決伴侶關係中的複雜動態的方法。作為一名情緒取向伴侶治療師，你將能夠促進伴侶之間更深層次的情緒連結和更好的溝通，增強你的專業知識，並增加你對尋求有意義和持久的關係轉變的案主的吸引力。

Fundamentals of Emotionally Focused Therapy 情緒取向治療的基礎(Recommended Step 1 推薦的步驟 1)

Engage with the essence of Emotionally Focused Therapy (EFT) in our one-day Fundamentals of EFT course. Grounded in attachment science, this 6-8 hour workshop provides practical tools to enhance your therapeutic practice across individual, couple, and family modalities. Through didactic presentations, recorded client sessions, and experiential exercises, you'll explore key EFT concepts and interventions. This course is a stepping stone into the transformative world of EFT, aligning you with effective techniques to address anxiety, depression, and relationship issues. Take this leap to augment your professional skills and make a lasting impact in your therapeutic journey.

在我們為期一天的情緒取向治療的基礎課程中，接觸情緒取向治療（EFT）的本質。這個 6-8 小時的培訓以依附科學為基礎，提供實用工具，以增強你在個人、伴侶和家庭模式下的治療實踐。通過教學、錄影的會談和體驗式的練習，你將探索關鍵的情緒取向治療概念和介入。本課程是進入情緒取向治療變革世界的墊腳石，讓你與解決焦慮、抑鬱和人際關係問題的有效技術保持一致。邁出這一步，提高你的專業技術，並在你的治療之旅中產生持久的影響。

EFCT Externship 情緒取向伴侶治療初階培訓 (Step 2 第 2 步)

An Externship in Emotionally Focused Couples Therapy® training is the introductory 24-32 hour training in Emotionally Focused Couple Therapy (EFCT) and the first step towards certification. This workshop includes the observation of live and/or video recorded therapy sessions, presentations of theory and clinical techniques,

skills training exercises, and discussion of specific cases, clinical material and issues. An Externship will provide you with a roadmap to work with your clients' underlying emotions and facilitate therapy conversations that increase feelings of secure attachment, closeness and connection.

情緒取向伴侶治療的初階培訓是情緒取向伴侶治療（EFCT）24-32 小時的入門培訓，也是獲得認證的第一步。該培訓包括觀察現場和/或視頻錄製的治療會談、理論和臨床技術的介紹、技術練習以及對具體的案例、臨床資料和問題的討論。初階培訓將為你提供一個路線圖，以處理案主潛在的情緒，並促進治療對話，從而增加安全依附、親密和連結的感覺。

EFCT Core Skills 情緒取向伴侶治療的核心技巧 (Step 3 第 3 步)

EFCT Core Skills is an advanced educational program with four 12 hour modules, each focusing on distinct steps of the EFT model, delivered over approximately one year. Limited to 12-16 participants, it offers over 48 hours of intensive instruction, practical exercises, and feedback.

Starting in 2024, a 24-hour basic option will provide focused training online or in-person, covering the two stages essential for certification, with participants receiving certificates upon completion. Both the 48 and 24 hour options qualify as a step towards Certification as an Emotionally Focused Couple Therapist.

情緒取向伴侶治療的核心技巧是一項進階的教育課程，包含四個為期 12 小時的單元，每個單元側重於情緒取向治療模式的不同步驟，在大約一年的時間內提供。它僅限 12-16 名參加者，提供超過 48 小時的密集指導、實踐練習和反饋。

從 2024 年開始，將提供在線或實體 24 小時的基本選項，教授認證必不可少的兩個階段，參加者在完成後將獲得證書。48 小時和 24 小時選項都有資格成為獲得情緒取向伴侶治療師認證的一步。

SKILLS GUIDELINE FOR CERTIFICATION OVERVIEW 認證技術指南的概述

Learning and integrating the EFT model includes development of the following skills. This list can be used as a guideline to assist supervisors and applicants to assess for readiness for certification.

Additional specific details and information for each EFT modality (EFIT, EFCT & EFFT) are available on the ICEEFT members website whereas this document is offered as a generic overview.

學習和整合情緒取向治療模式包括培養以下的技術。此清單可用於幫助督導和申請人評估是否準備好進行認證的指南。每種情緒取向治療的模式（情緒取向個人/伴侶/家庭治療）的其他具體細節和資訊可在 ICEEFT 會員網站上找到，而本文檔僅作為提供通用的概述。

Alliance Skills 建立治療聯盟的技術

Therapist readily demonstrates 治療師隨時展示...

1. Attunement and empathic tracking of client's experience 感應和用同理心追蹤案主的體驗。
2. A safe-haven alliance (A.R.E.) including assessing risk, context, and contraindications 安全避風港的治療聯盟（情感上可親、敏銳回應、投入），包括評估風險、背景和不適合採用情緒取向治療的情況。
3. Focus on reactive patterns and validate client's attachment strategies 專注於反應性模式並肯定案主的依附策略。
4. Effectively engage with clients in all their diversity, including the negative impact of discrimination along with clients' strengths and resilience 有效地接觸案主的多樣化，包括承受歧視所帶來的負面影響以及案主的強項和抗逆能力。

Micro Skills 情緒取向治療的微技術

Therapist shows ability to 治療師表現出以下的能力...

5. Reflect and validate client's experience and identifies emotions and relational patterns 反映和肯定案主的體驗，找出情緒調節和關係互動的模式。
6. Validates vulnerabilities and coping strategies normalizing blocks 肯定較脆弱的部分和應對策略，看待當中的障礙視為普遍現象。
7. Asks evocative questions that help identify patterns, and elicit deeper emotions, underlying attachment fears, and longings 提問喚起回應的問題，從而找出互動模式並引發更深層次的情緒、潛在的依附恐懼和

渴望。

8. Asks open-ended questions and encourages self-reflection 提問開放式的問題並鼓勵自我反省。

9. Makes appropriate empathic conjectures that validate and deepen experience (e.g. self/other) 做適當的同理推測來肯定和深化體驗（例如對自我/他人的觀感

10. Uses all micro skills together with RISSSSSSC prosody – soft, simple, slow, specific, silence, slice thin, client's words, etc. 將所有微技術與 RISSSSSSC 的韻律一起使用：重複，圖像，放慢，精簡，柔和，具體，停頓，切薄，採用案主的詞彙

11. Heightens experience with images and client's emotional handles, where appropriate 在適當的情況下，使用圖像和案主情緒經驗的手柄來作強調。

12. Reframes experience, mostly in terms of attachment-related emotions 重新界定體驗，主要是採用與依附相關的情緒。

13. Evokes emotional experience and choreographs engaged encounters/enactments 喚起情緒體驗和編舞情感投入的相遇/現場演練。

14. Paces risk-taking holding client within the leading edge (e.g. window of tolerance) 調整速度/強度來處理風險，創建安全，將案主保持在情緒的前沿（例如保持在容納情緒視窗的範圍之內）。

Tango Skills 情緒取向治療探戈的技術

Therapist shows ability to 治療師表現出以下的能力...

15. **Move 1:** Identify relational patterns and affect regulation processes leading to self-perpetuating cycles **舞步 1:** 反映導致自我延續惡性循環的關係互動模式以及情緒調節過程。

16. **Move 2:** Assemble Emotion – Pinpoints trigger, perception, body sensation, meaning and action by focusing on and processing core emotions **舞步 2:** 拼合情緒的核心元素：通過專注和處理核心情緒來確定情緒刺激、感知、身體感覺、意義和行動。

17. **Move 2:** Distills emotion with RISSSSSSC and engages present experience in highly focused manner **舞步 2:** 使用 RISSSSSSC 提煉情感，並以高度集中的方式投入當下的體驗。

18. **Move 3:** Sets up encounters/enactments that prompt new awareness and /or bonding experience **舞步 3:** 編舞相遇/現場演練，以提示新的意識和/或連結經歷。

19. **Move 4:** Processes encounters (Move 3) with client(s) **舞步 4:** 與案主處理（舞步 3）相遇中的經歷。

20. **Move 5:** Summarizes progress in the session, validating growth, contrasting new interactions and previous patterns **舞步 5:** 總結會話中的進度，肯定成長，對比新的互動和以前的模式。深化情緒透過重複、圖像、RISSSSSSC、具體、實質，活生生地引領案主進入及透過現場演練，反映及逐小點滴去處理冒險，準確指出重點訊息及時刻。

Additional Certification Steps 其他的認證步驟

A Certified EFCT Therapist is one whose expertise in this model of therapy is recognized by the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT). The primary goals of certification are to promote competence in the practice of EFCT and to ensure maintenance of these standards through both the supervision and training of this approach.

認證的情緒取向伴侶治療師是指在這種治療模式方面的專業知識得到情緒取向治療追求卓越國際中心（ICEEFT）的認可。認證的主要目標是提高情緒取向伴侶治療的實踐能力，並通過這種治療方法的督導和培訓來確保保持這些標準。

Step 4: Supervision 第 4 步：督導

Minimum of 8 hours of EFCT Supervision which can include up to 4 hours of group supervision.

[Connect on the ICEEFT Members site.](#)

至少 8 小時情緒取向伴侶治療的督導，其中可能包括最多 4 小時的小組督導。

在 ICEEFT 會員網站上聯繫。

Step 5: Application Package to ICEEFT 第 5 步：將申請文件送到 ICEEFT

Submit your application package to ICEEFT for review by a Certified EFT Supervisor and Trainer. Full details are available to [ICEEFT Members](#).

將你的申請認證的文件交給 ICEEFT，由認證的情緒取向治療的督導和培訓師進行審核。ICEEFT 會員可獲得完整的詳細資訊。

Achievement: Certified EFCT Therapist! 成就：認證情緒取向伴侶治療師！

Congratulations, you are a Certified EFCT Therapist! You have completed a major step on a lifelong learning journey. 恭喜，你是認證的情緒取向伴侶治療師！你已經完成了終身學習之旅的重要一步。

EFT Resources 學習情緒取向治療的資源

EFT Articles 有關情緒取向治療的文章

EFT articles offer a wealth of information on this evidence-based approach to couples and family therapy. These articles delve into the core principles and techniques of EFT, showcasing its effectiveness in helping individuals and relationships achieve emotional bonding, improved communication, and lasting positive change.

有關情緒取向治療的文章提供了有關這種基於證據的伴侶和家庭治療方法的大量資訊。這些文章深入探討情緒取向治療的核心原則和技術，展示了它在幫助個人和人際關係實現情感連結、改善溝通和持久的積極變化方面的有效性。

[Go to Page](#)

EFT Chapters 有關情緒取向治療的章節

Emotionally Focused Therapy chapters in other publications often provide in-depth case studies, clinical insights, and practical applications, making them valuable resources for mental health professionals seeking to enhance their therapeutic skills and knowledge in the field of couples and family therapy.

其他出版物中有關情緒取向治療的章節通常提供深入的案例研究、臨床見解和實際應用，使其成為尋求提高他們在伴侶和家庭治療領域的治療技術和知識的心理健康專業人士的寶貴資源。

[Go to Page](#)

EFT Books 情緒取向治療的書籍

EFT books serve as invaluable resources for therapists, offering a comprehensive understanding of EFT's principles and techniques. These books provide practical guidance and real-world examples, empowering therapists to enhance their skills in helping clients build stronger, more emotionally connected relationships.

情緒取向治療的書籍是治療師的寶貴資源，讓你全面地瞭解情緒取向治療的原理和技術。這些書籍提供了實用的指導和現實世界的例子，使治療師能夠提高他們的技能，幫助案主建立更強大、情感連結更緊密的關係。

[Go to Page](#)

Non English 非英語的資源

Non-English EFT publications play a crucial role in disseminating EFT principles and practices to a global audience. These publications offer therapists and researchers valuable resources in their native languages, facilitating the international expansion of EFT and enabling professionals to access the therapy's benefits worldwide.

非英語的情緒取向治療出版物在向全球受眾傳播情緒取向治療的原則和實踐方面發揮著至關重要的作用。這些出版物以他們的母語為治療師和研究人員提供了寶貴的資源，促進了情緒取向治療的國際擴張，並使專業人士能夠在全球範圍內獲得該療法的好處。

[Go to Page](#)

Join a Worldwide Community of EFT Therapists 加入全球情緒取向治療師的群體

As a member of the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT), you'll join a global network of over 8,000 professionals, access cutting-edge research, receive our quarterly newsletter, enjoy discounts on training, and increase your visibility through our therapist directory. Benefit from exclusive webinars, forums, and the chance to connect with peers and leaders in Emotionally Focused Therapy. Whatever your age, race, faith, gender identity, sexual orientation, class, ability, language or cultural background, you are welcome.

作為情緒取向治療追求卓越國際中心（ICEEFT）的成員，你將加入一個由 8,000 多名專業人士組成的全球網路，接觸前沿的研究，接收我們的季度通訊，享受培訓折扣，並通過我們的治療師目錄提高你的知名度。受益於獨家網路研討會、論壇，以及與情緒取向治療的同輩和領導者聯繫的機會。

無論你的年齡、種族、信仰、性別認同、性取向、階級、能力、語言或文化背景如何，我們都歡迎您。
8,000+ Member Therapists 治療師會員

90+ Regional Communities and Centers 區域群體和中心

40+ Countries Around the World 全球 40+ 國家

[Learn More About Becoming an ICEEFT Member](#) 瞭解更多關於成為 ICEEFT 會員的資訊

About Sue 關於蘇

Dr. Sue Johnson 蘇珊 強森 博士

My work is primarily about creating a secure sense of connection with self and with others. Emotion has a deep logic to it, and we can learn to use it as a compass to guide our steps as we move with others through life. Backed by years of research, my team and I want to help everyone learn about the revolutionary science of attachment and bonding. Growing emotionally and finding attachment at the heart of our humanity – what's more thrilling than that?

我的工作主要是創造一種與自我和他人安全的連結感。情緒有很深的邏輯，我們可以學會用它作為指南針，在我們與他人一起度過人生時指導我們的腳步。

在多年研究的支持下，我和我的團隊希望幫助每個人瞭解依附和連結的革命性科學。在情感上成長，並在我們人性的核心找到依附，還有什麼比這更令人興奮的呢？

Learn more about Sue at [瞭解更多關於蘇的資訊](#)

drsuejohnson.com