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Working With Emotion in Psychodynamic, Cognitive Behavior ...

Description. Description. Psychodynamic and psychoanalytic therapies see emotion as a gateway to meaning, and emotion often provides the initial motivation leading to therapeutic change. In this approach, emotion serves as both a container of memory and as an experiential process occurring in the moment, and therapists work with emotion in both forms to help uncover recurring patterns and resolve issues.

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Emotion Focused Therapy, or EFT, is based on the idea that emotions are not the only important factors in our lives, but the key to who we are. The theory behind EFT posits that we construct our very selves based on emotion (Greenberg, 2004). This theory has a lot of backing from emotion researchers, but it also makes intuitive sense.

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Emotionally Focused Therapy(EFT) is a short-term form of therapy that focuses on adult relationships and attachment/bonding. The therapist and clients look at patterns in the relationship and

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Cognitive therapy is a good choice for emotional children, as it involves reducing anxiety and learning new ideas and new ways to channel the child's feelings and energy. It will also help him or her to identify their inner thoughts, and try to replace the negative ones with more positive, helpful ones.

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Working actively with emotion has been empirically shown to be of central importance in psychotherapy, yet has been underemphasized in much of the writing on cognitive-behavioral therapy (CBT)....

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Working together, we can process the trauma so that it is a part of your story and not something that needs avoiding. We just need to work with your body a little. In the meantime, consider ...

To Heal Trauma, Work with the Body | Psychology Today

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