



# Emotionally Focused Couple Therapy with Trauma Survivors: Strengthening Attachment Bonds

*Susan M. Johnson EdD*

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## **Emotionally Focused Couple Therapy with Trauma Survivors: Strengthening Attachment Bonds**

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This book provides a theoretical framework and an innovative model of intervention for distressed couples whose relationships are affected by the echoes of trauma. Combining attachment theory, trauma research, and emotionally focused therapeutic techniques, Susan M. Johnson guides the clinician in modifying the interactional patterns that maintain traumatic stress and fostering positive, healing relationships among survivors and their partners. In-depth case material brings to life the process of assessment and treatment with couples coping with the impact of different kinds of trauma, including childhood abuse, serious illness, and combat experiences. The concluding chapter features valuable advice on therapist self-care.

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