



Emotion-Focused Therapy for Generalized Anxiety

Jeanne C. Watson, Leslie S. Greenberg

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Generalized anxiety disorder (GAD), characterized by near-constant distress, is resistant to many treatments. However, master therapists Jeanne Watson and Leslie Greenberg argue that emotion-focused therapy (EFT) is uniquely capable of targeting the maladaptive emotional schemes that underlie GAD and promoting long-term change. In this detailed guide, they walk readers through the stages of EFT and describe techniques that therapists can use to build healing therapeutic relationships with their clients, address deep-rooted emotional pain, transform unhealthy coping mechanisms, and develop self-soothing strategies. Vivid case transcripts illustrate these methods being applied in actual practice.

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