

# EFFT Publications

## ARTICLES:

1. [Hirschfeld, M.R. & Wittenborn, A.K. \(2016\)](#). "Emotionally focused family therapy and play therapy with children whose parents are divorced." *Journal of Divorce and Remarriage*, 57(2), 133-150.
2. [Willis, A.B., Haslam, D.R., & Bermudez, J.M. \(2016\)](#). "Harnessing the power of play in EFFT with preschool children." *Journal of Marital and Family Therapy*, 42(4), 673-687.
3. [Stavrianopoulos, K., Faller, G., & Furrow, J.L. \(2014\)](#). "Emotionally Focused Family Therapy: Facilitating Change within a Family System." *Journal of Couple & Relationship Therapy*, 13(1), 25-43.
4. [Schade, L. C. \(2013\)](#). "Non-suicidal Self-Injury (NSSI): A Case for Using Emotionally Focused Family Therapy." *Contemporary Family Therapy*, 35(3), 568–582.
5. [Palmer, G., & Efron, D. \(2007\)](#). "Emotionally Focused Family Therapy: Developing the Model." *Journal of Systemic Therapies*, 26(4), 17-24.
6. [Furrow, J. L., & Palmer, G. \(2007\)](#). "EFFT and blended families: Building bonds from the inside out." *Journal of Systemic Therapies*, 26, 44-58.
7. [Efron, D., & Bradley, B. \(2007\)](#). "Emotionally focused therapy (EFT) and emotionally focused family therapy (EFFT): A challenge/opportunity for systemic and post-systemic therapists." *Journal of Systemic Therapies*, 26(4), 1–4.
8. [Wittenborn, A.K., Faber, A.J., Harvey, A.M., & Thomas, V.K. \(2006\)](#). "Emotionally focused family therapy and play therapy techniques." *The American Journal of Family Therapy*, 34(4), 333-342.
9. [Efron, D. \(2004\)](#). "The use of emotionally focused family therapy in a children's mental health center." *Journal of Systemic Therapies*, 23(3), 78–90.
10. [Johnson, S.M., Maddeaux, C. & Blouin, J. \(1998\)](#). "Emotionally focused family therapy for bulimia: Changing attachment patterns." *Psychotherapy: Theory, Research and Practice*, 35, 238-247.

## CHAPTERS:

1. Aikin, N., Aikin, P. (2018). "Hold Me Tight/Let Me Go Enrichment Program for Families and Teens." In J. Lebow, A. Chambers, D. Breunlin (Eds.), [Encyclopedia of Couple and Family Therapy](#). Cham, Switzerland: Springer Science and Business Media.
2. Furrow, J. L. & Palmer, G. (2017). "Emotionally focused family therapy." In J. Lebow, A. Chambers, D. Breunlin (Eds.), [Encyclopedia of Couple and Family Therapy](#). Cham, Switzerland: Springer Science and Business Media.
3. Palmer, G. (2017). "Emotionally Focused Family Therapy for Stepfamilies: Building Security for Children in the Face of Complexity and Change." In Jennifer Fitzgerald (Ed.), [Foundations for Couples' Therapy: Research for the Real World](#), pp. 395-403. Abingdon, Oxon: Routledge.

4. Furrow, J.L. & Palmer, G. (2011). "Emotionally focused therapy for remarried couples: Making new connections and facing competing attachments." In J. Furrow, S. Johnson, & B. Bradley (Eds.) [\*The EFT Casebook: New directions in treating couples\*](#), pp. 271-294. New York, NY: Routledge.
5. Bradley, B., & Johnson, S.M. (2005). "Task analysis of couple and family change events". In D. Sprenkle & F. Piercy (Eds.), [\*Research methods in family therapy\*](#), 2<sup>nd</sup> Edition, pp. 254-271. New York, NY: Guilford Press.
6. Furrow, J. L., Bradley, B., & Johnson, S. M. (2004). "Emotionally focused family therapy with complex family systems." In V. Bengston, A. Acock, K. Allen, P. Dilworth Anderson, & D. Klien (Eds.), [\*Sourcebook of family theory and research\*](#), pp. 220 – 225. Thousand Oaks, CA: Sage.
7. Johnson, S. M., & Boisvert, C. (2002). "Treating couples and families from the humanistic perspective: More than symptoms, more than solutions." In D. Cain & J. Seeman (Eds.), [\*Humanistic psychotherapies: Handbook of research and practice\*](#), pp. 309-338. Washington, DC: APA Press.
8. Johnson, S.M. & Lee, A. (2000). "Emotionally focused family therapy: Restructuring attachment." In C.E. Bailey (Ed.), [\*Children in therapy: Using the family as a resource\*](#), pp. 112-136. New York, NY: Norton.

## BOOKS:

1. [Johnson, S.M.](#) (Available for pre-order). *Attachment Theory in Practice — Emotionally Focused Therapy (EFT) for Individuals, Couples and Families*. New York, NY: Guilford Press.
2. [Furrow, J., Palmer, G., Johnson, S.M., Faller, G., & Palmer-Olsen, L.](#) (Available for pre-order) *Emotionally Focused Family Therapy: Restoring Connection and Promoting Resilience*. New York, NY: Brunner/Routledge.
3. Aikin, N., & Aikin, P.A. (2017). [Hold Me Tight®/Let Me Go Facilitators' Guide for Small Groups](#). Ottawa, Canada: ICEEFT.  
**NOTE:** This book is part of the [Hold Me Tight®/Let Me Go Relationship Education & Enhancement Program for Families with Teens](#). The program includes the books, *Hold Me Tight* and *HMT®/LMG Facilitators' Guide*, and the DVD, *Hold Me Tight®/Let Me Go: Conversations for Connection*.
4. Johnson, S.M., Bradley, B., Furrow, J., Lee, A., Palmer, G., Tilley, D., & Woolley, S. (2005). [Becoming an Emotionally Focused Therapist: The Workbook](#). New York, NY: Brunner Routledge.
5. Johnson, S.M. (2004). [The Practice of Emotionally Focused Couple Therapy: Creating Connection](#), 2<sup>nd</sup> edition. New York, NY: Brunner /Routledge.