

THE BENEFITS OF EFT

EFT is one of the fastest growing models of couple therapy and marriage counseling available today.

- Diffuse conflict
- Feel closer and more connected to your partner
- Improve emotional, physical, and sexual intimacy
- Resolve old problematic issues in your relationship

When completing EFT, ninety percent (90%) of couples improve their relationships.

The next leading model of couple therapy is only 35% for improving relationships.

Resolve your issues without returning to their old unhealthy communication patterns in the future.

Adaptable to a variety of complex situations, including helping couples heal after affairs and cope with difficult life stressors, such as chronic illness.

Effective in difficult life circumstances Research studies show that it is also effective with couples in which one or both partners struggle with depression, anxiety, low self-esteem, a traumatic childhood background, as well as sexual problems, such as low sexual desire.

Better Health Couples in happy relationships tend to enjoy better general health and wellness. Researchers have found that marital satisfaction has been linked to better immune system functioning, recovery from illness and injuries, and management of stressful situations.

EFT offers...

Benefit #1: An Attachment Framework

A compelling model of adult love helps you to formulate the couple's presenting issues through an attachment lens and get to the heart of their problems.

Benefit #2: A Comprehensive Roadmap to Heal Distressed Relationships

A healing process that produces lasting results in only 10 steps, divided into 3 stages: The first stage, **Cycle De-escalation**, focuses on helping couples unlatch from conflict, ease tension, and diffuse power struggles. Typically, frequency and intensity of conflict decline markedly, creating safety for the second stage of marriage counseling, **Reconnection**, which enhances relationship intimacy. During Reconnection, the partners learn to communicate their needs in a manner that creates closeness and enhances responsiveness to each other. The new ways of interacting come together in the third stage, **Consolidation**, as partners resolve long standing issues in their relationship and prepare to end therapy.

Benefit #3: A Method Validated by Empirical Research

You can have confidence in a method that has over 20 years of scientific research attesting to its high success rate. Over 90% of couples improve their level of satisfaction in the relationship after working with an EFT trained therapist. Between 70-73% of couples recover on standard measures of marital distress and the relapse rate is very low compared to other couple therapies.

Benefit #4: Grounded Therapeutic Methods that Work With Even the Most Challenging Couples

The therapeutic strategies of EFT enable you to overcome hurdles known to impede the effectiveness of other therapies. For instance, research finds EFT to be highly effective with couples who present with poor prognostic indicators (for other therapeutic approaches), such as, very low marital satisfaction and partners lacking in emotional awareness.

Benefit #5: Effective Interventions for Breaking Through Relationship and Therapeutic Impasses

Intervention techniques are specifically designed to break through highly stuck relationship impasses and attachment injuries.