

NEW DEVELOPMENTS IN EMOTION-FOCUSED THERAPY FOR COUPLES

Rhonda Goldman, PhD

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Auditoire Christian Müller – Site de Cery – 1008 Prilly

suivie d'un apéritif

Entrée libre

La présentation se fera en anglais

Introductions

Professeure Kerstin von Plessen,
Cheffe de Département de Psychiatrie-CHUV

Professeur Ueli Kramer,
Directeur de l'Institut Universitaire de Psychothérapie,
Département de Psychiatrie-CHUV

Emotion-focused therapy for couples (EFT-C) aims to transform negative emotional cycles through facilitating each partner to embrace and reveal emotional vulnerabilities, a process shown to lead to healing. Although the formula sounds straightforward, its practical therapeutic application involves considerable complexity. In this talk, Goldman will present highlights from her forthcoming book that is strongly focused on therapeutic practice in EFT-C. After many years of conducting and researching both EFT for individuals and couples, Goldman and Greenberg have developed a model that crosses over and incorporates work with both couples' interaction and individual processes, flexibly, in the same theoretical model. Goldman will present a new phase of EFT-C that focuses on individual processes within couples. Additional highlights include an explication of therapist intervention strategies including a theory of EFT-C case formulation. Topics of sexual intimacy, gender, and culture will be briefly touched upon.

Rhonda Goldman, PhD, is one of the primary co-developers of Emotion-Focused Therapy (EFT) for individuals and couples. She is a Professor at the Chicago School in Chicago and a visiting professor at the University of Lausanne, 2026-2027. She runs the Emotion-Focused Therapy Institute in Chicago. She is actively involved with research, development, practice, and training in EFT. In addition to her upcoming book on EFT for Couples, she has co-authored seven texts on Emotion-Focused Therapy (EFT), including Learning Emotion Focused Therapy (2025, 2004) Deliberate Practice in Emotion-focused therapy (2021), the Clinical Handbook of Emotion-focused Therapy (2019), Case Formulation in Emotion-focused Therapy (2015), Emotion-focused Couples Therapy (2008), Case Studies in Emotion-focused Therapy (2007). She has written many journal articles and book chapters on empathy, vulnerability, depression, and emotion. She is a founding board member of the International Society of Emotion-focused Therapy (ISEFT). She is a past-president of the Society for the Exploration of Psychotherapy Integration (SEPI). She is a past editor of the journal Person-Centered and Experiential Psychotherapies. Dr. Goldman has traveled extensively, teaching and training in Emotion-focused therapy for both couples and individuals throughout Asia, Europe, North and South America.