

interruptions to contact with self and other or neurotic self-regulation. In-
case formulation, but it did identify certain problem determinants such as
mulation approach. Gestalt therapy (Perls et al., 1951) did not directly use
Neither of these therapy theories, however, originally developed a case for-
the humanistic tradition, specifically client-centered and Gestalt therapy.
The EFT approach to case formulation is very much embedded within

the self and creating new meaning.
tion on emotion in the practice of therapy with the goal of strengthening
by-moment awareness, regulation, expression, transformation and reflec-
family systems theory (Thelen & Smith, 1994). EFT focuses on moment-
Doux, 1996; Davidson, 2002; Lane & Nadel, 2000), and dynamic and
Leventhal, 1986; Greenberg & Safran, 1987), affective neuroscience (Le
cognition theory (Arnold, 1960; Fridja, 1986; Pascual-Leone, 1984, 1991;
(Rogers, 1951, 1957; Perls, Hefterline, & Goodman, 1951), emotion and
This model is informed by both humanistic-phenomenological theory
son, 1988; Greenberg, Rice, & Elliott, 1993; Greenberg & Watson, 2005).
2002; Elliott, Watson, Goldman, & Greenberg, 2004; Greenberg & John-
terms of modern emotion theory and affective neuroscience (Greenberg,
(PE), is a neohumanistic experiential approach to therapy reformulated in
Emotion-focused therapy (EFT) also known as process-experiential therapy

HISTORICAL BACKGROUND OF THE APPROACH

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Case Formulation in Emotion-Focused Therapy

Chapter 13

RELATION METHODS

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