



LifeChange

Psychotherapy Institute



Listen to your Heart and Change Your Life

Emotionally Focused Couples Therapy Is Evidence-Based

- Rooted in Attachment Theory
- Effective in Decreasing Negative Fight Patterns
- Average treatment is between 8 and 20 sessions

Self-pay only.

No insurances are billed for couples therapy.

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Achieve Your Couple Goals

Relationships can be difficult, but we can help. Life Change Psychotherapy Institute has extensively trained Couples Counselors to help struggling couples thrive. Your relationship could benefit in the following ways:

- Change key emotional responses
- Create an increase in positive interactions
- Foster a closer, more intimate bond
- Decrease relationship stress
- Long-lasting positive outcomes

Space is limited, so call today for an appointment.

**Learn more about our center
and our counselors at
www.lifechangetherapy.net**





What is Emotionally Focused Couples Therapy?

Emotionally focused couples therapy (EFCT) is a structured, brief therapy developed by Dr. Sue Johnson in the 1980s and has been shown to be effective with a range of couples. The therapy is rooted in attachment theory, which links emotional responsiveness and engagement to a secure relationship bond. EFCT helps couples who are committed to each other--but tend to have the same fights repeatedly--by changing the ways partners interact with each other. When the couple can change unhealthy interactions with more helpful interactions, a more secure bond is created in the relationship. Therapists also help the couple work on an awareness of emotions and emotional triggers that start the negative “dance” patterns in their partner. By listening and understanding their partner, a new “dance” gets created. This draws the partners closer together and fosters greater trust and intimacy.

Is EFCT effective?

Focusing on resolving underlying core issues--instead of just reducing symptoms--makes EFCT an effective choice for therapy. EFCT has a strong empirical base of evidence that supports the intervention and has been designated an “evidence-based” practice by the American Psychological Association’s Task Force on Empirically Validated Treatments. Couples participating in EFCT can decrease distress in the relationship by interacting in more effective ways. Follow-up studies show positive outcomes of treatment for years after therapy has ended.

At Life Change Psychotherapy Institute, our couple therapists are trained specifically in the EFCT model, and we pride ourselves in engaging in ongoing training within the EFCT model.