

What is Attachment Theory? EFT? Discernment Counseling? CBT?

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**Attachment theory** suggests that it is through our first relationship, usually with our mother, that much of our future well-being is determined. This is a very oversimplified statement but it places emphasis on our bonds and also sheds light on the reality that we have a ‘native language’ that we were taught before we had the ability to speak. We knew in our bones who we could trust and if we were safe. Family therapy is a place to feel safe and explore why we have been brought to our current way of being in relationship.

Using a technique called **Emotion Focused Therapy (EFT)** couples learn to identify their primary emotions and begin to teach their partner what they need in the moment. They leave behind the defensive dance and negative interactions such as pursuer / ‘distancer’ or blamer. Research shows that troubles have been playing out for an average of three years before a couple seeks help. Remember that therapy positively impacts 70% of couples who receive treatment. Practicing a new way of being in relationship in therapy session will follow the couple out the doors and into their homes. Coming home can feel like a safe haven and secure base again. The answers to “Are you there for me?” and “Can I count on you?” become a resounding “Yes!” Accessing primary emotions (instead of secondary emotions that cover them up - such as defensiveness) couples can reframe their relationship and change their negative interactions. What naturally follows is a strengthening of the emotional bond. This is an evidence based therapeutic process that takes practice but it has been proven. It works.

But even if you think it is over, Anchor Counseling offers a specialized process for end stage relationships called **Discernment Counseling**. This technique can be used to help navigate toward the possibility of reconciliation or reduce the painful effects of divorce. It is never too late get the help you need.

**Cognitive Behavior Therapy (CBT)**. This is a form of therapy that has been proven effective. CBT is one of the evidence based methods that brings science and psychology together. Great care is given to understanding the connection between our emotions, our behavior and our thoughts (also known as the cognitive triangle). When a client is searching for ways to alleviate symptoms of depression, anxiety and maladaptive behavior this form of therapy is highly effective. CBT involves teaching and practicing relaxation techniques, mindfulness training and positive imagery

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exercises. Homework, psychoeducation, and motivational interviewing are common methods used in CBT and work well with any age group. The client can see results quickly and begin to move out of a state of stress and into a strong and lasting recovery.