

# EMOTION-FOCUSED COPING

Emotion-focused coping refers to strategies to manage stress that involve emotional regulation. It is juxtaposed to the problem-focused approach.

## DEFINITION

Lazarus and Folkman (1984) make a distinction between problem-focused and emotion-focused coping:

"a distinction that we believe is of overriding importance, namely, between coping that is directed at managing or altering the problem causing the distress and coping that is directed at regulating emotional response to the problem" (p. 150).

## EXAMPLES

**Journaling:** Writing about stressful events is a way of releasing negative energy. Describing what happened can increase perceptions of control and help regulate emotions.

**Selective Attention:** After a difficult day at work, focusing on the positive things that happened can reduce the anxiety of the negative events that occurred that day.

# Emotion And Focus

**Mick Power**



## **Emotion And Focus:**

**Emotion and Focus** Helen Fay Nissenbaum,1985      Emotion and Focus Helen Nissenbaum,1986-01-01 The author s aim to discover the conception of emotion that is couched in a commonsense view of the world and is reflected in ordinary discourse

**Emotion-focused Couples Therapy** Leslie S. Greenberg,Rhonda N. Goldman,2008 In Emotion Focused Couples Therapy The Dynamics of Emotion Love and Power authors Leslie S Greenberg and Rhonda N Goldman explore the foundations of emotionally focused therapy for couples They expand its framework to focus more intently on the development of the self and the relationship system through the promotion of self soothing and other soothing to deal with unmet needs both from the client s adulthood and childhood and to work more explicitly with emotions specifically fear anxiety shame power joy and love The authors discuss the affect regulation involved in three major motivational systems central to couples therapy attachment identity and attraction and clarify emotions and motivations in the dominance dimension of couples interactions Written with practitioners and graduate students in mind the authors use a rich variety of case material to demonstrate how working with emotions can facilitate change in couples and by extension in all situations where people may be in emotional conflict with others Greenberg and Goldman provide the tools needed to identify specific emotions and show the reader how to work with them to resolve conflict and promote bonding in couples therapy

**Focus (HBR Emotional Intelligence Series)** Harvard Business Review,Daniel Goleman,Heidi Grant,Amy Jen Su,Rasmus Hougaard,Maura Nevel Thomas,2018-11-13 The importance of achieving focus goes well beyond your own productivity Deep focus allows you to lead others successfully find clarity amid uncertainty and heighten your sense of professional fulfillment Yet the forces that challenge sustained focus range from dinging phones to office politics to life s everyday worries This book explains how to strengthen your ability to focus manage your team s attention and break the cycle of distraction This volume includes the work of Daniel Goleman Heidi Grant Amy Jen Su Rasmus Hougaard HOW TO BE HUMAN AT WORK The HBR Emotional Intelligence Series features smart essential reading on the human side of professional life from the pages of Harvard Business Review Each book in the series offers proven research showing how our emotions impact our work lives practical advice for managing difficult people and situations and inspiring essays on what it means to tend to our emotional well being at work Uplifting and practical these books describe the social skills that are critical for ambitious professionals to master

**Emotion-focused Therapy for Depression** Leslie S. Greenberg,Jeanne C. Watson,2005 A practical manual for the emotion focused treatment EFT of depression it covers theory case formulation treatment and research in a way to make this complex form of therapy accessible to all readers The authors discuss the nature of depression and its treatment examine the role of emotion and present a schematic model of depression

**Handbook of Positive Psychology** C. R. Snyder,Shane J. Lopez,2001-12-20 Psychology has long been enamored of the dark side of human existence rarely exploring a more positive view of the mind What has psychology contributed for example to our understanding of the various human virtues

Regrettably not much The last decade however has witnessed a growing movement to abandon the exclusive focus on the negative Psychologists from several subdisciplines are now asking an intriguing question What strengths does a person employ to deal effectively with life The Handbook of Positive Psychology provides a forum for a more positive view of the human condition In its pages readers are treated to an analysis of what the foremost experts believe to be the fundamental strengths of humankind Both seasoned professionals and students just entering the field are eager to grasp the power and vitality of the human spirit as it faces a multitude of life challenges The Handbook is the first systematic attempt to bring together leading scholars to give voice to the emerging field of positive psychology

**Focus on Feelings(R): Learning More About My Feelings** Carmen Jimenez-Pride,2021-03-16 Learning more about my Feelings is a resource that focuses on 20 feelings often expressed by older children This book introduces feelings in three ways 1 Visually by showing the emotion 2 Explaining by providing an easy to follow meaning of the emotion 3 Demonstration is given in a scenario form Focus on Feeling R Learning More about my Feelings is written to be used in various settings such as the classroom therapy room or home setting This book gives the educator flexibility to teach the feelings utilizing creative methods This book gives the reader a sense of independence and achievement of gaining an understanding of the feelings when reading alone

Processing Emotional Pain using Emotion Focused Therapy Melissa Harte,2019-10-18 Emotional pain is part of most people s reality For some of us though that pain can begin to impact on our ability to function in our everyday life Despite years of valiant attempts to resolve or deny such pain we may continue to suffer Before her untimely death early in 2021 Dr Melissa Harte had experienced her own journey through emotional pain that led her eventually to become a counseling psychologist and an internationally accredited Emotion Focused Therapy EFT trainer She spent years teaching hundreds of therapists how to use EFT as well as running her own thriving private practice The legacy of her considerable skill and knowledge remains in this book which sets out a framework and model that works gently effectively and deeply to assist in reversing the psychological emotional spiritual and physical damage of unresolved emotional pain Applicable to a range of practitioners including counsellors and psychologists this book will help you to help your clients whose emotional pain may be attachment related be a single episode a series of major trauma experiences or the culmination of many so called small t trauma events This is a how to book presenting techniques and concepts to assist practitioners including investigating the use of the impacts of trauma case studies an area until very recently often overlooked or minimised when formalising case histories Chapters also address The dilemma with the DSM 5 diagnostic criteria for posttraumatic stress disorder PTSD The value of understanding the importance of emotions and how as adaptive experiences they provide essential information that can assist us in our daily lives The concept of emotional pain and how to work through it with an extended version of the focusing task including the influences that helped to shape the task and its significant components The challenges around identifying dissociation and how to manage it The use of chair work as another element of working through emotional pain At

Melissa's request all royalties from sales of her book will go to the Australian Institute for Emotion Focused Therapy

Emotionally Focused Therapy for Couples Leslie S. Greenberg, Susan M. Johnson, 1988-10-07 This influential volume provides a comprehensive introduction to emotionally focused therapy EFT its theoretical foundations techniques and clinical practice EFT is a structured approach to couple therapy that integrates intrapsychic and interpersonal perspectives to help couples create new more satisfying interactional patterns Since the original publication of this book EFT has been implemented and tested with growing numbers of couples in a wide range of settings The authors who codeveloped the approach illuminate the power of emotional experience in relationships and in the process of therapeutic change The book is richly illustrated with case examples and session transcripts

**Emotion Focused Therapy for Youth** Mirisse Foroughe, 2023-07-13 This edited collection is the first book of its kind to apply the theory research and teaching of Emotion Focused Therapy to youth and their families equipping clinicians and students with the practical skills to facilitate individual dyadic and parent sessions confidently Mirisse Foroughe is joined by an impressive group of internationally acclaimed contributors including clinician scientists and scholars as well as the developer of Emotion Focused Therapy Dr Leslie Greenberg This clinical manual offers a trauma informed perspective on how to apply EFT for primary care of youth as well as more complex mental health difficulties The manual begins with an incredibly user friendly overview of core EFT principles before moving onto clinical applications with individual youth parents and dyads The contributors then address how EFT can be implemented with specific client populations such as youth with anxiety depression and borderline personality disorder before examining important considerations that clinicians should bear in mind when working with parent and youth trauma and complex clinical presentations Interweaving a trauma informed perspective throughout the manual is filled with practical summary tables helpful tips and eye catching illustrations to ensure it is useful for students and experienced therapists Emotion Focused Therapy for Youth is essential reading for marriage and family therapists clinical social workers and other mental health professionals working with youth and their families

Emotion-Focused Counselling in Action Robert Elliott, Leslie Greenberg, 2021-02-24 This is the definitive introduction to the theory and practice of emotion focused counselling Starting with an introduction to the main theory and concepts it then guides you through the counselling phases from beginning to end The final chapter extends your learning by examining different client populations process research and ways of monitoring your practice Chapters include features such as case studies and transcripts further reading sections and reflective exercises that help you to enhance your understanding of the approach

**Emotion-Focused Couples' Communication Program** Dr. Joshy Vazhappilly CMI, 2018-04-06 There is no perfect marriage In all relationships there will be stages of fluctuations Intimacy and understanding may not always remain at a high level Couples may sometimes feel that they are living with strangers their passion ebbing out like a receding tide and they may feel trapped in the same old arguments over finance or kids And it is normal too Life may seem to go in a monotonously

boring way with all its daily stresses propelling emotional distance between the partners and ushering in boredom in the bedroom. However, the problem arises when partners neglect or fail to address these fluctuations in a constructive and positive manner. This will lead them to coldness and distance, conflicts of interests, disagreements in decisions, aggressiveness and violence in communication, even to the point of physical aggression and ultimately to the degeneration and dissolution of marriage and family. EFCCP proposes a novel style of communication based on Nonviolent Communication by Marshall Rosenberg and Emotionally Focused Therapy by Johnson. The program will teach the couples how to engage in a compassionate communication and how to relate to their own feelings and needs as well as to that of their partners in a constructive manner leading to reconnection and healing.

Emotion Focused Family Therapy with Children and Caregivers Mirisse Foroughe, 2018-03-15. This book introduces emotion focused family therapy (EFFT) as an evidence-based intervention for children through the integration of parent trauma treatment and emotion focused techniques. A team of expert authors, including the founders of EFT and EFFT, contribute to the chapters in which recent findings from longitudinal clinical trials are woven into a rich and deeply presented overview of using EFFT practically with clients. This immensely practical book also provides illustrative case studies, intervention strategies, and do's and don'ts at the end of each chapter.

**Emotion Regulation** Ivan Nyklíček, Ad Vingerhoets, Marcel Zeelenberg, 2007-10-23. An increasing number of studies have been conducted on the role of expression and regulation of emotion in health. Emotion Regulation addresses the question of these studies from diverse angles while encompassing conceptual, developmental, and clinical issues. Central concepts discussed in this volume that are related to health include coping styles and aggression, alexithymia, emotional intelligence, emotional expression, and depression, emotional expression, and anxiety disorders, in addition to the emotional competence in children.

*Coping* C. R. Snyder, 1999-03-25. Most people take the process of coping for granted as they go about their daily activities. In many ways, coping is like breathing, an automatic process requiring no apparent effort. However, when people face truly threatening events, what psychologists call stressors, they become acutely aware of the coping process and respond by consciously applying their day-to-day coping skills. Coping is a fundamental psychological process, and people's skills are commensurately sophisticated. This volume builds on people's strengths and emphasizes their role as positive copers. It features techniques for preventing psychological problems and breaks from the traditional research approach, which is modeled on medicine and focuses on pathology and treatment. Collecting both award-winning research and new findings, this book may well set the agenda for research on stress and coping for the next century. These provocative and readable essays explore a variety of topics, including reality negotiation, confessing through writing, emotional intelligence, optimism, hope, mastery-oriented thinking, and more. Unlike typical self-help books available at any newsstand, this volume features the work of some of the most eminent researchers in the field. Yet like those books, it is written for the general reader as well as for the specialist and includes numerous practical suggestions and techniques. It will prove an invaluable tool for a wide range of

readers     **Handbook of Emotions** Lisa Feldman Barrett, Michael Lewis, Jeannette M. Haviland-Jones, 2018-03-20  
 Recognized as the definitive reference this handbook brings together leading experts from multiple psychological subdisciplines to examine one of today's most dynamic areas of research. Coverage encompasses the biological and neuroscientific underpinnings of emotions as well as developmental, social, and personality, cognitive, and clinical perspectives. The volume probes how people understand, experience, express, and perceive affective phenomena and explores connections to behavior and health across the lifespan. Concluding chapters present cutting edge work on a range of specific emotions. Illustrations include 10 color plates. New to This Edition: Chapters on the mechanisms, processes, and influences that contribute to emotions such as genetics, the brain, neuroendocrine processes, language, the senses of taste and smell; Chapters on emotion in adolescence and older age and in neurodegenerative dementias; Chapters on facial expressions and emotional body language; Chapters on stress, health, gratitude, love, and empathy. Many new authors and topics extensively revised with the latest theoretical and methodological innovations. A Choice Outstanding Academic Title.     *Understanding Consumer Decision Making* Thomas J. Reynolds, Jerry C. Olson, 2001-05 This edited volume will help business and academic researchers understand the means-end approach to understanding consumers. This is a qualitative marketing research method to gain customer insight into decision making.     Emotional Development and Families Julie Hakim-Larson, 2017-09-30 This lively and engaging book conducts a thorough review of the current research literature in developmental psychology and socialisation and then clearly links theory to practical applications in both clinical and everyday situations. Life's first important lessons on how to handle emotions often emerge early on within family relationships forming the foundation for emotional development over the life span. Couples, siblings, parents, and extended family members all have profound influences on each other's emotional lives as well as on the lives of the children they are socialising. Students can expect to learn a wide range of relevant topics bringing together theory, practice, and research in a comprehensive and lucid way. Covering the main topics of emotional development, this textbook reviews contemporary research and makes recommendations for how students might practically use the findings in their future studies or in practice. Filled with a wealth of resources and suggestions for further reading, this book is an ideal supplementary text suitable for students taking undergraduate and postgraduate courses on developmental psychology, family psychology, and child clinical psychology. This book may also be helpful for those taking undergraduate and postgraduate courses on social work, counselling education, studies, and family studies.     *Emotion-Focused Cognitive Therapy* Mick Power, 2010-01-29 Emotion Focused Cognitive Therapy argues that it is time for a new focus in psychotherapy based on emotion and presents an innovative approach to the treatment of clients with emotional disorders. Features an approach based on the latest work in cognition and emotion. Offers psychologists an innovative way of working in therapy. Draws on the strengths evidence-based cognitive behavioural and interpersonal approaches to psychotherapy. Provides relevant case examples throughout the text. Additional resources for the

book available online here      **Foundations of Health Psychology** Howard S. Friedman, Roxane Cohen Silver, 2007 Health psychology is the scientific study of psychological processes related to health and health care Although the field is only 25 years old it has burgeoned into a major scientific and clinical discipline Health psychology has excellent scientific journals thousands of scientists and practitioners and many students Yet there has not been a sufficient statement or explication of the foundational concepts upon which this flourishing field is built Foundations of Health Psychology brings together top experts to provide a much needed conceptual base for this rapidly expanding field Rather than take a medical model approach the volume examines health psychology from a theoretical conceptual and psychological perspective After presenting an overview of the field's history and methods the contributors address core concepts of the biopsychosocial approach to health and then discuss applications to health promotion and illness prevention and treatment Providing a deep understanding of the intellectual foundations of health psychology this volume will be invaluable for both new and experienced researchers as well as students and other scholars seeking a firm basis for successful research and practice

## Enjoying the Tune of Term: An Emotional Symphony within **Emotion And Focus**

In a global eaten by monitors and the ceaseless chatter of instant interaction, the melodic splendor and emotional symphony developed by the prepared term frequently diminish into the back ground, eclipsed by the relentless noise and distractions that permeate our lives. Nevertheless, located within the pages of **Emotion And Focus** a marvelous fictional treasure overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that captivating masterpiece conducts visitors on an emotional journey, skillfully unraveling the concealed tunes and profound impact resonating within each carefully constructed phrase. Within the depths of the moving review, we will examine the book is main harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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