REFERENCES

Aldao, A., Nolen Hoeksema, S., & Schweiser, S. (2010). Emotion regulation across

psychopathology: A meta-analytic review. *Clinical Psychology Review*, 30, 217–237.

Alexander, F., & French, T. (1946). *Psychoanalytic Therapy: Principles and Application*. New

York: Ronald Press.

Arnold, M. B. (1960). *Emotion and Personality*. New York: Columbia University Press.

Barlow, D. H., Farshione, T., Fairholme, C., Ellard, K., Boisseau, C., Allen, L., et al.

(2011). Unified Protocol for Transdiagnostic Treatment of Emotional Disorders. New York:

Oxford University Press.

Barrett, L. F. (2004). Feelings or words?: Understanding the content in self-reported

ratings of experienced emotion. *Journal of Personality and Social Psychology*, 87,

266-281.

Beck, A. T., & Steer, R. A. (1993). *Beck Anxiety Inventory Manual*. San Antonio, TX:

Psychological Corp.

Beck, A. T., Steer, R. A., & Brown, G. K. (1996). *Manual for the Beck Depression Inventory*–

II. San Antonio, TX: Psychological Corp.

von Bertalanffy, L. (1968). *General System Theory*. New York: George Braziller.

Birnbaum, G. E. (2007). Attachment orientations, sexual functioning, and relationship

satisfaction in a community sample of women. *Journal of Social and Personal Relationships*,

24, 21–35.

Bowlby, J. (1969). *Attachment and Loss: Vol. 1. Attachment*. New York: Basic Books.

Bowlby, J. (1973). *Attachment and Loss: Vol. 2. Separation: Anxiety and Anger.* New York:

Basic Books.

Bowlby, J. (1980). Attachment and Loss. New York: Penguin Books.

Bowlby, J. (1988). A Secure Base. New York: Basic Books.

Bowlby, J. (1991). *Postscript*. In C. M. Parkes, J. Stevenson-Hinde, & P. Marris (Eds.),

Attachment Across the Lifespan (pp. 293–297). New York: Routledge. Briere, J. (2011). Trauma Symptom Inventory (TSI-2) Professional Manual (2nd ed.). Odessa,

FL: Psychological Assessment Resources.

Burgess Moser, M., Johnson, S. M., Tasca, G., & Wiebe, S. (2015).

Changes in relationship

specific romantic attachment in emotionally focused couple therapy. *Journal of Marital*

and Family Therapy, 42, 231-245.

Cassidy, J., & Shaver, P. R. (Eds.). (2016). *Handbook of Attachment: Theory, Research, and*

Clinical Applications (3rd ed.). New York: Guilford Press.

References

Castonguay, L. G., Goldfried, M. R., Wiser, S., Raue, P., & Hayes, A. (1996). Predicting

the effect of cognitive therapy for depression: A study of unique and common factors.

Journal of Consulting and Clinical Psychology, 64, 497–504.

Coan, J. A. (2016). Towards a neuroscience of attachment. In J.

Cassidy & P. Shaver

(Eds.), Handbook of Attachment: Theory, Research, and Clinical Applications (3rd ed., pp.

242-269). New York: Guilford Press.

Coombs, M., Coleman, D., & Jones, E. (2002). Working with feelings: The importance

of emotion in both cognitive-behavioral and interpersonal therapy in the NIMH

treatment of depression collaborative research program.

Psychotherapy, Theory, Research,

Practice, Training, 39, 233-244.

Csikszentmihalyi, M. (1990). Flow: The Psychology of Optimal Experience. New York:

Harper & Row.

Damasio, A. (1999). The Feeling of What Happens: Body and Emotion in the Making of

Consciousness. Boston, MA: Houghton Mifflin Harcourt.

Doyle, G. (2020). *Untamed*. New York: Dial Press, division of Penguin Random House.

Ekman, P. (2003). *Emotions Revealed*. New York: Henry Holt.

Elliott, R., Watson, J., Goldman, R., & Greenberg, L. (2004). *Learning Emotion-Focused*

Therapy: The Process Experiential Approach to Change. Washington,

DC: American

Psychological Association.

Feeney, J. (2005). Hurt feelings in couple relationships. *Personal Relationships*, 12, 253–271.

Frederickson, B. L., & Branigan, C. (2005). Positive emotions broaden the scope of

attention and thought-action repertoires. *Cognition and Emotion*, 19, 315–322.

Gates, M. (2019). The Moment of Life: How Empowering Women Changes the World. New

York: Flatiron Books.

Gendlin, E. T. (1981). Focusing. New York: Bantam Books.

Gendlin, E. T. (1996). Focusing Oriented Psychotherapy: A Manual of the Experiential

Method. New York: Guilford Press.

Germer, C. K., Siegel, R. D., & Fulton, P. R. (2003). *Mindfulness and Psychotherapy*. New

York: Guilford Press.

Gilbert, P., McEwan, K., Irons, C., Bhundia, R., Christie, R., Broomhead, C., & Rockliff,

H. (2010). Self-harm in a mixed clinical population: the roles of self-criticism, shame,

and social rank. *British Journal of Clinical Psychology*, 49(4), 563–576.

Gilbert, D. T. (2011). Buried by bad decisions. *Nature*, 474(7351), 275–277.

Goleman, D. (2003). *Destructive Emotions – How Can We Overcome?* New York, Bantam

Books.

Greenman, P. S., & Johnson, S. M. (2013). Process research on emotionally focused

therapy (EFT) for couples: Linking theory to practice. *Family Process*, 52, 46–61.

Greenman, P. S., Wiebe, S., & Johnson, S. M. (2017).

Neurophysiological processes in

couple relationships: Emotions, attachment bonds and the brain. In J. Fitzgerald (Ed.),

Foundations for Couples Therapy: Research for the Real World (pp. 291–301). New York:

Routledge.

Gross, J. J. (1998). The emerging field of emotion regulation: An integrative review. *Review*

of General Psychology, 2, 271-299.

Hughes, D. (2007). *Attachment Focused Family Therapy*. New York: Norton.

Hunt, M. J. (1998). The only way out is through. Emotional processing and recovery after

a depressing life event. *Behavior Research and Therapy*, 36, 361–384. James, W. (1890). *The Principles of Psychology, in Two Volumes*. New York: Henry Holt and

Company.

Johnson, S. M. (2020). Going virtual with couples *Networker*, November/December 2020.

R eferences

Johnson, S. M. (2019). Attachment Theory in Practice: Emotionally Focused Therapy (EFT)

with Individuals Couples and Families. New York: Guilford.

Johnson, S. M. (2019). The Practice of Emotionally Focused Couple Therapy: Creating

Connection (3rd ed.). New York: Brunner-Routledge.

Johnson, S. (2019). Emotionally Focused Individual Therapy (EFIT) — Working with Anxiety

and Depression [training video]. Ottawa, ON: ICEEFT.

Johnson, S. M., & Sanderfer, K. (2016). *Created for Connection: The "Hold Me Tight" Guide*

for Christian Couples. New York: Little, Brown.

Johnson, S. M. (2013). Love Sense: The Revolutionary New Science of Romantic Relationships.

New York: Little, Brown.

Johnson, S. M., Burgess Moser, M., Beckes, L., Smith, A., Dalgleish, T., Halchuk,

R., et al. (2013). Soothing the threatened brain: Leveraging contact comfort with

emotionally focused therapy. PLOS ONE, 8(11), e79314.

Johnson, S. M. (2009). Extravagant emotion: Understanding and transforming love

relationships in emotionally focused therapy. In D. Fosha, D. Siegel, & M. Solomon

(Eds.), The Healing Power of Emotion: Affective Neuroscience, Development and Clinical

Practice (pp. 257–279). New York: Norton.

Johnson, S. M. (2008). *Hold Me Tight: Seven Conversations for a Lifetime of Love*. New

York: Little, Brown.

Kashdan, T. B., Feldman Barrett, L., & McKnight, P. E. (2015).

Unpacking emotion

differentiaton: Transforming unpleasant experience by perceiving distinctions in

negativity. *Current Directions in Psychological Science*, 24, 10–19.

Kaufman, G. (1992). *Shame: The Power of Caring*. Rochester, VT: Schenkman Books.

Klein, M. H., Mathieu, P. L., Gendlin, E. T., & Kiesler, D. J. (1969). *The Experiencing Scale:*

A Research and Training Manual (Vol. 1). Madison: Wisconsin Psychiatric Institute.

Main, M., Kaplan, N., & Cassidy, J. (1985). Security in infancy, childhood, and adulthood:

A move to the level of representation. *Monographs of the Society for Research in Child*

Development, 50, 66–104.

Mennin, D. S., & Farach, F. (2007). Emotion and evolving treatments for adult

psychopathology. *Clinical Psychology: Science and Practice*, 14, 329–352.

Mikulincer, M., & Shaver, P. R. (2016). *Attachment in Adulthood: Structure, Dynamics, and*

Change (2nd ed.). New York: Guilford Press.

Mikulincer, M., Shaver, P. R., Gillath, O., & Nitzberg, R. A. (2005). Attachment.

caregiving and altruism: Boosting attachment security increases compassion and

helping. *Journal of Personality and Social Psychology*, 89, 817–839.

Miller, S. (2017). How psychotherapy lost its magic. *Psychotherapy Networker Magazine*,

April/May, 2017.

Minuchin, S., & Fishman, H. C. (1981). *Techniques of Family Therapy*. Cambridge, MA:

Harvard University Press.

Montagno, M., Svatovic, M., & Levenson, H. (2011). Short-term and long-term effects

of training in emotionally focused couple therapy: Professional and personal aspects.

Journal of Marital & Family Therapy, 37(4), 380-392.

Panksepp, J. (1998). *Affective Neuroscience: The Foundations of Human and Animal Emotions*.

New York: Oxford University Press.

Panksepp, J. (2009). Brain emotional systems and qualities of mental life: From animal

models of affect to implications for psychotherapeutics. In D. Fosha, D. J. Siegel, & M.

Solomon (Eds.), The Healing Power of Emotion: Affective Neuroscience, Development and Clinical Practice (pp. 1–26). New York: Norton. Pasual-Leone, A., & Yeryomenko, N. (2016). The client "experiencing" scale as a predictor of treatment outcomes: A meta-analysis on psychotherapy process. Journal of Psychotherapy Research, 27, 653–665.

References

Perls, F., Hefferline, R., & Goodman, P. (1951). *Gestalt Therapy:* Excitement and Growth in

the Human Personality. Goldsboro, ME: The Gestalt Journal Press.

Porges, S. W. (2011). The Polyvagal Theory: Neurophysiological Foundations of Emotion,

Attachment, Communication and Self-Regulation. New York: Norton.

Rogers, C. (1961). *On Becoming a Person*. Boston, MA: Houghton.

Sandberg, J. G., Knestel, A., & Cluff Schade, L. (2013). From head to heart: A Report

on clinicians' perceptions of the impact of learning emotionally focused couple therapy

on their personal and professional lives. *Journal of Couple & Relationship Therapy*, 12(1),

38-57.

Stern, D. N. (2004). *The Present Moment in Psychotherapy and Everyday Life*. New York: Norton.

Tronick, E. (1989). Emotions and emotional communication in infants. *American*

Psychologist, 44, 112–119.

Wiebe, S., Johnson, S., Allan, R., Greenman, P., Campbell, L., Tasca, G., & Fairweather,

D. (Study is in progress). A randomized controlled trial of an attachment-based

approach for anxiety and depression, Emotionally Focused Individual Therapy (EFIT).

Wiebe, S. A., Johnson, S. M., Lafontaine, M. F., Burgess Moser, M., Dalgleish, T., &

Tasca, G. A. (2016). Two-year follow-up outcomes in emotionally focused couple

therapy: An investigation of relationship satisfaction and attachment trajectories.

Journal of Marital and Family Therapy, 43, 227–244.

Yalom, I. (1980). Existential Psychotherapy. New York: Basic Books.