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Case Formulation in Emotion-Focused Therapy: Co-Creating Clinical Maps for Change

Rhonda N. Goldman and Leslie S. Greenberg

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This book presents a step-by-step process for constructing an emotion-focused case formulation, ready for use with clients. EFT case formulation focuses on the client s narrative content (the stories they tell) as well as emotional processing (how the client feels). By attending to the interaction between these two things and paying particular attention to the painful emotion underlying the presenting problem, therapists can make moment-to-moment decisions about how to proceed in therapy. Case examples apply the case formulation method to a cross-section of clinical disorders, including depression, anxiety, trauma, and eating disorders.

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