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Emotionally Focused Couples Therapy Study Guide

- 1) According to Sue Johnson, marriages fail for the following reason...
 - a) Increased conflict in the marriage
 - b) Decreased sex in the marriage
 - c) Decreased connection in the marriage
 - d) Increased responsibilities in the marriage

- 2) EFT is appropriate in the following situation...
 - a) Active abuse
 - b) Active conflict
 - c) Active addiction
 - d) Active affairs

- 3) The following are the theoretical foundation of EFT...
 - a) Thoughts, feelings, behaviors
 - b) Id, ego, superego
 - c) Distress tolerance, emotion regulation, interpersonal effectiveness
 - d) Attachment, systems, experiential

- 4) The goal of assessment is to...
 - a) Validate their behavior
 - b) Understand their position
 - c) Determine if there is a quick fix
 - d) Decide which client to align with

- 5) As the EFT therapist, you are doing all the following except...
 - a) Holding secrets
 - b) Modeling a secure base
 - c) Being an attachment figure
 - d) Providing safety



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- 6) The strategy of writing their story helps to...
- a) Put it all behind them
 - b) Admit hidden secrets
 - c) Identifying strengths and weaknesses
 - d) Accept and learn from the past
- 7) In the emotion process cycle, the following is visible...
- a) Limbic appraisal
 - b) Bodily arousal
 - c) Primary emotions
 - d) Secondary emotions
- 8) Couples that have very little to no conflict would likely be considered...
- a) Pursue-Pursue
 - b) Pursue-Withdraw
 - c) Withdraw-Withdraw
 - d) Well adjusted
- 9) Leaning in, slowing down, and using the client's words helps to...
- a) Expand the emotional experience
 - b) Focus on content
 - c) Highlight problem areas
 - d) Identify cognitive distortions
- 10) All of the following are EFT techniques except...
- a) Reframing
 - b) Enactments
 - c) Stimulus control
 - d) Empathic attunement
- 11) What is included in emotional responsiveness?
- a) Accessibility, responsiveness, empathy
 - b) Accessibility, responsiveness, engagement
 - c) Accountability, responsiveness, engagement
 - d) Accountability, responsiveness, empathy



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12) EFT aims to help clients...

- a) Own when they have done it wrong and apologize
- b) Have a deeper understanding of how they impact someone else
- c) Create softness when approaching each other
- d) All of the above

13) What is an example of an EFT experiential technique used with individuals?

- a) Creating a genogram
- b) Creating scripts
- c) The empty chair technique
- d) Interoceptive exposure

14) Which book is suggested for couples to give them language to use?

- a) Hold Me Tight
- b) Attachment Theory
- c) Couples Therapy 101
- d) EFT for Couples