

Roadmap for Emotionally Focused Couples Therapy (EFCT)

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Licensed Clinical Psychologist
(pending certification in EFT)

Assessment Stage (4 sessions): *a comprehensive couple and individual assessment.*

- 90 min joint assessment (\$250)
- (2) 60 min individual assessment with each partner (\$120 each)
- Online couple or individual assessment instruments (no additional charge)
- 60 min joint summary session (\$120)

Stage 1: Repairing Basic Communication

- *reducing conflict by identifying your roles, negative patterns and the emotions that fuel these unhealthy patterns.*
- *Overall, moving from “unhealthy communication back to healthy communication*
 - 8-12 weekly sessions for 2-3 months (\$120 each)
 - follow-up online assessment (no additional charge)

Stage 2: Rebuilding Deeper Conversation

- going deeper into emotions, old wounds, and walls.
- identifying insecurities and healing them with deep understanding, forgiveness, and empathy.
- cultivating more gentleness and assertiveness.
- *Overall focus: re-building the capacity for intimate, healing conversations.*
 - sessions 2x/month, but may be extended to 90 min (\$160).
 - follow-up online assessment (no additional charge)

Stage 3: Restoring the Loving Connection

- increasing closeness through deep understanding and respect.
- More flexibility (of roles and tasks), more fun, spontaneity, and intimacy.
- *Overall, restoring “that loving feeling.”*
 - 4-8 bi-weekly sessions over 2-4 months.
 - follow-up online assessment (no additional charge)

Expectations for EFCT Couples Therapy

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1. Expect me to be a professional “relationship consultant” listens respectfully *without taking sides or getting lost in the weeds of details.*
2. Expect to share 1-2 recent examples of conflict, success, or a mixed bag in each session.
3. Expect me to help you *make sense* of your conflictual patterns.
4. Expect me to help you identify and label what you are *feeling, thinking, and doing* that creates and maintains these unhealthy patterns.
5. Expect me to help you find hidden explanations, desires, and fears that may be surprising, insightful, and encouraging to you.
6. Expect me to *interrupt frequently*—to keep things focused and moving forward.
7. Expect me to encourage you to *talk directly to each other*—in session—as “communication experiments.”
8. Expect the tension and conflicts in your relationship to *decrease over time.*
9. Expect better listening, more respect, more understanding, more openness, and more flexibility in your relationship—and eventually more laughter and love.
10. Expect this process to take several months (often 6-12).