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Emotionally Focused Therapy (EFT) is a short-term (6 - 20 sessions) and structured approach to couples' therapy developed in the 1980's. It is grounded in research while focusing on negative communication patterns and love as an *attachment bond*.

Attachment Theory: In a nutshell

"Attachment" between people typically provides a safe haven: a retreat from the world and a way to obtain comfort, security and a buffer against [stress and anxiety](#).

Attachment also offers a secure base, allowing you to feel safe while you explore the world and learn new stuff. Its formation begins in childhood with a primary caretaker, such as a parent. Those early, established patterns carry through to

adulthood. An "unavailable caretaker" creates distress in a baby similar to an "unavailable partner" creating distress in an adult. Attachment theory provides the emotionally-focused therapist with a "road map" to the drama of distress, emotions and needs between partners.

Science Based

According to the website dedicated to EFT, www.ICEEFT.com, a substantial body of research outlining the effectiveness of this treatment exists. It is now considered one of the most (if not the most) empirically validated forms of couples' therapy. Research studies have found that 70-75% of couples undergoing EFT successfully move from distress to recovery, and approximately 90% show significant improvements. This recovery is also usually stable and lasting, with little evidence of relapse back into distress.

The distressed couples who may benefit from EFT include those where one or both partners suffer from conditions such as depression, addiction, post-traumatic stress disorders and chronic illness. EFT has proven to be a powerful approach for couples dealing with infidelity or other more traumatic incidents, both current and past.

Neuroscience also intersects attachment theory and EFT. More recently MRI studies demonstrated the significance of secure attachment. Our attachments are potent, and our brains code them as "safety." According to an [article on EFT in Social Work Today](#), any perceived distance or separation in our close relationships is interpreted as danger. Losing the connection to a loved one threatens our sense of security. "Primal fear" ensues, and sets off an alarm in part of our brain called the amygdala, also known as the fear centre. Once the amygdala is activated, it triggers our *fight-or-flight response*. When incoming information is familiar, the amygdala is calm. However, as soon as the amygdala encounters threatening or unfamiliar information, it increases the brain's anxiety level and focuses the mind's attention on the immediate situation. People go into a self-preservation mode, often doing what they did to "survive" or cope in childhood.

This is the reason we are triggered as adults in our romantic relationships, in the same repeating (and unhealthy) patterns from our formative years. EFT can help to unwind these automatic, counter-productive reactions.

Whole Is Well

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Adopting Healthy Dependency

EFT provides a language for healthy dependency between partners and looks at key moves and moments that define an adult love relationship. The primary goal of the model is to expand and re-organise the emotional responses of the couple. New sequences of bonding interactions occur and replace old, negative patterns such as “pursue-withdraw” or “criticize-defend.” These new, positive cycles then become self-reinforcing and create permanent change. The relationship becomes a haven and a healing environment for both partners.

Establishing a Secure Bond

The process reduces couples’ conflict while creating a more secure emotional bond. Couples learn to express deep, underlying emotions from a place of vulnerability and ask for their needs to be met. Partners begin to view undesirable behaviours (i.e., shutting down or angry escalations) as “protests of disconnection.” Couples learn to be emotionally available, empathic and engaged with each other, strengthening the attachment bond and safe haven between them.

EFT has many strengths as a therapeutic model. First, it is supported by extensive research. Second, it is collaborative and respectful of clients. It shifts blame from the couples' problems to the negative patterns between them. Finally, the change process has been mapped into a clearly defined process that help guide the therapist or coach and track progress. If you are looking for help with a distressed relationship, you’ve come to the right place.

Frequently Asked Questions for marriage and couples coaching

WHAT IS THE DIFFERENCE BETWEEN COUPLES COACHING AND COUPLES THERAPY?

[Click here for more info](#)

HOW LONG DOES MARRIAGE COACHING AND OR COUPLES THERAPY TAKE?

There is no particular length of therapy. Most of my clients see definite improvement in their relationships by six sessions.

HOW LONG ARE THE SESSIONS?

Sessions are usually around 50 minutes. People with scheduling difficulties or who travel long distances can schedule longer sessions, if available.

WHAT IS EMOTIONALLY FOCUSED THERAPY (EFT)?

Emotionally focused therapy (EFT) is a clinically-validated couples therapy that reduces conflict and helps couples feel supported by each other.

WHAT IS THE GOAL OF COUPLES COACHING?

The goal is to lessen fights, conflict, and discord. I work with you to build a relationship that feels safe, secure, and loving.

IS THE COACHING INDIVIDUAL OR TOGETHER?

It's a combination. Sometimes I will see you individually and sometimes together. We will decide on it together.

WHAT WILL MY RELATIONSHIP LOOK LIKE AFTER COACHING?

By the end of coaching, you should feel safe, close, and supported by your spouse or partner. Your relationship will be a source of comfort and support. When there is conflict, it will only last a short time, and fights will happen less frequently.

HOW DO I KNOW IF YOU ARE THE RIGHT COACH FOR ME?

I work very closely with my clients and respond to feedback. I want you to be satisfied with the work and the progress we are making. I have extensive training and experience in working with couples.

HOW DO I KNOW IF I NEED MARRIAGE OR COUPLES COACHING?

Sometimes relationships are in a crisis. Other times it can help if you are fighting frequently over small things, or if you are having communication problems. Any time that your relationship doesn't feel nurturing, supportive or satisfying is a great time to seek COACHING.

WE'VE TRIED THERAPY BEFORE AND IT DIDN'T WORK.

Not all couple's therapies or therapists are created equal. Even though therapy hasn't worked for you in the past doesn't mean that I can't help you. EFT is a very effective therapy with a research-based roadmap to helping you reconnect.

WILL YOU TAKE SIDES OR WILL I BE BLAMED?

As your couple's coach, it is important that I don't take sides. You and your partner should each feel safe and supported working with me.

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I WANT TO COME TO COUPLES COACHING BUT MY PARTNER WOULD NEVER AGREE. DOES MY SPOUSE OR PARTNER NEED TO ATTEND?

In an ideal world, in order for couples' therapy to work, both people should attend every session. Nevertheless, individual therapy can be very helpful in building and strengthening relationships. Give me a call and we can strategize about the best therapy for your needs.

WHY IS THERAPY SO EXPENSIVE?

Yes, therapy can be expensive but I make sure that it's worth it. After all, it's more cost effective to go to a specialist that charges more but gets results than someone cheaper and less experienced. If you're considering therapy, your relationship is important to you.

DO YOU TREAT ISSUES AROUND INFIDELITY?

Yes, I frequently work with issues of infidelity. Whether there are issues of trust, or if there have been physical or emotional affairs, it is never too late to seek help.

DO YOU SEE SAME SEX COUPLES?

Yes. I am comfortable seeing any couple regardless of gender or sexual orientation.

DO YOU SEE COUPLES WHO ARE DIVORCED?

Yes. Often people who are divorced still need to communicate with each other. I can help make this easier.

DO YOU DO PREMARITAL COACHING?

Yes, I do. Often conflict can arise in relationships before marriage. Therapy is the best place to work on these issues before making the commitment to marriage.

DO YOU OFFER A RELATIONSHIP CHECK-UP?

Absolutely. Any time when you aren't feeling good about your relationship is a great time to seek help.

DO YOU COUNSEL COUPLES WHO ARE SEPARATED?

Yes. Separation can be a difficult time when the future of a relationship hangs in the balance. It is best to do this with professional guidance.

ARE YOU A SEX THERAPIST? DO YOU PROVIDE SEX THERAPY? DO YOU DEAL WITH ISSUES AROUND SEX?

While I am not a certified sex therapist, I am an expert in intimacy. Issues about sex and sexuality are common, and I am comfortable working with you about them.

HOW MUCH DO YOU CHARGE FOR COUPLES' COACHING?

My charge for couple's therapy is €120 per session (and €60 for individual coaching). I accept all forms of payment and some private health insurance providers cover my charges.

DO YOU HAVE ANY LOCATIONS OUTSIDE OF MONACO?

yes, I coach in Cannes and in London. My office is conveniently located in centre of these cities. There is also ample public parking near my office.

DO YOU COACH PEOPLE OVER VIDEO OR PHONE?

Yes, I coach over any type of digital conferencing platform. This is found to be very useful by many people who travel often or have a very busy timetable.