



Facilitating Emotional Change: The Moment-by-Moment Process

By Leslie S. Greenberg PhD, Laura N. Rice, Robert Elliott



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While emotions are often given a negative connotation people are described as being "too emotional" or as needing to "control their emotions" this book demonstrates that emotions are organizing processes that enhance adaptation and problem solving. Within an experiential therapy framework, the volume shows how to work with moment-by-moment emotional processes to resolve various psychological difficulties. The first two sections introduce the process experiential approach to treatment. Exploring the interrelationships among emotion, cognition, and change, the authors develop a powerful, clinically relevant theory of human functioning. The third section, a detailed treatment manual, outlines the general principles and methods of therapy and provides step-by-step directions for six specific types of interventions. Excerpts from actual transcripts exemplify the various methods, illuminating the moment-by-moment process for both the client and the therapist.



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Editorial Review

Review

"Building on the experiential theories of psychotherapy developed by Rogers and Perls, as well as their own extensive work, Greenberg, Rice, and Elliott have written a highly sophisticated text. A valuable and unique feature is their effort to relate their approach to constructive information processing and the adaptive role of emotion in human functioning. Finally, the book contains a detailed manual of specific methods of therapeutic intervention. The work will predictably have a significant influence on theory, research, and practice in psychotherapy." --Hans H. Strupp, Ph.D., Vanderbilt University

"Greenberg, Rice, and Elliott have written an immensely valuable book that deserves to be read by psychotherapists of all persuasions. It is theoretically innovative and clinically practical. Their view of emotional experience and its role in individual self-organization reflects a remarkable convergence of cognitive, constructivist, and psychodynamic perspectives, and it highlights the fact that effective therapists must be skilled in fencing and facilitating both subtle and intense experiences within the therapeutic encounter. Their treatment tasks give concrete and practical illustrations of what to do in a variety of common developmental dilemmas. Throughout the volume, the authors convey their own considerable sensitivity and clinical expertise. This is a major work in experiential psychotherapy and a wonderful contribution to psychotherapy process." --Michael J. Mahoney, Ph.D., University of North Texas

"Drs. Greenberg, Rice, and Elliot have written an excellent treatment manual/graduate text book which details in admirable specificity the theory and procedures of a modern experiential psychotherapy. I would recommend this book to any of my colleagues who want to know the specifics of experiential psychotherapy. My students consistently rate this book highly." --Barry E. Wolfe, Ph.D., The Virginia Campus of the American Schools of Professional Psychology; Course: Client-Centered and Experiential Psychotherapy; advanced graduate students

"A very impressive book. It is practical, makes a significant contribution to theory building in psychotherapy, and is research based....contributes significantly to our understanding of the psychotherapy process. Readers with a hypnotherapeutic orientation, who traditionally explore with clients the domain where emotion, cognition, and behavior intersect, should find a treasure of concepts and practical interventions to extend their therapeutic repertoire."
(*American Journal of Clinical Hypnosis* 1996-11-03)

About the Author

Leslie S. Greenberg, PhD, is Professor in the Department of Psychology and Director of the Psychotherapy Research Center at York University in Canada. Coauthor of *Facilitating Emotional Change*; *Emotionally Focused Therapy for Couples*; and *Emotion in Psychotherapy*, he has coedited numerous volumes including *Emotion, Psychotherapy, and Change*; *Empathy Reconsidered*; and *The Working Alliance*. Past President of the International Society for Psychotherapy Research, Dr. Greenberg maintains a private practice in Toronto.

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I. Introduction 1. Introduction to the Approach 2. A Process Facilitative Approach to Therapy II. Theory:

Emotion and Cognition in Change 3. Perspectives on Human Functioning 4. Towards an Experiential Theory of Functioning 5. Dysfunction III. The Manual: Basic Principles and Task-Guided Interventions 1. Treatment Manual: The General Approach 6. Treatment Principles for a Process Experiential Approach 7. What the Therapist Does: Experiential Response Intentions and Modes 2. The Treatment Tasks 8. Systematic Evocative Unfolding at a Marker of a Problematic Reaction Point 9. Experiential Focusing for an Unclear Felt Sense 10. Two Chair Dialogue at a Self-Evaluative Split 11. Two Chair Enactment for Self-Interruption Split 12. Empty-Chair Work and Unfinished Business 13. Empathic Affirmation at a Marker of Intense Vulnerability IV. Conclusion 14. Applying the Process Experiential Approach 15. The Process Experiential Approach: An Overview, Research, Theory, and the Future

Users Review

From reader reviews:

Kim Duncan:

Why don't make it to become your habit? Right now, try to prepare your time to do the important action, like looking for your favorite publication and reading a guide. Beside you can solve your problem; you can add your knowledge by the book entitled Facilitating Emotional Change: The Moment-by-Moment Process. Try to make book Facilitating Emotional Change: The Moment-by-Moment Process as your good friend. It means that it can to be your friend when you sense alone and beside that of course make you smarter than previously. Yeah, it is very fortunated to suit your needs. The book makes you much more confidence because you can know every little thing by the book. So , let us make new experience and also knowledge with this book.

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Joseph Johnson:

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