

# Psykoterapeutuddannelsen ved EFT-instituttet

## Litteraturliste for 3.året

### Obligatorisk Litteratur:

- Elliott, Robert; Watson, Jeanne C; Goldman, Rhonda N & Greenberg, Leslie S. *Learning Emotion Focused Therapy*, Second edition. American Psychological Association, 2025.
- Stiegler, Jan Reidar og Hagen, Anne Hilde Vassbø (Red.): *Terapeutens Håndbok i Emosjonsfokuset terapi*, Empty chair Publisher.
- Goldman, Rhonda N; Greenberg, Leslie S. Case formulation in Emotion Focused Therapy, Co-Creating Clinical Maps for Change. American Psychological Association, 2015.

### Video:

- Cornell, Ann Weiser. Focusing Demo. YouTube 2018.
- Elliott, Robert. Video. *Resolving Problematic Reactions in EFT*. APA.
- Greenberg, Leslie. Video. *EFT for Depression. (To-stols arbejde, Selvkritisk split)* APA.
- Greenberg, Leslie. Video. *EFT for Depression. (Tom-stols arbejde med Ufærdige situationer)* APA.
- Watson, Jeanne C. Video. *EFT Working with grief and abandonment. (Tom-stols arbejde med Ufærdige situationer)* APA.
- Goldman, Rhonda. Video. *Case formulation EFT*. APA.

### Podcast:

- Bagge, Niels. *Series 2 Ep #14Let's focus!* Emotion Focused Podcast.

### Supplerende litteratur:

- Cornell, Ann Weiser. *Focusing in clinical practice*. W. W. Norton & Company, 2013.