

The Practice of Emotionally Focused Couple Therapy

To make this CE yours, read the book (borrow it from a friend or the library, or get it from Amazon), then click "Purchase Online Quiz." You will be prompted to complete the quiz and evaluation form. You make no payment until you've completed and submitted the online quiz. We recommend that you print this PDF and fill it out as you read through the book – this will make entering your answers online much easier! Within two business days of submitting your quiz, you will receive an email confirmation with your awarded CE certificate.

Chapter 1

1. According to the author, the EFT therapist helps the couple form a more ___ that strengthens both partners.
 - a. Fulfilling relationship
 - b. Secure attachment
 - c. Egalitarian relationship
 - d. Reliable partnership

2. The EFT therapist is a process consultant and a:
 - a. Mediator
 - b. Manager
 - c. Choreographer
 - d. Both a and b

Chapter 2

3. According to attachment theory, there is no such thing as:
 - a. Complete independence from others
 - b. Overdependence
 - c. None of the above
 - d. Both a and b

4. According to the tenets of attachment, attachment theory is essentially a theory of:
 - a. Isolation
 - b. Loss
 - c. Trauma
 - d. Deprivation

Chapter 3

5. According to the author, EFT is essentially a(n) ___ approach to therapy.
 - a. Humanistic
 - b. Experiential
 - c. Systemic
 - d. None of the above

6. What the EFT therapist sees as anxious or fearful avoidant attachment, would be seen by many systemic Bowenian therapists as:
- Enmeshment
 - Differentiation
 - Healthy cohesion
 - Both A and B

Chapter 4

7. In EFT, the therapist's stance is characterized by:
- Empathic attachment
 - Acceptance
 - Joining the system
 - All of the above
8. In emotionally focused couples therapy, the first guideline regarding which emotion to focus on instructs the therapist to concentrate on the most ___ aspect of the experience.
- Poignant
 - Dramatic
 - Vivid
 - Both A and C
9. In emotionally focused couples therapy, individual sessions are never used.
- True
 - False
10. In the RISSSC acronym used in EFT training, the "I" stands for:
- In touch
 - In tune
 - Image
 - Impose

Chapter 5

11. The purpose of individual sessions for the therapist is to:
- Check hypotheses
 - Foster the therapeutic alliance
 - Refine impressions
 - Of underlying feelings
 - All of the above
12. A ___ is a point in therapy where an expression or interactional event signals an emotional processing or interaction problem.
- Marker
 - Task

- c. Change process
- d. Intervention

Chapter 6

13. Reflecting and ___ a feeling encourages partners to enter more fully into their emotional experience.
- a. Heightening
 - b. Questioning
 - c. Validating
 - d. Tracking
14. Traumatic injuries begin to be explored and clarified in this step:
- a. Step 1 / 2
 - b. Step 5 / 6
 - c. Step 3 / 4
 - d. None of the above

Chapter 7

15. According to the author, in steps 5 / 6 the ideal ___ is respectful, tentative, specific, and just one step ahead of the client.
- a. Conjecture
 - b. Heightening
 - c. Reflection
 - d. Evocative responding
16. Step 5 forms the foundation for withdrawer:
- a. Softening
 - b. Pursuit
 - c. Reengagement
 - d. Both A and B
17. In a classic blame-withdraw cycle, the ___ will be encouraged to go into stage 5 first.
- a. Blamer
 - b. Withdrawer

Chapter 8

18. Keychange events associated with a successful outcome in EFT occur in this step.
- a. Step 5
 - b. Step 6
 - c. Step 7
 - d. Step 8

19. Change events in step 7 include:
- Withdrawer reengagement
 - Restructuring
 - Softening
 - Both A and C

Chapter 9

20. In steps 8 and 9 the relationship becomes a:
- Secure base
 - Safe harbor
 - Both A and B
 - None of the above
21. When discussing termination, the possibility of future booster sessions is left open.
- True
 - False
22. At the end of therapy, ___ changes are usually apparent.
- Emotional and behavioral
 - Cognitive
 - Interpersonal
 - All of the above

Chapter 10

23. In EFT, the couple's initial distress level is the best predictor of treatment success
- True
 - False
24. In an extreme impasse the couple may:
- Integrate the impasse
 - Stay together with modified expectations of the relationship
 - Decide to separate
 - Any of the above
25. How does the EFT therapist decide which emotions should be the focus of therapy?
- Start where the clients are
 - Follow the emotions of the clients
 - The therapist should use their theory of close relationships as a guide
 - All of the above

Chapter 11

26. Emotionally focused family therapy is designed to take ___ sessions.
- 8-10

- b. 15-20
- c. 10-15
- d. 5-8

27. In the EFT case of Olga, Olga's brother is named:

- a. Ted
- b. Tom
- c. Timmy
- d. Tony

Chapter 12

28. Attachment injuries are always obvious and compelling in nature.

- a. True
- b. False

Chapter 13

29. The peanut butter incident describes a ____ that was rejected.

- a. Hug
- b. Kiss
- c. Bid
- d. Touch

Chapter 14

30. Prior to the stage 2 session, Jon shared with Beatrice that he:

- a. Had an affair in the past
- b. Thought he might have a learning disability
- c. Had difficulty expressing his emotions
- d. Felt uncomfortable with physical contact