

Investigación sobre Terapia Centrada en las Emociones

(Este texto es un artículo publicado en la web del ICEEFT traducido y adaptado por Lola Fatás. Puedes consultar el original en <http://iceeft.com/images/PDFs/EFTResearch.pdf>)

¿Sigue la TCE algún criterio de validez en sus investigaciones? ¿Se adecua a algún estándar de investigación en psicoterapia?

La TCE es representativa de los más altos niveles en términos de los estándares de investigación establecidos por la APA (Asociación Americana de Psicología). El programa de investigación de TCE se ha adecuado sistemáticamente a dichos estándares a lo largo de 25 años.

El meta- análisis (Johnson et al, 1999) realizado sobre los 4 estudios de resultados sobre TCE más rigurosos, muestra que el tamaño del efecto (1.3) es mayor que el alcanzado por cualquier otra intervención terapéutica con parejas hasta la fecha. Los resultados de seguimiento son excelentes, y algunos estudios muestran que hay un progreso significativo que continúa después de concluida la terapia.

Además, la TCE cuenta con un volumen importante de investigación de proceso, que demuestra que el cambio ocurre realmente del modo en que la teoría sugiere. Este nivel de asociación entre el proceso terapéutico en las sesiones y la medición rigurosa de los resultados es inusual en el campo de la psicoterapia.

La TCE es el único modelo de intervención con parejas que utiliza de forma sistemática una teoría sobre la vinculación afectiva entre adultos validada empíricamente como base para entender y aliviar problemas de relación. También se ha estudiado la generalizabilidad de los resultados con diferentes tipos de clientes, y parejas con alguna co-morbilidad (como Depresión o Trastorno de Estrés Post Traumático) y los resultados han sido positivos de forma consistente.

También se han llevado a cabo investigaciones de proceso y de resultado abordando factores clave en las relaciones personales como el perdón de afrentas o heridas, y estas han arrojado resultados positivos. Los estudios sobre TCE son generalmente rigurosos y se publican en las mejores revistas de publicación arbitrada (Peer Reviewed Journals).

En suma, la investigación en TCE muestra que, como se expone en la obra principal de Johnson de 2004, "Creando Conexiones: Práctica de la Terapia Matrimonial Centrada en las Emociones", la TCE funciona muy bien, los resultados son duraderos, sabemos CÓMO funciona, de forma que podemos entrenar terapeutas para que intervengan de forma eficiente, y sabemos que es eficaz con diferentes poblaciones y problemas. Además, es congruente con otros cuerpos de investigación sobre la naturaleza del estrés relacional y los procesos de apego adulto.

Las investigaciones más recientes incluyen estudios de resultados con parejas que han sufrido algún tipo de trauma o que se están enfrentando a acontecimientos vitales estresantes (Estudios de Dalton y MacIntosh), y un estudio sobre los efectos de la TCE en la seguridad del apego utilizando Imágenes por Resonancia Magnética Funcional. Las imágenes

por resonancia, muestran que la TCE cambia la forma en que el contacto físico con la pareja media el impacto de una amenaza sobre la actividad cerebral.

También hay un estudio de resultados en desarrollo sobre nuestro nuevo programa educativo basado en TCE (Programa "Abrázame Fuerte: Conversaciones para Conectar"). También se ha completado un estudio piloto en el Departamento de Asuntos de Militares Veteranos en Baltimore con veteranos de guerra afectados por Trastorno de Estrés Post-Traumático y sus parejas.

Tanto las investigaciones llevadas a cabo hasta la fecha, como las que se encuentran en curso, apoyan la eficacia de la Terapia Centrada en las Emociones.

Investigación de Resultados

1. Elliott, C., Wiebe, S. A., Johnson, S. M. & Tasca, G. A. (2014). Attachment & sexual satisfaction in emotionally focused therapy for couples. (Manuscript in preparation.)
2. Dalglish, T.L., Johnson, S.M., Burgess Moser, M., Lafontaine, M. F., Wiebe, S.A. & Tasca, G.A. (2014) Predicting change in marital satisfaction throughout Emotionally Focused Couple Therapy. *Journal of Marital and Family Therapy*, doi: 10.1111/jmft.12077.
3. Mehr, S.E., Bahrami, F., Karami, B., Mehr, Y.E., Hedayati, A.M., Ahmadi, S. & Rozeyan, A. (2014) Studying the effect of emotion focused therapy on couples' attachment styles. *MAGNT Research Report*, Vol.2(5), 595-602.
4. Ahmadi, F.S., Zarei, E. & Fallahchai, S.R. (2014) "The Effectiveness of Emotionally-Focused Couple Therapy in Resolution of Marital Conflicts between the Couples Who Visited the Consultation Centers." *Journal of Education and Management Studies*, 4(1), 118-123.
5. Soltani, M., Shairi, M.R., Roshan, R., & Rahimi, C. (2014) The Impact of Emotionally Focused Therapy on Emotional Distress in Infertile Couples. *International Journal of Fertility and Sterility*, 7(4): 337-344.
6. Johnson, S.M., Burgess Moser, M., Beckes, L., Smith, A., Dalglish, T., Halchuk, R., Hasselmo, K., Greenman, P.S., Merali, Z. & Coan, J.A. (2013). Soothing the threatened brain: Leveraging contact comfort with Emotionally Focused Therapy. *PLOS ONE*, 8(11): e79314.
7. Dalton, J., Greeman, P., Classen, C., & Johnson, S. M. (2013) Nurturing Connections in the Aftermath of Childhood Trauma: A randomized controlled trial of Emotionally Focused Couple Therapy (EFT) for Female Survivors of Childhood Abuse. *Couple and Family Psychology: Research and Practice*, Vol.2(3), 209-221.
8. McLean, L.M., Walton, T., Rodin, G., Esplen, M.J., & Jones, J.M. (2013) A couple-based intervention for patients and caregivers facing end-stage cancer: outcomes of a randomized controlled trial. *Psycho-Oncology*, 22(1), 28-38.
9. Denton, W.H., Wittenborn, A.K., & Golden, R.N. (2012) Augmenting antidepressant medication treatment of depressed women with emotionally focused therapy for couples: A randomized pilot study. *Journal of Marital and Family Therapy*, Vol.38, Supplement s1, 23-38.
10. Naaman, S., Johnson, S.M., & Radwan, K. (2011) Evaluation of the clinical efficacy of emotionally focused therapy on psychological adjustment of couples facing early breast cancer, (Doctoral Dissertation). School of Clinical Psychology, University of Ottawa, Canada.

11. Halchuk, R., Makinen, J. & Johnson, S. M. (2010) Resolving Attachment Injuries in Couples using Emotionally Focused Therapy: A 3 year follow-up. *Journal of Couple and Relationship Therapy*, 9, 31-47.
 12. Honarparvaran, N., Tabrizy, M., & Navabinejad, Sh. (2010) The efficacy of emotionally focused couple therapy (EFT-C) training with regard to reducing sexual dissatisfaction among couples. *European Journal of Scientific Research*, 43(4), 538-545.
 13. MacIntosh, H.B. & Johnson, S. (2008) Emotionally focused therapy for couples and childhood sexual abuse survivors. *Journal of Marital and Family Therapy*, 34, 298-315.
 14. Couture-Lalande, M.-E., Greenman, P.S., Naaman, S. & Johnson, S.M. (2007) Emotionally focused therapy (EFT) for couples with a female partner who suffers from breast cancer: an exploratory study. *Psycho-Oncology*, 1, 257–264. (Journal of the Psychological, Social and Behavioral Dimensions of Cancer).
- Couture-Lalande, M.-E., Greenman, P.S., Naaman, S. & Johnson, S.M. (2007) La thérapie de couple axée sur l'émotion (EFT) pour traiter les couples dont la femme a le cancer du sein: Une étude exploratoire. *Psycho-Oncologie*, 1, 1-8.
15. Makinen, J. A. & Johnson, S. (2006) Resolving Attachment Injuries in Couples using EFT: Steps Toward Forgiveness and Reconciliation. *Journal of Consulting and Clinical Psychology*. 74(6), 1055-1064.
 16. Dessaulles, A., Johnson, S. M. & Denton, W. (2003) Emotion Focused Therapy for Couples in the Treatment of Depression: A Pilot Study. *American Journal of Family Therapy*, 31, 345-353.
 17. Clothier, P., Manion, I., Gordon-Walker, J. & Johnson, S. M. (2002) Emotionally Focused Interventions for Couples with Chronically Ill Children: A two year follow-up. *Journal of Marital and Family Therapy*, 28(4), 391-398.
 18. Denton, W., Burlison, B., Clark, T., Rodriguez, C. & Hobbs, B. (2000) A Randomized Trial of Emotionally Focused Therapy for Couples in a Training Clinic. *Journal of Marital and Family Therapy*, 26, pp. 65-78.
 19. Johnson, S., Hunsley, J., Greenberg, L. & Schindler, D. (1999) Emotionally Focused Couples Therapy: Status & challenges (A meta-analysis). *Journal of Clinical Psychology: Science and Practice*, 6, 67-79. NOTE: Also listed under Meta-Analyses
 20. Johnson, S., Maddeaux, C. & Blouin, J. (1998) Emotionally Focused Family Therapy for Bulimia: Changing Attachment Patterns. *Psychotherapy: Theory, Research & Practice*, 35, 238-247.
 21. Gordon-Walker, J., Johnson, S., Manion, I. & Cloutier, P. (1996) Emotionally Focused Marital Intervention for Couples with Chronically Ill Children. *Journal of Consulting & Clinical Psychology*, 64, 1029-1036.
 22. McPhee, D., Johnson, S.M. & van der Veer, M.C. (1995) Low sexual desire in women: The effects of marital therapy. *Journal of Sex and Marital Therapy*, 21(3), 159-182.
 23. Dandeneau, M. & Johnson, S. (1994) Facilitating Intimacy: Interventions and Effects. *Journal of Marital & Family Therapy*, 20, 17-33.
 24. Goldman, A. & Greenberg, L. (1992) Comparison of Integrated Systemic and Emotionally Focused Approaches to Couples Therapy. *Journal of Consulting and Clinical Psychology*, 60(6), 962-969.
 25. James, P. (1991) Effects of a Communication Training Component Added to an Emotionally Focused Couples Therapy. *Journal of Marital & Family Therapy*, 17(3), 263-275.

26. Johnson, S. & Greenberg, L. (1985) Emotionally Focused Couples Therapy: An Outcome Study. *Journal of Marital & Family Therapy*, 11, 313-317.
27. Johnson, S. & Greenberg, L. (1985) The Differential Effectiveness of Experiential and Problem Solving Interventions in Resolving Marital Conflict. *Journal of Consulting & Clinical Psychology*, 53, 175-184. (EFT, CBT and controls tested.)

Investigación sobre proceso y/o predictores de resultados

1. Schade, L.C., Sandberg, J.G., Bradford, A., Harper, J.M., Holt-Lunstad, J. & Miller, R.B. (2014) A Longitudinal View of the Association Between Therapist Warmth and Couples' In-Session Process: An Observational Pilot Study of Emotionally Focused Couples Therapy. *Journal of Marital and Family Therapy*, DOI: 10.1111/jmft.12076.
2. McRae, T.R., Dalgleish, T.L., Johnson, S.M., Burgess-Moser, M., & Killian, K.D. (2014) Emotion Regulation and Key Change Events in Emotionally Focused Couple Therapy. *Journal of Couple & Relationship Therapy*, 13(1), 1-24.
3. Dalgleish, T.L., Johnson, S. M., Burgess Moser, M., Wiebe, S.A. & Tasca, G.A. (2014). Predicting Key Change Events in Emotionally Focused Couple Therapy. *Journal of Marital and Family Therapy*, doi: 10.1111/jmft.12101.
4. Greenman, P., & Johnson, S. (2013). Process Research on EFT for Couples: Linking Theory to Practice. *Family Process*, Special Issue on Couple Therapy, 52(1), 46-61.
5. Zuccarini, D.J., Johnson, S.M., Dalgleish, T. & Makinen, J. (2013) Forgiveness and reconciliation in Emotionally Focused Therapy for Couples: The Client Change Process and Therapist Interventions. *Journal of Marriage and Family Therapy*, 39(2), 148-162.
6. Furrow, J.L., Edwards, S.A., Choi, Y., & Bradley, B. (2012) Therapist presence in emotionally focused couple therapy blamer softening events: promoting change through emotional experience. *Journal of Marital and Family Therapy*, Vol.38, Supplement s1, 39-49.
7. Wittenborn, A.K. (2012) Exploring the Influence of the Attachment Organizations of Novice Therapists on their Delivery of Emotionally Focused Therapy for Couples. *Journal of Marital and Family Therapy*, Vol.38, Supplement s1, 50-62.
8. Denton, W., Johnson, S. & Burlison, B. (2009) Emotion-Focused Therapy-Therapist Fidelity Scale (EFT-TFS): Conceptual Development and Content Validity. *Journal of Couple and Relationship Therapy*, 8, 226-246.
9. Bradley, B. & Furrow, J. L. (2004) Toward a Mini-theory of the Blamer Softening Event: Tracking the Moment-by-Moment Process. *Journal of Marital and Family Therapy*, 30(2), 233- 246.
10. Talitman, E. & Johnson, S. (1997) Predictors of Success in Emotionally Focused Marital Therapy. *Journal of Marital & Family Therapy*, 23, 135-152. *It is interesting to note that in this study, couples continued to significantly improve from the end of therapy to follow-up.*
11. Greenberg, L.S., Ford, C., Alden, L. & Johnson, S.M. (1993) In-session change in emotionally focused therapy for couples. *Journal of Consulting and Clinical Psychology*, 61, 78-84.
12. Johnson, S.M. & Greenberg, L. S. (1988) Relating Process to Outcome in Marital Therapy. *Journal of Marital and Family Therapy*, 14, 175-183.

Revisiones y Comentarios sobre TCE e Investigación en TCE

1. Johnson, S. and Greenman, P. (2013), Commentary: Of Course It Is All About Attachment!. *Journal of Marital and Family Therapy*. doi: 10.1111/jmft.12035.
2. Priest, Jacob B. (2013) Emotionally Focused Therapy as Treatment for Couples With Generalized Anxiety Disorder and Relationship Distress. *Journal of Couple & Relationship Therapy: Innovations in Clinical and Educational Interventions*, 12(1), 22-37.
3. Fitzgerald, J., & Thomas, J. (2012). A report: Couples with medical conditions, attachment theoretical perspectives and evidence for Emotionally-focused Couples Therapy. *Journal of Contemporary Family Therapy*, Vol. 34(2), 277-281.
4. Johnson, S.M., & Wittenborn, A.K. (2012) New research findings on emotionally focused therapy: Introduction to special section. *Journal of Marital and Family Therapy*, Vol.38, Supplement s1, 18-22.
5. Lebow, J.L., Chambers, A.L., Christensen, A., & Johnson, S.M. (2012) Research on the Treatment of Couple Distress. *Journal of Marital and Family Therapy*, 38(1), 145-168.
6. Furrow, J.L., & Bradley, B. (2011) Emotionally Focused Couple Therapy: Making the Case for Effective Couple Therapy. In J. Furrow, B. Bradley & S. Johnson (Eds.), *The Emotionally Focused Casebook*, pp. 3-30. New York: Brunner Routledge.
7. Weissman, N., Batten, S.V., Dixon, L., Pasillas, R.M., Potts, W., Decker, M. & Brown, C.H. (2011) *The Effectiveness of Emotionally Focused Couples Therapy (EFT) with Veterans with PTSD*. In preparation.
8. Johnson, S. M. (2008) Couple and family therapy: An attachment perspective. In J. Cassidy & P. Shaver (Eds.), *Handbook of attachment: Theory, research and clinical applications, 2nd Edition*, pp. 811-832. New York: Guilford Press.
9. Johnson, S.M. (2007) The Contribution of Emotionally Focused Couples Therapy. *Special Edition of Journal of Contemporary Psychology: Humanistic Psychology*, 37, 47-52.
10. Johnson, S.M. (2007) A new era for couple therapy: Theory, research and practice in concert. *Journal of Systemic Therapies*, 26, 5-16.
11. Caldwell, B. E., Woolley, S. R., & Caldwell, C. J. (2007) Preliminary estimates of cost-effectiveness for marital therapy. *Journal of Marital and Family Therapy*, 33(3), 392-405.
12. Johnson, S.M. (2004) Emotionally focused couples therapy: Empiricism and art. In T. Sexton, G. Weeks, & M. Robbins (Eds.), *American Journal of Family Therapy*, pp. 345-353. New York: Brunner/Routledge.
13. Johnson, S. M. (2003) The revolution in couples therapy: A practitioner-scientist perspective. *Journal of Marital and Family Therapy*, 29, 365-385.
14. Johnson, S.M. (2003) Couples therapy research: Status and directions. In G.P. Sholevar (Ed.), *Textbook of Family and Marital Therapy*, pp. 797-820. Washington, D.C.: APPI Press.
15. Johnson, S.M. (2002) Marital problems. In D. Sprenkle (Ed.), *Effectiveness Research in Marriage and Family Therapy*, pp. 163-190. Alexandria, VA.: American Association for Marriage and Family Therapy.
16. Johnson, S.M. & Lebow, J. (2000) The coming of age of couple therapy: A decade review. *Journal of Marital and Family Therapy*, 26, 9-24.
17. Baucom, D., Shoham, V., Mueser, K., Daiuto, A. & Stickle, T. (1998) Empirically Supported Couple and Family Interventions for Marital Distress and Adult Mental Health Problems. *Journal of Consulting & Clinical Psychology*, 58, 53-88.

Meta-Análisis

1. Wood, N. D., Crane, D. R., Schaalje, G. B., & Law, D. D. (2005) What works for whom: A meta-analytic review of marital and couples therapy in reference to marital distress. *The American Journal of Family Therapy*, 33, 273-287.
2. Johnson, S., Hunsley, J., Greenberg, L. & Schindler, D. (1999) Emotionally Focused Couples Therapy: Status & challenges (A meta-analysis). *Journal of Clinical Psychology: Science and Practice*, 6, 67-79. NOTE: Also listed under Outcome
3. Dunn, R.T. & Schwebel, A.I. (1995) Meta-analytic review of marital therapy outcome research. *Journal of Family Psychology*, 9, 58-68.

Investigación sobre entrenamiento en TCE/ Aprendizaje de TCE

1. Sandberg, J.G., Knestel, A., & Cluff Schade, L. (2013) From Head to Heart : A Report on Clinicians' Perceptions of the Impact of Learning Emotionally Focused Couple Therapy on Their Personal and Professional Lives. *Journal of Couple & Relationship Therapy*, 12, 38-57.
2. Sandberg, J.G. (2011) Introduction to the Special Section on Learning Emotionally Focused Couples Therapy. *Journal of Marital & Family Therapy*, 37(4), 377-379.
3. Montagno, M., Svatovic, M. & Levenson, H. (2011) Short-Term and Long-Term Effects of Training in Emotionally Focused Couple Therapy: Professional and Personal Aspects. *Journal of Marital & Family Therapy*, 37(4), 380-392.
4. Sandberg, J.G. & Knestel, A. (2011) The Experience of Learning Emotionally Focused Couples Therapy. *Journal of Marital & Family Therapy*, 37(4), 393-410.
5. Palmer-Olsen, L., Gold, L.L. & Woolley, S.R. (2011) Supervising Emotionally Focused Therapists: A Systematic Research-Based Model. *Journal of Marital & Family Therapy*, 37(4), 411-426.

Miscelánea

1. Sandberg, Jonathan G., Busby, Dean M., Johnson, Susan M., & Yoshida, Keitaro (2012). The Brief Accessibility, Responsiveness, and Engagement (BARE) Scale: A Tool for Measuring Attachment Behavior in Couple Relationships. *Family Process*, 51(4), 512-526.
2. Caron, A., Lafontaine, M.-F., Bureau, J.-F., Levesque, C., & Johnson, S.M. (2012). Comparisons of attachment in close relationships: An evaluation of relationship quality and attachment to parents, friends, and romantic partners in young adults. *Canadian Journal of Behavioural Science*, 44, 245-256.

Programas Basados en la Investigación con TCE

1. Johnson, S.M. (2009) *The Hold Me Tight® Program: Conversations for Connection – Facilitators Guide*. Ottawa, Canada. International Centre for Excellence in EFT.
2. Johnson, S.M., & Rheem, K. (2006) *Becoming a couple again: A post-deployment retreat for military couples*. Washington, DC. Strong Bonds-Strong Couples, Rheem Media.