

# Brent Bradley, Ph.D., LMFT

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## ■ PROFESSIONAL POSITION

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- 2010- Director of Training, Family Therapy Program  
Associate Professor of Family Therapy  
University of Houston-Clear Lake, Houston, TX.
- 2007- Associate Professor of Family Therapy, Family Therapy Program, University of  
Houston-Clear Lake, Houston, TX.
- Family Therapy Education Co-Chair, Texas Association for Marriage and Family Therapy (TAAMFT)
  - Editorial Board of the Journal of the Texas Association for Marriage and Family Therapy (TAMFT)
- 2005- 2007 Associate Professor of Graduate Counseling; Director of Marriage and Family  
Therapy. Graduate Counseling Department, Indiana Wesleyan University.
- 2001-2005 Assistant Professor of Graduate Counseling. Graduate Counseling Department,  
Indiana Wesleyan University, Marion IN. 46953.

## ■ EDUCATION

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- 1997-2001 Ph.D. Marriage and Family Therapy  
Fuller Graduate School of Psychology, Pasadena, CA.  
M.A. Theology, Fuller Theological Seminary.
- 1995-1997 M.A. Marriage and Family Therapy  
Reformed Theological Seminary, Jackson, MS. (AAMFT Accredited)
- 1985-1990 B.A. English  
University of North Carolina at Charlotte, Charlotte, NC.

## ■ PUBLICATIONS

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Bradley, B. (Fall 2010 Publication Date). New insights into the change process in EFT. In J. Furrow,  
S.M. Johnson & B. Bradley (Eds.) *The EFT casebook: Current and emerging treatment  
applications*. NYNY: Brunner-Routledge.

- Furrow, J., Johnson, S.M., & Bradley, B. (Fall 2010 Publishing Date). Spirituality and EFT: Exploring common ground. In J. Furrow, S.M. Johnson & B. Bradley (Eds.) *The EFT casebook: Current and emerging treatment applications*. NYNY: Brunner-Routledge.
- Furrow, J., Johnson, S.M., & Bradley, B. (Eds.) (Fall 2010 Publishing Date). *The EFT casebook: Current and emerging treatment applications*. NYNY: Brunner-Routledge.
- Furrow, J., Bradley, B. & Johnson, S.M. (Fall 2010 Publication Date) Introduction. In J. Furrow, B. Bradley & S.M. Johnson (Eds.) (2010 Publishing Date). *The EFT casebook: Current and emerging treatment applications*. NYNY: Brunner-Routledge.
- Furrow, J. & Bradley, B. (Fall 2010 Publication Date). Overview of EFT from theory to practice. In J. Furrow, B. Bradley & S.M. Johnson (Eds.) *The EFT casebook: Current and emerging treatment applications*. NYNY: Brunner-Routledge.
- Furrow, J., Bradley, B. & Johnson, S.M. (Fall 2010 Publishing Date). Conclusion. In J. Furrow, B. Bradley, & S.M. Johnson (Eds.) *The EFT casebook: Current and emerging treatment applications*. NYNY: Brunner-Routledge.
- Bradley, B. (2008). Emotionally Focused Couples Therapy. In J. Goff & B. Bradley (Eds.) *Our Body of Common Knowledge: National Licensure Preparation Handbook*. Texas Association of Marriage and Family Therapy (TAMFT).
- Goff, J. & Bradley, B. (Eds.) (2008). *Our Body of Common Knowledge: National Licensure Preparation Handbook*. Texas Association of Marriage and Family Therapy (TAMFT).
- Goff, J. & Bradley, B. (2008). Introduction. In J. Goff & B. Bradley (Eds.) *Our Body of Common Knowledge: National Licensure Preparation Handbook*. Texas Association of Marriage and Family Therapy (TAMFT).
- Bradley, B. (2008). Hold me tight. Book Review. *Houston Psychology Association (HPA) Newsletter*.
- Bradley, B. & Lee, N. (2008). Hold me tight. Book Review. *Journal of the Texas Association of Marriage and Family Therapy*.

- Bradley, B., & Furrow, J. (2007). Inside blamer softening: Maps and missteps. *Journal of Systemic Therapies*, 26, 25-43.
- Efron, D., & Bradley, B. (2007). Emotionally focused therapy (EFT) and emotionally focused family therapy (EFFT): A challenge /opportunity for systemic and post-systemic therapists. *Journal of Systemic Therapies*, 26, 1-4.
- Bradley, B. & Johnson, S. (2005). Task Analysis in family therapy: Reaching the clinician. In D. Sprenkle and F. Piercy (Eds.) *Research Methods in Family Therapy* (2nd Ed.). NYNY: The Guilford Press.
- Bradley, B. (2005). Step 7 and key change events: Re-engagement and softening. In S. Johnson, B. Bradley et al. (Eds.). *Emotionally-Focused Couple Therapy Workbook* (pp. 194-237). NYNY: Brunner-Routledge.
- Bradley, B. (2005). Confessions of an EFT therapist: A case overview. In S. Johnson, B. Bradley et al. (Eds.). *Emotionally-Focused Couple Therapy Workbook* (pp. 311-323). NYNY: Brunner-Routledge.
- Johnson, S., Bradley, B., Furrow, J., Lee, A., Palmer, G, Tilley, D. & Woolley, S. (2005). *Emotionally-Focused Couple Therapy Workbook*. NYNY: Brunner-Routledge.
- Furrow, J., Bradley, B., & Johnson, S. (2005). Emotionally focused couples therapy with stepfamilies. *Sourcebook for Marriage and Family Therapy*.
- 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*, Vol.30, No. 2, 233-246.
- Bradley, B. & Johnson, S. (2004). EFT: A contemporary integrative approach for an ever- changing world. In M. Haraway (Ed.) *Handbook of Couples Therapy*. Hoboken, NJ: John Wiley.
- Bradley, B.A. (2001). An intimate look into emotionally focused therapy: An interview with Susan Johnson. *Marriage & Family: A Christian Journal*, Vol. 4, 2, 117-124.

Bradley, B.A. & Furrow, J. (2001). Annotated bibliography of a sampling of the work of Susan M. Johnson. *Marriage & Family: A Christian Journal*, Vol. 4, 3, 118-12.

### **PUBLICATIONS SUBMITTED & UNDER REVIEW**

Furrow, J., Edwards, S.A., Choi, Y. & Bradley, B. (2010). Therapist presence in EFT blamer softening events: Promoting change through emotional experience. Submitted to the *Journal of Marital & Family Therapy*.

### **MANUSCRIPTS IN-PROCESS**

Bradley, B., Furrow, J., & Lee, N. (2010). Softening Events in Emotionally Focused Therapy – The Average Clinician in the Trenches. To be submitted to the *Journal of Consulting and Clinical Psychology*.

### **■ CURRENT RESEARCH PROJECTS**

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#### **Emotionally Focused Therapy for Couples with Autism Spectrum Disordered Children: A Clinical Trial Pilot Study**

Date: In-Process

Principle Investigator: Brent Bradley, Ph.D.

UHCL Student Research Assistants: Sarah McConnell, Tara Louden, Shelley Huff, and Jenny Deitz

Hypotheses:

1. Couples with Autism Spectrum disordered children who receive EFT will demonstrate decreased couple relationship distress as measured on the Dyadic Adjustment Scale (DAS) (Spanier, 1976).
2. Couples will achieve clinically significant improvements in levels of trust, intimacy, and communication skills on a battery of eleven measurements included in this pilot study.

Clinical research consists of 12 weekly sessions of EFT with each couple conducted by graduate family therapy students at the University of Houston - Clear Lake. Dr. Brent Bradley is providing live supervision behind two-way mirrors in the Psychological Services clinic on the campus of UHCL. A battery of pre-test measurements are administered before the first therapy session, again after completing 12 sessions, and for a final time after six months. A post-session measurement will be administered at the end of every session.

## **Softening Events in Emotionally Focused Therapy – The Average Clinician in the Trenches**

Date: Completed. Presently writing up results for publication.

### **Professional Objectives of Research Project:**

1. Replicate and extend professor's initial published research on Softening Events in Emotionally Focused Couples Therapy (Bradley & Furrow, 2004).
2. Create a mini-theory of the Softening Event based on second-generation non-EFT certified therapists' recorded sessions.
3. Compare and contrast expert and second-generation EFT therapist behaviors that produce successful softening events.

### **Therapist Presence in EFT Blamer Softening Events: Promoting Change Through Emotional Experience**

Date: Completed. Written-up and submitted to *Journal of Marital & Family Therapy*.

In conjunction with James Furrow and Fuller School of Psychology, we used the following instruments to track client processing through EFT softening events. We are using data gathered for our original study (Bradley & Furrow, 2004), which focused on therapist process themes and interventions. The following instruments were utilized:

- Classification System for Counseling Responses (CSCR: Highlen & Lonborg, 1991): 18 categories of content based on intent of client.
- Client Vocal Quality Scale (Rice & Kerr, 1986): Nominal scale of four vocal qualities to track direction of attentional energy.
- Experiencing Scale (Klein, Mathieu, & Kiesler, 1986): 7-point ordinal scale measuring involvement in process.

### **Effects of an Emotionally Focused Therapy Enrichment Program with Hispanic Spanish Speaking Married Couples**

Date: 11.10.08 - 9.01.09

Principal Investigator: Brent Bradley, Ph.D.

UHCL Student Research Assistants: Cindy Castillo, Elsa Davis, Sao Lorn, and Lisa Lozano

Purpose: Pilot outcome study with control group measuring effectiveness of EFT enrichment for Hispanic married couples.

Hypothesis:

- Hispanic married couples who receive EFT enrichment will demonstrate increased satisfaction in relationship as compared to control group as demonstrated on two published and widely used instruments.

Goals:

- Increased marital satisfaction

- Add to current enrichment literature in serving minority populations
- Empirically validating this EFT Enrichment with Hispanic marital couples
  1. Compare and contrast successful vs. unsuccessful Softening Events to begin delineating where the softening process typically derails.
  2. Demonstrate effectiveness and applicability of the Emotionally Focused Therapy Coding Scheme developed by the professor (EFTCS; Bradley, 2001).

## ■ RECENT PROFESSIONAL PRESENTATIONS & TRAINING EVENTS \_\_\_\_\_

- 5/10 **Annual 30-Hour EFT Externship Certified by the International Centre for EFT, Houston, TX.**  
 30 therapists (MFTs', Clinical Psychologists, Social Workers, LPCs and graduate students) from around the country attend this annual training. The training is heavy on live experiential role-plays and presenter videos of in-session work.
- 3/10 **American Association of Marriage and Family Therapy (AAMFT) Learning Institutes. Panama City Beach, FL.**  
 Five day intensive EFT training for experienced marriage and family therapists.
- 3/10 **Texas Association of Marriage and Family Therapy (TAMFT), San Antonio, TX.**  
 Title: *Emotionally Focused Therapy with Couples of Autistic Children.*  
 Presenters: Brent Bradley, Ph.D., Sarah McConnell, Tara Loudon, & Laura Hicks.
- 1/10 **Emotionally Focused Therapy Summit. San Diego, CA.**  
 Pre-Conference 3-hour workshop.  
 Title: *Conquering the Nemesis: EFT Softening Events from A-to-Z.*  
 Presenters: Brent Bradley, Ph.D. & Jim Furrow, Ph.D.
- 10/09 **American Association of Marriage and Family Therapy Annual Conference (AAMFT), Sacramento, CA.**  
 Title: *EFT TRACK: The Process of Learning EFT: Research and Panel Discussion.* Jonathan G., Sandberg Andrea Knestel, Hanna Levenson, Danielle D. Duplassie, & Brent A. Bradley.  
  
 Title: *EFT TRACK: New Research Findings in EFT for Couples.* Wayne Denton, Brent A. Bradley, James L. Furrow, Andrea K. Wittenborn, Scott R. Woolley, & Dino Zuccarini
- 2009/10 **Core Skills Training in EFT, Minneapolis/St. Paul, MN.**  
 Four quarterly weekend meetings over a year.
- 2009/10 **Core Skills Training in EFT, Houston, TX.**  
 Four quarterly weekend meetings over a year.

- 01/2009      **Annual 30-Hour EFT Externship Certified by the International Centre for EFT, Minneapolis/St. Paul, MN.**  
 30 therapists (MFTs', Clinical Psychologists, Social Workers, LPCs and graduate students) from around the country attend this annual training. The training is heavy on live experiential role-plays and presenter videos of in-session work.
- 7/08      **One-Day Workshop on EFT.** Presented by the Minnesota Renewal Center.
- 5/08      **30-Hour Houston Externship in EFT.** Campus of UHCL. Houston, TX.
- 4/08      **Advanced EFT Clinical Training. Two-Way Conversation with Brent Bradley, Ph.D. San Francisco, CA.**
- 4/08      **Working with Attachment –Related Affect: Pivotal Process & Change Events in EFT.**  
 Workshop presented by the Alameda County Psychological Association & The Northern California Community for EFT. Berkeley, Ca.
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- 3/08      **The Power of Attachment and Affect.** A one day workshop presented by the Mental Health Resource and Education Network. Medford, OR.
- 3/08      **EFT: The Power of Attachment & Affect.** A three-hour presentation at The University of Houston-Clear Lake 18<sup>th</sup> Annual Psychology Symposium.
- 12/07      **30-Hour Los Angeles Externship in EFT.** Fuller School of Psychology. Pasadena, Ca.
- 11/07      **EFT Part II. EFT: The Power of Attachment & Affect.** Presented by the UHCL Student Family Therapy Association and the Houston Association of Marriage and Family Therapy (HAMFT). Houston, TX.

## ■ OVERVIEW OF PAST PROFESSIONAL WORKSHOPS & TRAINING EVENTS

**American Counseling Association Annual Conference (ACA). Detroit, MI. March 21-25, 2007.**

*Emotionally Focused Couples Therapy: Creating Secure Attachment Bonds.*

Presenters: Brent Bradley, Ph.D., Jim L. Furrow, Ph.D., Nicholas Lee, M.A., Resa Eckhart, M.A.

**California Psychological Association Convention. Costa Mesa, CA. April 12-15, 2007.**

*A Change of Heart: Blamer Softening in Emotionally Focused Couples Therapy*

Presenters: James L. Furrow, Ph.D. & Brent Bradley, Ph.D.

**Externship in Emotionally Focused Couples Therapy. Indianapolis, IN. July 18-21, 2007.**

Presenters: Brent Bradley, Ph.D. & James L. Furrow, Ph.D.

This 32 hour externship is offered annually in conjunction with and approved by Dr. Susan Johnson and the Ottawa Couple and Family Institute. Provides 36 CEUs. For an extensive description of the externship please see [www.theeftzone.com](http://www.theeftzone.com)

**Summit for Emotionally Focused Therapy: Couples, Families, and Individuals. May 11-13, 2006. Ottawa, Canada.**

Topic: *Softening Events: Fear Ye Not.*

Presented by Brent Bradley, Ph.D. & Jim Furrow, Ph.D.

This plenary addressed the key therapist themes and interventions found in authors' own process research study of softening events. Videotaped segments were shown highlighting both therapy and live supervision when working through the vital softening event within the approach.

**63rd American Association of Marriage and Family Therapy Annual Conference (AAMFT). October 20-23, 2005. Kansas City, Missouri.**

*Teaching and Supervising Emotionally Focused Therapy: Step-by-Step.*

Jim L. Furrow, Ph.D. & Brent Bradley, Ph.D.

**40-Hour Annual Externship in Emotionally Focused Therapy, Marion, IN. May, 2006.**

**American Association of Marriage and Family Therapy Annual Conference (AAMFT), Atlanta, Georgia. 2004**

*Emotions and Systems: In-Session Competency.*

Bradley, B., Furrow, J.L., and Johnson, S.M.

**American Association of Marriage and Family Therapy Annual Conference (AAMFT), Cincinnati, OH. 2002**

Organized and led panel presentation titled *HOT TOPIC: Process Research: From Academia to Private Practice.*

Panel consisted of: Bradley, B, Johnson, S. M., Sells, S. P., and Heatherington, L.

**American Association of Marital and Family Therapy Annual Conference (AAMFT), Nashville, TN. 2001.**

Bradley, B. & Furrow, J.L. *The Process of Blamer Softening in Emotionally Focused Therapy.*

■ **AWARDED GRANTS**

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**Faculty Research and Support Fund Grant - UHCL**

\$5960 awarded April 2010 for pilot clinical trial researching effectiveness of emotionally focused couple therapy with parents of children diagnosed with an autism spectrum disorder. Four UHCL graduate MFT students are vital parts of this research. This is in-line with my stated research goals listed earlier.

**George Pulliam Distinguished Faculty Fellowship in MFT - UHCL**

\$4000 Awarded Fall 2009 for pilot clinical trial researching effectiveness of emotionally focused couples therapy with parents of children diagnosed with an autism spectrum disorder. This fellowship is two years in duration.

### **Faculty Research and Support Fund Grant - UHCL**

\$2000 awarded for pilot study of EFT enrichment with Hispanic American couples. Research project involves training two UHCL MFT graduate students to co-lead enrichment weekends.

### **The Hinds Fellowship Award - Indiana Wesleyan University**

Awarded for Two Years: Fall 2005 thru Spring 2007. Provided two years of ¼ time release Fall and Spring semesters for research. In addition a \$3000 expense budget per year was awarded for student assistants, materials, supplies, and postage.

### **Lilly Faculty Scholarship Fund - Indiana Wesleyan University**

Awarded for 2005-2006. This fund makes it possible for scholars to pursue collaboration, to participate in scholarly meetings, and to obtain needed resources for faculty research.

### **Lilly Student Research Assistantship Scholarship - Indiana Wesleyan University**

Awarded for 2005-2006. Two of my students were awarded this research scholarship to aid in me with my second softening task analysis research project.

## **■ GRANT APPLICATIONS IN-PROCESS**

### **The Baylor/Methodist Community Health Fund**

Deadline for Proposal: September 1, 2010.

We are currently collaborating with Carol Bornstein in the Office of Advancement to write a proposal for this fund. A brief overview of an outcome trial testing the effectiveness of EFT with parents having a child diagnosed with an autism spectrum disorder (a follow-up to our initial pilot study) was recently met with interest by the fund officer. Behavioral/mental health is an area of focus for this fund, as well as serving the needy. Our proposed research study meets both of these criteria.

### **NIH Academic Research Enhancement Award (AREA) Grants - (R15)**

Application due 10/2010.

AREA grants support small research projects in the biomedical and behavioral sciences conducted by faculty and students in health professional schools, and other academic components that have not been major recipients of NIH research grant funds.

The three goals of the AREA program are:

- to support meritorious research,
- to strengthen the research environment of the institution, and
- to expose students to research.

## ■ PROFESSIONAL ORGANIZATIONS

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### **American Association of Marriage and Family Therapy (AAMFT)**

- Clinical Member
- Approved Supervisor

### **Texas Association of Marriage and Family Therapy (TAMFT)**

- Family Therapy Education Co-Chair, TAMFT
- Editorial Board of the Journal of the Texas Association for Marriage and Family Therapy (TAMFT)

### **International Centre for Excellence in Emotionally Focused Therapy, Ottawa, Canada.**

- Certified Emotionally Focused Therapist, Supervisor, & Trainer