

Therapist Emotional Experience in Successful Blamer Softening Events in Emotionally Focused Therapy

Abstract

Process research in Emotionally Focused Therapy (EFT) has demonstrated the importance of the blamer softening event in successful outcomes of EFT. Subsequent research has explored crucial themes and interventions focused on by therapists in successful softening events. Following these findings, the role of therapist emotional experience and vocal quality in differentiating successful softening attempts in EFT were examined. The results demonstrate the importance of therapist experience in heightening client experience and in the facilitation of successful blamer softening events. Examination of therapist variables in softening events extends the understanding of the process of successful blamer softening, and holds promising implications for training EFT clinicians.