



Emotional Safety: Viewing Couples Through the Lens of Affect

By Don R. Catherall

Download now

Read Online 

Emotional Safety: Viewing Couples Through the Lens of Affect By Don R. Catherall

Emotional Safety is designed to help couple therapists identify and conceptualize the problems of their clients and to provide solutions, focusing on the two central elements of emotion and attachment.

Problems occur in relationships when the partners no longer feel safe being open and vulnerable with each other. *Emotional Safety: Viewing Couples Through the Lens of Affect* enables couple therapists to recognize and articulate the emotional subtext of their clients' interactions. The emotional safety model is based on modern affect theory and focuses on the affective tone of messages in the areas of attachment and esteem. The model allows therapists to address the subtle interplay of perceived threat and emotional reaction which underlies their clients' difficulties and disrupts emotional safety.

 [Download Emotional Safety: Viewing Couples Through the Lens ...pdf](#)

 [Read Online Emotional Safety: Viewing Couples Through the Le ...pdf](#)

Emotional Safety: Viewing Couples Through the Lens of Affect

By Don R. Catherall

Emotional Safety: Viewing Couples Through the Lens of Affect By Don R. Catherall

Emotional Safety is designed to help couple therapists identify and conceptualize the problems of their clients and to provide solutions, focusing on the two central elements of emotion and attachment.

Problems occur in relationships when the partners no longer feel safe being open and vulnerable with each other. *Emotional Safety: Viewing Couples Through the Lens of Affect* enables couple therapists to recognize and articulate the emotional subtext of their clients' interactions. The emotional safety model is based on modern affect theory and focuses on the affective tone of messages in the areas of attachment and esteem. The model allows therapists to address the subtle interplay of perceived threat and emotional reaction which underlies their clients' difficulties and disrupts emotional safety.

Emotional Safety: Viewing Couples Through the Lens of Affect By Don R. Catherall Bibliography

- Sales Rank: #1698458 in Books
- Published on: 2006-10-15
- Released on: 2006-12-06
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .68" w x 6.00" l, .91 pounds
- Binding: Paperback
- 300 pages

 [Download Emotional Safety: Viewing Couples Through the Lens ...pdf](#)

 [Read Online Emotional Safety: Viewing Couples Through the Le ...pdf](#)

Download and Read Free Online Emotional Safety: Viewing Couples Through the Lens of Affect By Don R. Catherall

Editorial Review

Review

"Emotional Safety...is a welcome addition to the growing library of books that use attachment theory as a foundation for understanding and improving the practice of couples therapy. [It provides] an enhanced understanding of how relationships can come to be experienced by couples as unsafe terrain, and how therapists can work with couples to restore a sense of emotional safety. This book is unquestionably a useful resource for couples therapists, and indeed any therapist who addresses relationship issues. [It] can be used in conjunction with a wide variety of approaches to therapy. Overall, Emotional Safety offers a coherent, provocative new lens for viewing relationship dynamics and should serve to expand any therapist's view of the territory of couple relationships. " -**Kristin Arthur, M.I.L.R, in *Journal of Couple and Relationship Therapy***

"Catherall's writing demonstrates a stellar command of many psychological theories, and he integrates a variety of academic areas of study very well. Throughout the book, and especially in Part Two, he interweaves great examples and clinical vignettes to demonstrate complex elements of his theory. Catherall's focus on enhancing emotional safety is convincing and consistent with recent research; it will also resonate with many therapists' clinical experience with couples...Catherall's text accomplishes its important goal of providing a lens with which to conceptualize couples functioning, one that can serve as a guide for therapists in working with a wide range of families." -**Michelle D. Sherman in *PsycCRITIQUES, Contemporary Psychology: APA Review of Books***

About the Author

Don R. Catherall is Clinical Associate Professor in the Department of Psychiatry and Behavioral Sciences at Northwestern Medical School

Users Review

From reader reviews:

Gilbert Johnson:

This book untitled Emotional Safety: Viewing Couples Through the Lens of Affect to be one of several books which best seller in this year, honestly, that is because when you read this guide you can get a lot of benefit onto it. You will easily to buy this specific book in the book store or you can order it by using online. The publisher with this book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Touch screen phone. So there is no reason for you to past this e-book from your list.

Ericka McCall:

The publication untitled Emotional Safety: Viewing Couples Through the Lens of Affect is the e-book that recommended to you to study. You can see the quality of the book content that will be shown to a person.

The language that creator use to explained their way of doing something is easily to understand. The writer was did a lot of investigation when write the book, and so the information that they share to you personally is absolutely accurate. You also might get the e-book of Emotional Safety: Viewing Couples Through the Lens of Affect from the publisher to make you far more enjoy free time.

Michael Hale:

Reading a book to get new life style in this 12 months; every people loves to examine a book. When you study a book you can get a great deal of benefit. When you read textbooks, you can improve your knowledge, because book has a lot of information on it. The information that you will get depend on what sorts of book that you have read. In order to get information about your examine, you can read education books, but if you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, in addition to soon. The Emotional Safety: Viewing Couples Through the Lens of Affect provide you with a new experience in reading a book.

Louis Hudson:

Guide is one of source of knowledge. We can add our expertise from it. Not only for students but additionally native or citizen have to have book to know the revise information of year in order to year. As we know those ebooks have many advantages. Beside all of us add our knowledge, can bring us to around the world. Through the book Emotional Safety: Viewing Couples Through the Lens of Affect we can have more advantage. Don't you to be creative people? Being creative person must want to read a book. Merely choose the best book that suited with your aim. Don't always be doubt to change your life with this book Emotional Safety: Viewing Couples Through the Lens of Affect. You can more pleasing than now.

Download and Read Online Emotional Safety: Viewing Couples Through the Lens of Affect By Don R. Catherall #S96TOFJ8DYP

Read Emotional Safety: Viewing Couples Through the Lens of Affect By Don R. Catherall for online ebook

Emotional Safety: Viewing Couples Through the Lens of Affect By Don R. Catherall Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Emotional Safety: Viewing Couples Through the Lens of Affect By Don R. Catherall books to read online.

Online Emotional Safety: Viewing Couples Through the Lens of Affect By Don R. Catherall ebook PDF download

Emotional Safety: Viewing Couples Through the Lens of Affect By Don R. Catherall Doc

Emotional Safety: Viewing Couples Through the Lens of Affect By Don R. Catherall Mobipocket

Emotional Safety: Viewing Couples Through the Lens of Affect By Don R. Catherall EPub