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Case Studies in Emotion-Focused Treatment of Depression: A Comparison of Good and Poor Outcome

Jeanne C Watson PhD, Rhonda N Goldman, Leslie S Greenberg PhD

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Six in-depth case studies - three of which result in a good outcome and three in a poor outcome - exemplify the principles of EFT and show how treatment progresses. The six clients depicted vary widely in their background, personalities, and beliefs about the roots of their depression, vividly demonstrating the utility of EFT across a range of circumstances.

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