

Building Family Resilience

Emotion Focused Family Counseling Approach

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Abstract: Changes in the family have a significant impact on family members. The difficult and pressing situation makes family members are in a stressful situation. For that, it needs to increase is the resilience to be able to confront the situation. Attachment theory offers robust developmental models for conceptualizing emotional distress and symptomatic behavior as an adaptive response to emotional insecurity in parent-child relationships. Recent developments in emotionally focused family counselling and attachment-based family therapy demonstrate promising empirical support for the application of attachment theory to the treatment of childhood disorders and family distress. This article explains apply emotionally focused family counselling to improve family resilience.

1 INTRODUCTION

Resilience in the family becomes an important factor in developing the mental health of a family member (Stavrianopoulos, Faller and Furrow, 2014). Situation and challenges of life weight and pressure that often create stress individual demands individuals to develop psychological resilience in the face. Families who have a good psychological toughness will cause all members feel the security and harmony in the family. Resilience in families formed by a strong emotional bond among family members (Aquilino, 1999). Interwoven good emotional reinforce the psychological power among members that will give a sense of security so that in a stressful situation, each family member has a psychological resistance.

Emotional bonds within the family formed by attachment among family members. Johnson (2006) describes the more people have an emotional attachment to their family members, then increasing psychological resilience. Attachment concept became a phenomenon that many take to help individuals in the family. There are two approaches that use the concept of attachment counselling to help families to improve the resilience that family counselling is based on attachment (Diamond, Siqueland, and Diamond, 2003) and emotion-focused family counselling (Johnson and Lee, 2000; Johnson, Maddeaux, and Blouin, 1998). As developed at this

time indicates that the family counselling practice focuses emotions can help families to improve the resilience of individuals.

This article contains the emotion-focused family counselling in improving the resilience of the family. Emotion-focused family counselling is an approach that is heavily influenced by the humanistic approach', family systems theory, and the most important is attachment theory (Johnson and Greenman, 2006). Through the integration of emotional response intrapsychic and interactional patterns of interpersonal, emotion-focused family counselling to help families to create a more secure connection between each other (Johnson, Hunsley, Greenberg, and Schindler, 1999). This approach allows clients to explore the resentment they feel, and see how it impacts the relationship and then apply the new information that they should find to build stronger relationships and emotional as well as a safe one another (Johnson, 2007). The goal of emotion focused family counselling is to identify the projective, develop stickiness "attachment", rebuilding healthy family relationships, find and explain the needs of the individual, encouraging autonomy as explained by the theory of Bowen namely differentiation, and work under the task of life development (Makinen and Johnson, 2006).

2 THE CONCEPT OF EMOTION FOCUSED FAMILY COUNSELING TO IMPROVE RESILIENCE

2.1 Basic Assumptions

Emotion focused family counselling aims to reduce stress and anxiety in adult relationships and create or re-create a more secure attachment bond (Makinen and Johnson, 2006). Emotion-focused family counselling is a variant of emotion focused therapy applied in the family setting. Focusing on the key element of emotion is an important transformation in the treatment of emotional focus. By focusing on emotions, are egalitarian, counsellors can create a "safe environment" for clients (Greenberg et al., 1993). As mentioned earlier, emotion-focused family counselling based on the theory of attachment. However, the emotion-focused counselling also uses elements of Gestalt counselling and family systems theory. As noted by Greenberg and Johnson (1988), the second theory sees humans as "the process of becoming", not "made up," capable of living in the volatile life. Both good Gestalt theory and systems theory also focus on the "here and now" is different in the construction of history that is often found in the more traditional psychodynamic approach to therapy.

Emotion focused counselling produces basic theories explaining the importance of involving the "real relationship of the inner psychological world of the two partners in interaction" (Greenberg and Johnson, 1988) and contextual relationships as the basis also of each person's behavior in relation to intrapsychic experience. The following is a summary of the principles of emotion-focused family counselling:

- Counselors act as a consultant during the counseling process and help families and collaborating that will allow them to create a secure bond and explore their emotions.
- Emotions are the key element in the relationship. It regulates the viscosity behavior and affects how people feel about themselves and how they had an intimate relationship with another person
- Need for close family members (attachment) is the desire healthy and adaptive. Problems occur when people are not able to enforce those requirements or feel the need for a couple or a family member in a safe manner. For example, a girl wants to be closer to his mother (which is the desire of a very precise), but he does it by

acting out (pattern of unsafe behavior).

- Problems occur when people develop their interaction patterns based on negative emotions and based on the experience they have in a relationship. According to Johnson (1996), emotional and interactional patterns will develop a self-reinforcing feedback.
- Changes occur by creating new emotional experiences in this relationship which is based on the interaction of a secure attachment-boost. This theory does not focus on insight into the past, catharsis, or negotiation.
- The counselor looked at partner relationship with "clients" in the session. The purpose of counseling is to create a relationship based on a secure bond.

Emotion focused counselling believes that "bond" exists between the people, and if a couple or family come to counselling, the bond has been compromised in some form (Johnson and Talitman, 1997). Trust may be broken, people may feel insecure in relationships, and family members may not believe that other people can be trusted or even safe. Based on this belief, emotion-focused family counselling strategy is to heal the broken bond, to restore confidence, and to help create a safe environment for its members, and not to resolve introjects and projections in childhood (Johnson and Talitman, 1997).

Emotion focused family counsellor has three main tasks: first, to create and maintain a therapeutic relationship that is "safe" in which each member of the family to explore themselves and others. The second task is to access the client emotions and then formulate them into a new basic emotion and more positive among family members. The third task is the restructuring of the interaction between members of the family, which in essence is the change problematic behavior patterns become more positive patterns (Johnson et al., 2005). To accomplish this task, the counsellor focuses emotion took the three-stage process of counselling and nine steps in family counselling (Johnson et al., 2005).

2.2 Views on the Family Resilience

Emotion focused family counselling defines "health" as flexibility, rather than being caught in a tight pattern of emotional and behavioural responses. When individual healthy, then he has the ability to regulate emotions in a healthy and able to relate to others in a healthy way by creating a sense of security in relationship (Johnson, 2002). This includes the ability to access, receive and understand the emotions

of a person. Pathology refers to the concept of emotional response, behavioural, cognitive, and perception does not match for the reality of the current context (Johnson, 2002).

When families or couples go into counselling sessions, emotion focused family counselling view that family healthy but currently stuck in repetitive behavior patterns resulting from injury viscosity, or feel the loss of a sense of security and comfort. Counsellors focus on seeing how the cycle of behavior and interaction created between members of a running system (Greenberg and Johnson, 1988; Johnson, 1996). By examining the behavior of communication through the frame attachment theory, emotion-focused family counsellor family assumes creating negative emotional patterns that make them "trapped" in a cycle of repeated interactions. The views of family are not based on pathological, but rather on the view that the family spouse has a habit of a negative interactional cycle that clients are complaining about (Johnson and Denton, 2007). This system is healthy and intact, only this time in the cycle of unproductive and repetitive that can be interrupted with the behavioural patterns just good emotional, cognitive and perceptual experiences that will create new homeostasis relationships (Johnson et al., 2005).

2.3 How Change Happens in Counselling

According to emotion focused family counselling changes occur when families are able to restructure their interactions so affiliation and autonomy are both received and maintained in a relationship (Moser and Johnson, 2008). Changes occur in relationship counselling when the counsellor was able to create a safe environment for every member to acknowledge and explore their own emotions and find acceptance and understanding (Johnson et al., 2005). The counsellor then consults with the couple through the three stages described earlier. The process of change is illustrated in the following case studies:

Indra and Santi have been married for 2 years. They have a good bond of love at the beginning of their marriage, but that all changed when Indra lost his job and Santi pregnant with their first child. Santi and Indra made the decision that, after the birth of a child, Indra will stay in the house and Santi works at the hospital. The arrangement turned out to be very stressful for both partners, when the economic downturn, Andi attempts job search is not successful and Santi need to better understand it and spend less time with his family. During the first session, Andi

said that Santi was always grumpy and do not provide emotional support, and he worried that he would leave her. Santi was always angry and complained that he could spend more time with the child and then distanced himself from Andi. In the same session, Santi tells about his doubts about not being adequate breast and said that the feelings are not worthy of caring for her child.

Counselling process as focusing the families of emotions are illustrated as follows, counsellors spent the first session-second to build collaborative relationships with clients, observing patterns of interaction partner and identifying the cycle that creates the problem. Andi complained about the unavailability of Santi, and he interpreted the complaint as criticism as a mother and became angry. He would then withdraw, which would increase Andi feeling insecure in the relationship. Before change can happen, both partners must be aware of the emotional experience that is felt in the relationship, to learn that they are not the enemy, and know that the negative cycle of their interactions cause them to feel pain and insecurity. This concept is carried out in the first stage.

In the second stage, Indra and Santi encouraged to re-join the fight against the negative cycle of negative interactions they create. Stickiness unmet needs (Andi will criticize and then scared, and she would get angry and then withdrew). After they both understand the cycle and be ready to change it, the counsellor began to restructure the pattern of negative emotional interactions that happened to them, where they become more open and responsive to each other. New interactions will lead to Indra and Santi to form an emotional bond that is more secure.

In the final stage, the process of change is occurring and the pair were able to apply new learning cycle for the specific situation. Indra and Santi are able to recognize and identify patterns of their responses that trigger a negative cycle and feel secure with each other to openly discuss it and ask for a commitment to one another.

This example illustrates the use of emotion-focused counselling in the process of change in the counselling sessions. During this session, the couple learned that by expressing fear, vulnerability, and the need for mutual support to one another, they were able to create a real language relationship in which there is a sense of acceptance, understanding, and change in response (Johnson and Greenman 2006). By focusing on the interaction process, the counsellor can work on patterns that support problem and turn it into a pattern that supports the solution (Johnson et al., 2005). By doing the proper response, counsellors

promote change by changing the consciousness of what is being communicated to what is needed by everyone. This example also illustrates that the counsellor does not need to be stuck on the content issue but should effectively address the problem to make changes (Johnson et al., 2005). All of this is aimed at achieving the restructuring interaction using new emotions to motivate new behavioural response (Johnson and Greenman, 2006). When one member actually aware of the needs of other members and be able to understand their needs in themselves and in a relationship, they are motivated to provide new behavior in the form of a new emotional response. Restructuring cycle begins by changing the behavior of the response of emotional experiences in a new way. Changes occur through focus and restructuring of emotional experience (Johnson and Greenman, 2006).

2.4 Technique of Emotion Focused Family Counselling

In creating and maintaining a therapeutic relationship with the client, the counsellor focuses emotion emphasize how it works by using empathy, originality, and respect and has the ability to focus on the interactional system family (Johnson et al., 2005). Not only to create a therapeutic relationship, has emotion-focused family counselling also emphasized the restructuring expressions and emotions. It requires skills in accessing emotional and do reformulation of the emotion. Greenberg and Johnson (1988) summarized these skills are attending skill, refocusing, closeness, expression analysis, intensification, symbolization, and create goals.

- Present involved in helping clients to gain new experiences
- Refocusing is a technique in which the counselor asks the client to remain focused on what she was feeling and experience that feeling intensify.
- Proximity means that the focus is on the here and now experience
- Expression Analysis teaches his clients to pay attention to nonverbal communication.
- Intensification is the experience of consciousness through repetition or metaphor.
- Symbolization help clients to understand the essence of what has happened in the therapeutic environment.
- Setting goals means that the client is able to formulate a new behavior based on new experiences found in the therapeutic environment.

Emotion focused family counselling is one of the best models are validated empirically, in a couple or family counselling (Baucom, Shoham, Mueser, Daiuto, and Stickle, 1998). Inventors emotionally focused family counselling consistent emotional support progress through empirical research. Their study tested the efficacy of the overall counselling and support focused emotions (Greenberg and Johnson, 1985). Then another study conducted by Greenberg and Johnson (1988) discusses the process of change in the counselling sessions and analyse the factors of success in emotion-focused counselling. A meta-analysis conducted by Johnson et al. (1999) showed that emotion-focused counselling effective in dealing with couples experiencing marital misery.

Study counselling focuses emotion, discussed earlier, as well as numerous other studies conducted to test this intervention, shows that on average, 90% of couples who assisted using this model to report an increase in significant positive changes in their relationships compared to couples who do not conduct counselling sessions. Similar studies provide evidence that 70% to 73% of couples recover from emotional stress after a family counselling session focused emotions (Johnson et al., 1999). Research on emotion-focused counselling and practice shows that this model can be used with different populations and different issues. The counselling focuses emotions also can effectively work with a partner with the behavior of hypersexual (Reid and Woolley, 2006), the couple depression (Dessaulles, Johnson, and Denton, 2003), families who have children with chronic diseases (Kowal, Johnson, and Lee 2003; Walker, Johnson, Manion, and Cloutier, 1996), and the families who have members suffering from bulimia (Johnson, Maddeaux, and Blouin, 1998). Research also shows that the effectiveness of emotion-focused family counselling clients is not affected by age, education, income, or cognitive complexity (Denton, Burleson, Clark, Rodriguez, and Hobbs, 2000).

3 PROCESS OF EMOTION FOCUSED FAMILY COUNSELING TO IMPROVE RESILIENCE

Emotion focused family counselling initiate a response by one or two counselling sessions focusing on current and emerging issues and dynamics that occur between family members. Counsellors build a good relationship with clients in order to secure the establishment of counselling sessions feeling. A

mode that counsellors do in this stage is to reflect and validate against every experience that every member of the family (Johnson, 2004). In this phase, each family member is given the opportunity to express their feelings felt and put forward issues of concern in family issues and reactions to these issues. Counsellors conduct searches and to reflect on the experience and to identify patterns that occur between the negative emotions among members of the family (Stavrianopoulos, Faller and Furrow, 2014).

Counsellors do access the negative emotional patterns that occur between family members in a circular manner. Each member is facilitated to express his feelings from the experience in the family. Counsellors do reconstruct the issues raised in the crisis of family problems attachment make every member feel unsafe. At this stage, the counsellor identification of conflicts between family members and the identification of negative emotions and attachment to individual happens to family members (Johnson, 2004). Accessing primary emotions such as fear, hurt and sadness create empathy among family members, responsiveness, and help escalation returning family (Johnson et al., 2005).

The second stage is to transform the interactional patterns that have been identified in the first stage. Counsellors focus on how the attachment between family members needs are not met and do change patterns of emotion is a reaction to that situation (Johnson, 2004). At this stage, the counsellor facilitates changes unmet basic emotional needs that need to happen between children and parents. Changes occur when parent's responsive attachment needs of children resulting in a positive emotional relationship that makes the relationship to be safe and healthy. During phase two therapists recognized the need to support children and parents in working through the fear often associated with vulnerabilities experienced in family relationships depressed and re-engaging new patterns of availability and responsiveness (Johnson, 2004).

The final stage of emotion-focused family counselling is the consolidation of family change has been made in the second phase. At the end of this stage, the family is able to integrate new ways and engaged and feeling of security among family members (Johnson et al., 2005). Discussions were characterized by openness, responsiveness, and engagement among family members. It's important for families to learn how to repair a failed attempt to connect outside of the session. Prior to termination, the counsellor wanted to see how families deal with an old problem with a new resolve by the way. Counsellors also want to help families strengthen

their vision to make changes that positively affect the connection between family members.

4 CONCLUSION

Emotion Focused Family Counselling is a counselling approach oriented attachment theory. Emotions in perspective focus emotional counselling based on the results of positive attachment relationships among family members. Emotion-focused family counselling can help family members to improve the resilience of self. This is done by developing a healthy emotional management in the relationship between family members. The counsellor acts as a consultant to help clients with the process which provides a sense of security among family members, identifying patterns of negative emotions in the interaction and helping to carry out the reconstruction of negative emotions by changing the way people are responding or a new one. Process changes made in the emotion-focused family counselling to help clients find fulfilment attachment expected ushered the family members that will help family members to increase psychological resilience.

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