



NOW OFFERING:

# EMOTIONALLY FOCUSED COUPLES THERAPY

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Emotionally Focused Therapy uses an attachment perspective to examine the strengths underlying the negative communication in the couple and focuses on the theory that couples are struggling with a basic attachment issue.

Emotionally Focused Couples Therapy consists of 3 phases and 9 steps. With each phase working to identify the conflict, change the events, and consolidate.

Research shows that 70-75% of couples move from distress to recovery and approximately 90% show significant improvements.

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\$150 per session or \$1250 for 10 sessions

To book an appointment visit [amandapattersonlmhc.com](http://amandapattersonlmhc.com)  
or call (954) 378-5381

FOR MORE INFORMATION CONTACT: AMANDA PATTERSON @ (954) 378-5381