

# GOLD STANDARD

Emotionally Focused Therapy (EFT) stands as the epitome of excellence when measured against the gold standard outlined by the APA for psychotherapy research. **Over the past three decades, the EFT research program has meticulously addressed every facet outlined in the optimal models of psychotherapy research,** showcasing a commitment to thorough and comprehensive exploration.

In a meta-analysis of 20 studies involving 330 couples, findings demonstrate that EFT significantly benefits couples. The data revealed substantial positive effects for (a) pretest–posttest, (b) EFT compared to other interventions, and (c) pretest to follow-up. This suggests that EFT is a reliable and evidence-based approach to couple therapy. The comprehensive review of existing studies on EFT underscores its effectiveness in addressing significant relationship distress among couples. **Out of the 330 couples studied, an impressive 70% achieved symptom-free status at the end of treatment, with these positive outcomes lasting up to two years post-treatment.**

EFT consistently demonstrates lasting positive results, aligning with an empirically validated theory of adult bonding. Specifically, research indicates that greater adherence to the therapy model by therapists correlates with better outcomes for couples across diverse populations and issues. Ongoing research explores areas such as trauma and stress, with promising adaptations of the EFT program for different contexts.

For more information, visit <https://iceeft.com/eft-research>