

Why work with emotions?

By Sandy Hungerford

This is a question that I'm regularly asked and my response is clear and reflected in my work with many clients over many years. I strongly believe that emotions are extremely informative, empowering and practical. As noted by expert in the field, Dr L Greenberg *"if you don't know how you feel you won't know what you need."*

When people try to avoid their emotions the exact opposite of healthy behaviour usually occurs. Avoidance can escalate and intensify symptoms in ways that are not helpful. Psychological symptoms of anxiety or depression or inappropriately expressed fear or anger can spiral to the point where emotions seem out of control and relationships suffer. Refer ["Alfred and Shadow"](#) a short story about emotions.

To address these issues, I follow a range of approaches using the therapeutic relationship to nurture and enhance the client's inner wisdom. This is a highly client-focussed approach with therapies individualised to suit the specific needs of each client.

EFT Therapy

Emotionally Focused Therapy (EFT) has been proven to be extremely effective in a range of psychological presentations and is a key therapy I implement to address emotional issues in a wide range of clients.

- EFT is practical as it enables people to better understand how their emotions and thoughts are affecting their behaviour and to identify the key underlying needs and concerns.
- EFT is highly effective as it helps us understand both our thoughts and our emotions and provides techniques for healthy self-regulation and management.
- EFT is powerful in working with both individuals and couples, to heal relationships and allow people to live happier, more productive lives.

Sessions involve face-to-face meetings where I assess the emotional issue and develop a therapy regime to address these issues. Clients are nurtured and directed in how to make changes over time to enhance their relationships and behaviours.

The time taken will depend on the individual and the growth and development is continually assessed and monitored in ongoing sessions.

For a confidential and no obligation discussion of your situation, please reach out to me via email or phone.

Every problem holds within itself a seed to its own solution