

# Contents

<b>Foreword</b>	xiii
Robert A. Neimeyer, PhD	
<b>Preface</b>	xv
<b>Acknowledgements</b>	xvii
 <b>PART 1</b>	
<b>Emotional Coherence: A Unified Framework of Behavioral, Emotional, and Synaptic Change</b>	1
 <b>1 Maximizing Effectiveness and Satisfaction in Clinical Practice</b>	 3
<i>Unlocking Emotional Memory</i>	3
<i>Emotional Learning, Coherence, and Symptom Production</i>	5
<i>The Emotional Coherence Landscape</i>	8
<i>Emotional Coherence and Your Clinical Development</i>	11
 <b>2 Memory Reconsolidation: How the Brain Unlearns</b>	 13
<i>After a Century, a Breakthrough</i>	13
<i>The Tenacity of Implicit Emotional Memory</i>	14
<i>Detecting Reconsolidation: From Indelible to Erasable</i>	17
<i>How Reconsolidation Works</i>	20
<i>The Behavioral Process for Erasing an Emotional Learning</i>	25
<i>Memory Reconsolidation in Clinical Practice:</i>	
<i>The Therapeutic Reconsolidation Process</i>	27
<i>The Neuroscience of Psychotherapy:</i>	
<i>Reconsolidation versus Emotional Regulation</i>	31
<i>The Interplay of Meanings and Molecules: A Prediction</i>	35
<i>Conclusion</i>	37



<b>3</b>	<b>The Focused, Deep Psychotherapy of Emotional Unlearning</b>	<b>39</b>
	<i>Embodying the Therapeutic Reconsolidation Process</i>	40
	<i>The Therapeutic Reconsolidation Process in Coherence Therapy:</i>	
	<i>Case Example of Anxious Low Self-Esteem</i>	43
	<i>The Process in Summary</i>	63
	<i>Markers of Change for Symptoms Dispelled at Their</i>	
	<i>Emotional Roots</i>	64
	<i>Ubiquity of the Transformation Sequence in Profound Change</i>	65
	<i>Conclusion</i>	65
<b>4</b>	<b>The Moments of Fundamental Change: Map and Methods</b>	<b>67</b>
	<i>How to Identify Targets for Unlearning</i>	68
	<i>Sources of Disconfirming Knowledge</i>	70
	<i>Case Studies and Techniques</i>	71
	<i>Obsessive Attachment to Former Lover</i>	71
	<i>Pervasive Underachieving</i>	77
	<i>Stage Fright (PTSD)</i>	86
	<i>Summary of Techniques</i>	92
<b>5</b>	<b>Emotional Coherence and the Great Attachment Debate</b>	<b>93</b>
	<i>Attachment, Other Domains of Emotional Learning, and Temperament</i>	93
	<i>Attachment Learnings</i>	97
	<i>Terms of Attachment</i>	102
	<i>Optimizing Attachment Therapy:</i>	
	<i>Dyadic Reparative Work and Beyond</i>	103
	<i>Varieties of Attachment Therapy in Action: Case Studies</i>	105
	<i>Conclusion: A Coherent Resolution</i>	124
<b>6</b>	<b>A Framework for Psychotherapy Integration</b>	<b>126</b>
	<i>Transformational Change and Specific Factors</i>	126
	<i>Accelerated Experiential Dynamic Psychotherapy (AEDP)</i>	130
	<i>Emotion-Focused Therapy (EFT)</i>	136
	<i>Eye-Movement Desensitization and Reprocessing (EMDR)</i>	141
	<i>Interpersonal Neurobiology (IPNB)</i>	148
	<i>Envisioning Psychotherapy Integration through the</i>	
	<i>Therapeutic Reconsolidation Process</i>	149
	<i>Common Factors, Specific Factors, and</i>	
	<i>Psychotherapy Process Research</i>	153
	<i>Conclusion: Unlocking the Emotional Brain</i>	155



**PART 2****Coherence-Focused Therapy in Practice 157****7 A Father's Tormenting Guilt:****Deep Resolution in Seven Coherence-Focused Sessions 159**

Paul Sibson

**8 Up on Top from Down Below:****Cessation of Compulsive Drinking Using Coherence Therapy 168**

C. Anthony Martignetti

**9 Bypassing Bypass Surgery:****Using Emotional Coherence to Dispel Compulsive Eating 181**

Niall Geoghegan

**10 Hearing Hostile Voices:****Ending Psychotic Symptoms at Their Coherent Roots 186**

Timothy A. Connor

**Glossary 201****References and Further Reading 207****Online Supplements 219****Author Index 220****Subject Index 224**