



CAPE & ISLANDS

COGNITIVE BEHAVIORAL INSTITUTE

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Couples Therapy

Emotionally Focused Couples Therapy (EFCT) is a highly effective, evidence-based approach designed to help couples strengthen emotional bonds and create lasting, meaningful change in their relationships.

Grounded in attachment theory, EFCT is based on the understanding that humans are wired for emotional connection. When this bond feels threatened, couples often fall into negative patterns of conflict, withdrawal, or emotional distance. EFCT helps couples identify these repeating interaction cycles and understand the underlying emotions and attachment needs driving them—shifting the focus from blaming each other to addressing the cycle itself.

EFCT follows a structured, research-supported model that guides couples from distress toward greater emotional safety and connection. Through this process, partners learn to become more emotionally accessible, responsive, and engaged with one another—key elements of secure and healthy relationships.

Rather than focusing solely on communication skills or problem-solving, EFCT addresses the emotional bond at the heart of the relationship. By fostering vulnerability, empathy, and emotional responsiveness, couples are able to rebuild trust, deepen intimacy, and create lasting change.



EFCT can help couples:

- Break cycles of conflict, withdrawal, or disconnection
- Strengthen emotional and attachment bonds
- Improve communication and emotional responsiveness
- Rebuild trust and emotional safety
- Develop a more secure, resilient relationship



capecbi.com

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Benefits

EMOTIONALLY FOCUSED COUPLES THERAPY (EFCT)

is effective for couples at any stage, including those experiencing ongoing conflict, emotional distance, or major life transitions.



Tanya Frenking, MA

Mental Health Counselor (Pre-licensure)

Call (508) 457-3160 today for an appointment. Our staff is eager to meet you and set up a plan that works for you.

LENGTH OF THERAPY WILL BE DETERMINED BY SPECIFIC NEEDS AND GOALS.

IN SOME CASES, INDIVIDUAL THERAPY WILL BE RECOMMENDED ALONG WITH COUPLE THERAPY.

The Cape & Islands Cognitive Behavioral Institute offers evidenced based treatment for children, teens, and adults struggling with various mental health issues including Obsessive Compulsive Disorder, anxiety related disorders, Body Dysmorphic Disorder, body focused repetitive behaviors, tic disorders, eating disorders, mood disorders, behavioral issues associated with Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, and trauma related issues. We offer individual and group therapy as well as family and couples counseling.

With compassion, knowledge, and hope, we endeavor to provide our clients with the highest level of care helping them to enjoy an optimal quality of life.