

The research presented here examines the effectiveness of Emotion-Focused Therapy (EFT), an integrative psychotherapy that focuses on clients' emotional experiences and transformation in the process of treatment (Greenberg, 2002), on the issues of past emotional injuries such as setbacks and failures, using a mixed-methods approach. Most outcome studies on EFT have been conducted in the West and demonstrate effectiveness in treating depressive disorder (Watson et al., 2003), generalized anxiety disorder (Timulak et al., 2022), and other psychological disorders.

Chapter 1 presents the background of this research. First, the author describes the origins and theory of EFT and the concept of emotional injury. Next, the author reviews current literature on the effectiveness of EFT from both quantitative and qualitative approaches and identifies the following gaps: (a) the need for outcome research on EFT in Japan, (b) the need to diversify research methods in outcome research, (c) the need for research about long-term effectiveness of EFT, and (d) the need for research on the transdiagnostic aspects of EFT.

Chapter 2 presents the purpose, methods, and implications of this research, as well as the structure of this dissertation. The purpose of this research is to examine the effectiveness of EFT on Japanese-speaking clients with past emotional injuries using a mixed-methods approach. 28 clients underwent sixteen EFT intervention sessions and responded to ten outcome measures at three different time points: before the start of treatment, after treatment termination, and six months after termination. Semi-structured interviews were conducted after termination with 17 clients. This research aims to (a) provide knowledge on the effectiveness of EFT in Japan, (b) present a research model for examining the effectiveness of psychotherapy using a mixed-methods approach, and (c) contribute new knowledge on the maintenance of the effectiveness of EFT.

Chapters 3 through 6 present four research findings relate to the purpose. Chapter 3 describes the first study, a quantitative analysis using data from 17 clients' outcome measures before the start of treatment and after treatment termination, to quantify the changes that occurred before and after the intervention. Results showed that nine out of the ten outcome measures demonstrated large effect sizes ( $d > 0.80$ ). In particular, the effect size for the subjective distress level of past emotional injuries was as large as 1.37. These results indicate that EFT is effective in improving past emotional injuries and may be effective in a wide range of presenting issues, including various psychiatric symptoms, emotion dysregulation, psychological functioning, cognitive problems, and interpersonal problems.

Chapter 4 describes the second study in which data from 17 client interviews were qualitatively

analyzed in an exploratory manner to clarify clients' subjective experiences. Using the grounded theory approach, five clusters were generated: therapeutic relationship with the therapist, transformative experiences, changes outside the session, difficulties during the intervention, and changes in meaning-making in counseling. The results showed that Japanese clients' experiences of EFT may be similar to Western clients' experiences of EFT from previous research. Findings unique to this research suggest that clients experienced a variety of difficulties throughout EFT treatment, including suppressed experiences that may be influenced by the Japanese culture.

Chapter 5 describes the third study in which individual cases were analyzed using systematic multiple-case studies. Three cases that demonstrated large improvements and three cases that did not demonstrate much improvement were extracted from the data in Chapters 3 and 4 to explore differences in difficulties experienced by clients during EFT treatment. Results suggest that there are differences in client experiences between the two groups, especially in the depth of emotional experiences and the initial therapeutic relationship. In addition, difficulties experienced by clients while dealing with painful emotions may be a necessary process for positive transformations.

Chapter 6 describes the fourth study in which the authors conducted a quantitative analysis using 28 clients' data on outcome measures administered six months after termination of EFT treatment. Results demonstrated medium to large effect sizes for all outcome measures, and indicators regarding effectiveness showed that treatment efficacy was generally maintained up to 6 months after termination.

Chapter 7 compares, integrates, and synthesizes results obtained from all four studies. The discussion was based on the following five points: (a) effectiveness of EFT for emotional injuries, (b) comparison of the present research with previous EFT research conducted in Western countries, (c) findings from the present research that contribute to EFT theory and highlight issues to be considered, (d) clinical implications of this research, and (e) methodological implications of this research. Lastly, the limitations of this research and future directions are discussed. Despite some limitations, this research demonstrated that EFT is an effective psychotherapy for emotional injuries, a presenting problem that many people experience. Furthermore, the effectiveness of EFT is shown to be as effective with Japanese-speaking clients as it is with clients living in Western countries, providing a practical model of psychotherapy outcome research in Japan.