Marital distress is the single most common reason for seeking therapy. Emotionally Focused Therapy for Couples (EFT) is one of the best validated couples interventions, and offers a comprehensive theory of adult love and attachment as well as a process for healing distressed relationships. This experiential/systemic therapy focuses on helping partners restructure the emotional responses that maintain their negative interaction patterns. Through a series of nine steps, the therapist leads the couple away from conflict deadlock into new bonding interactions.

**Program Objectives**
- To understand the phenomenon of marital distress in an attachment context
- To develop creative change events in therapy that foster a more secure bond between partners
- To deal with common impasses and difficult issues in marital therapy
- To learn the steps of EFT that help couples to leave destructive, hostile or defensive interactions, and share positive attachment that fosters secure bonding

**Program Description**
**Approximately 6 hours**
- The science of relationships
- Marital distress in terms of attachment theory
- Emotion-Focused Therapy with Couples: Process and Success Rates
- Core emotions and their evolutionary roles
- Attachment Theory: The Landscape of Love
- Strategies for working with separation distress
- Pivotal moments of healing/injury
- Steps of Emotion-Focused Therapy: case illustration
- Interventions with couples in Emotion-Focused Therapy: disquisition, choreograph new interaction patterns, resolve impasses, resolve attachment injuries; case illustration
- Discussion and questions

**Sue Johnson, Ed.D.**
- Professor of Psychology and Psychiatry, University of Ottawa
- Director of the Ottawa Couple and Family Institute; practicing clinical psychologist
- One of the originators of Emotionally Focused Couples Therapy
- Received AAMFT Award for Outstanding Contribution to the Field
- Prolific author and dynamic teacher: A leading figure in couples therapy

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