



Emotionally Focused Therapy

Love as an Attachment Bond

Presented by

Sue Johnson, Ed.D.

Objectives - To increase participants' ability to:

- See the dance of love clearly, understand the music of the dance and move couples into effective loving interdependence
- Understand the defining moments in the drama of relationships and how to systematically move couples from destructive hostile interactions into safe, empowering emotional connection
- Understand a clear theory of adult love and the tenets of attachment theory
- Understand how key emotions and events are linked to the tenets of attachment theory

- Focus interventions on the key elements of distress and to de-escalate toxic interaction patterns between couples
- Structure positive interactions that renew trust and intimacy, and that create antidote dialogues to heal injuries and relationship traumas
- Use EFT interventions with depressed, anxious, and traumatized couples

8 CD's or Cassettes - 12 hours

1 The Need for a Theory of Love

- Couple therapy – the New Era

2 Introduction to EFT

- Basic content
- The story of attachment theory
- The basic ideas of attachment
- Clinical examples

3 The Steps and Stages of EFT

- The 3 Stages
- The 9 Steps

4 Video Viewing and Exercises

5 EFT Interventions

- Overview
- Change events
- Application to different populations

6 Video Viewing and Exercises

7 EFT and Trauma

- EFT and Forgiveness
- Working with depressed and traumatized couples
- Working with different culture couples

8 Video Viewing and Exercises

Sue Johnson, Ed.D.

Dr. Sue Johnson is one of the originators and the main proponent of Emotionally Focused Couples Therapy (EFT).

In 1984 she received her doctorate in Counseling Psychology from the University of British Columbia. She is a member of the editorial board of the *Journal of Marital and Family Therapy*, the *Journal of Couple and Relationship Therapy* and the *Journal of Family Psychology*.

Dr. Johnson is professor of clinical psychology at The University of Ottawa, Director of the Ottawa Couple and Family Institute and **The Center for Emotionally Focused Therapy** (See www.EFT.ca for more information). She is also a research professor in the Marital & Family Therapy Program at Alliant University in San Diego.

She is the author and editor of numerous books including *The Practice of Emotionally Focused Couples Therapy*:

Creating Connection (the basic text on EFT for couples) *Attachment Processes in Couples Therapy* and *The Heart of the Matter*. Her most recent edited book is the *EFT Workbook, Becoming an EFT Couples Therapist*.

Sue is an Approved Supervisor for the American Association of Marriage and Family Therapy. She is internationally known for her workshops and presentations on practice, theory and research in couple therapy, adult attachment and emotion in psychotherapy.

She maintains a private practice and lives in Ottawa, Canada, with her husband and two children.

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