

OUTLINE

The State of Couple Therapy and the New Science of Attachment

The map to basic relationship emotions and needs
Understand and contain distance and distress
Shaping responsive bonding
Understand love relationships - invaluable to the therapist

Emotionally Focused Therapy (EFT) - the Structure, Moves and Interventions

The three stages of EFT
1. De-escalation
2. Restructuring Attachment
3. Consolidation
Key change events

Experiential and Systemic Interventions

Reflection of emotional process
Validation
Evocative process questions
Deepening and distilling emotion
Interpretation - conjecture
Reflecting interactions - feedback loops
Reframing
Shaping enactments
Containing enactments that go awry

OBJECTIVES

1. Communicate "the laws" of human bonding and how they operate in adult love relationships.
2. Simulate the stages, steps and interventions of EFT.
3. Articulate the "stuck" places couples encounter that perpetuate negative cycles and emotional disconnection in love relationships.
4. Instruct couples how to set up new bonding interactions that redefine connection and change working models of attachment.
5. Assess how to adapt the EFT model to different individuals, including escalated, traumatized, and depressed partners.
6. Support how the therapist's style fits with the model or creates blocks in working with emotion and shaping new dances.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact Claire Zelasko at czelasko@pesi.com or call 715-855-8194.

Questions? Call customer service at **800-844-8260**

The Tasks of EFT - Outline, Video Viewing, and Exercises

The core tasks of EFT
Build an alliance
Reprocessing and distilling emotion
Choreographing new interactions

Dealing with Difficult and Attachment Injured Clients - Discussion and Exercises

Dysregulated, escalated, and shut down, dismissing clients
Attachment injuries (i.e. affairs) - Relationship traumas that destroy trust
A proven model for forgiveness and reconciliation

Discussion of the New Era of Couple Therapy


Growing into and applying the EFT model
Gaining confidence in EFT - Maximize effectiveness in your practice
Key changes and challenges in the field of couple therapy

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.





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Emotionally Focused Therapy (EFT)

Evidence-Based Interventions for your Distressed Couples

Presented by EFT Expert & Trainer
Kathryn Rheem, Ed.D., LMFT

Ellicott City, MD
October 30, 2017

Fairfax, VA
November 1, 2017



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Emotionally Focused Therapy (EFT)

Evidence-Based Interventions for your Distressed Couples

Presented by EFT Expert & Trainer Kathryn Rheem, Ed.D., LMFT

- EFT: the only model of couple intervention that uses a systematic empirically validated theory of adult bonding as the basis for alleviating relationship problems
- Learn the tasks of EFT – create relationships that heal
- Dealing with difficult and attachment-injured clients – and succeeding!

"Kathryn is a wonderful EFT Trainer who can show you how to connect with your most distressed couples."

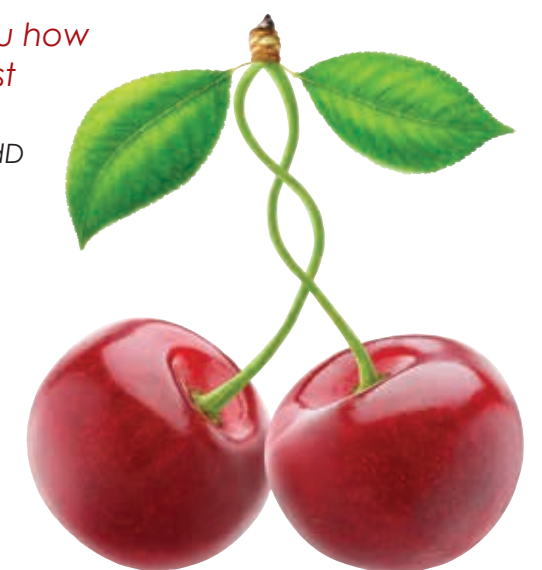
– Sue Johnson EdD

Ellicott City, MD

Monday
October 30, 2017

Fairfax, VA

Wednesday
November 1, 2017



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Emotionally Focused Therapy (EFT)

Evidence-Based Interventions for your Distressed Couples



Emotionally Focused Therapy (EFT) is an empirically validated approach grounded in attachment theory that provides a clear road map for helping partners to reconnect, repair and rebuild their bonds. (Johnson, 2004).

In this workshop, join EFT trainer Kathryn Rheem, Ed.D., LMFT and colleague of Dr. Sue Johnson and learn a step-by-step procedure for helping couples move from negative patterns of interaction to greater openness and deeper intimacy with each other.

Attachment distress and the resulting arguments between partners is one of the most powerful forces in our clients' lives. This distress is emotionally disruptive, hard to contain, and unpredictable for clients and clinicians alike.

Emotionally escalated couples are frequently our most challenging clients. Emotionally Focused Therapy (EFT), based on adult attachment, offers a clear map to work with and shift escalated couples. Reactive emotion, a hallmark of attachment distress, is fast-moving, hard to contain, and keeps couples stuck in a negative pattern. Accessing and sharing vulnerabilities, a key to creating healthy attachment, can look easy but is challenging. Sharing vulnerabilities with each other creates the bonding moments need to re-structure their bond.

SPEAKER

Kathryn Rheem, Ed.D., LMFT, Director of the Washington Baltimore Center for Emotionally Focused Therapy (WBCEFT) for the last 7 years, has trained hundreds of mental health clinicians in EFT nationally and internationally. She has been a student of EFT since 2002, has been using this empirically-validated approach exclusively in private practice since 2005, and continues to study and learn the model daily. Along with her mentor Dr. Sue Johnson, originator of EFT, Kathryn's best teachers of this humanistic, attachment-based model are the couples she works with weekly in private practice.

Together, Sue & Kathryn created Strong Bonds, Strong Couples, LLC, which provided EFT-based weekend retreats for soldiers & marines coming home from the Iraq and Afghanistan wars and their partners at military installations in the U.S. and abroad. Kathryn has trained U.S. Army Chaplains & European Regional Medical Command in EFT and consults monthly with the U.S. Veterans Administration.

Kathryn trains and presents EFT regularly at many locations in U.S. including the Psychotherapy Networker Symposium, AAMFT Annual Conference, state divisions of AAMFT, and EFT Summit and has taught EFT in Denmark, Sweden, Holland and Germany.

She works extensively with couples where one or both partners have endured trauma and has written and presented on the application of EFT with trauma numerous times. In addition to the application of EFT with trauma, Kathryn has a special passion for working with and teaching the Withdrawer Re-engagement process. For her doctoral dissertation, Kathryn completed the first analysis of Withdrawer Re-engagement, and she enjoys teaching clinicians how to come alongside and work with Withdrawers.

Kathryn was voted a Top Couples Therapist in Washington, D.C. by the *Washingtonian* magazine in December 2012. A clinical fellow and approved supervisor of AAMFT, she has written 9 articles/chapters on the application of EFT.

Speaker Disclosures:
Financial: Kathryn Rheem is the director of the Washington Baltimore Center for Emotionally Focused Therapy (WBCEFT). She receives a speaking honorarium from PESI, Inc.
Non-financial: Kathryn Rheem has no relevant non-financial relationship to disclose.

Seminar on DVD or CD Package:
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Target Audience:
Counselors, Social Workers, Psychologists, Marriage and Family Therapists, Psychotherapists, Nurse Practitioners, Psychiatric Nurses, Addictions Counselors, Case Managers, Clergy, and other mental health professionals

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Hold Me Tight:
Seven Conversations for a Lifetime of Love
Susan Johnson, Ed.D.

Heralded by the *New York Times* and *Time* magazine as the couple therapy with the highest rate of success, Emotionally Focused Therapy works because it views the love relationship as an attachment bond. This idea, once controversial, is now supported by science, and has become widely popular among therapists around the world. In *HOLD ME TIGHT*, Dr. Sue Johnson presents Emotionally Focused Therapy to the general public for the first time. Johnson teaches that the way to save and enrich a relationship is to re-establish safe emotional connection and preserve the attachment bond. With this in mind, she focuses on key moments in a relationship-from Recognizing the Demon Dialogue to Revisiting a Rocky Moment-and uses them as touchpoints for seven healing conversations. Through case studies from her practice, illuminating advice, and practical exercises, couples will learn how to nurture their relationships and ensure a lifetime of love.

Love Sense
The Revolutionary New Science of Romantic Relationship
Susan Johnson, Ed.D.

Every day, we hear of relationships failing and questions of whether humans are meant to be monogamous. *LOVE SENSE* presents new scientific evidence that tells us that humans are meant to mate for life. Dr. Johnson explains that romantic love is an attachment bond, just like that between mother and child, and shows us how to develop our "love sense"—our ability to develop long-lasting relationships. Love is not the least bit illogical or random, but actually an ordered and wise recipe for survival. *LOVE SENSE* covers the three stages of a relationship and how to best weather them; the intelligence of emotions and the logic of love; the physical and psychological benefits of secure love; and much more. Based on groundbreaking research, *LOVE SENSE* will change the way we think about love.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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CHAPLAINS/CLERGY: This activity is designed to qualify for 6.25 continuing education hours.

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This activity qualifies for 6.25 contact hours.

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