

2-Day
Intensive
Course

Emotionally Focused Therapy (EFT) for Difficult Couples

with Susan Johnson, Ed.D.

Evidence-Based Techniques to Effectively Work with Challenging Couples

Dr. Sue Johnson has revolutionized the field of couple therapy. Through her decades of research and innovative approaches, she has harnessed the power of attachment science to develop and rebuild deep intimacy in relationships through **Emotionally Focused Therapy (EFT) -- the only model of couple therapy that has been tested and shown to create lasting change in over 20 empirical studies.**

In this 2-day intensive course, Dr. Johnson will show you step-by-step how to apply her proven EFT model to your practice to help your clients grow within their relationships – even in the presence of complex issues such as trauma, PTSD, anxiety, depression, sexuality and more!

Transform your work with couples by implementing interventions and strategies to work with your most difficult couples. You'll learn how to:

- get to the root of couples' conflicts quicker by using the powerful lens of attachment science
- use a structured, on-target, effective roadmap to take couples from disaster to emotional connection
- provide real, lasting change to clients from advances in attachment science and proven EFT interventions
- create secure and satisfying connections by targeting the complex dramas that occur within relationships, including affairs
- maximize engagement with adaptable interventions for couples who are hostile, escalated, withdrawn or shut down

Through guided instruction, group discussion, videos of actual couple in-sessions, and clinical exercises, you will take away practical strategies to use immediately with your most difficult couples.

Register today and revolutionize the way you work with couples!

"Couple therapy is often conducted without a map to make sense of the drama of love relationships – the dance and the emotional music. Once the therapist has the map provided by attachment science and the tried and tested interventions of EFT, even with the most difficult couples, it is a safe adventure. Once we know the way home, the journey is fascinating and fun!"

- Dr. Sue Johnson

New York Times and Time magazine herald as "the couples therapy with the highest rate of success!"



Susan Johnson, Ed.D.,

is an author, clinical psychologist, researcher, professor, popular presenter and speaker and a leading innovator in the field of couple therapy and adult attachment. Sue is the primary developer of Emotionally Focused Couples and Family Therapy (EFT), which has demonstrated its effectiveness in over 30 years of peer-reviewed clinical research.

Sue Johnson is founding director of the International Centre for Excellence in Emotionally Focused Therapy (www.iceeft.com) and distinguished research professor at Alliant University in San Diego, California, as well as professor emeritus, clinical psychology, at the University of Ottawa, Canada.

Dr. Johnson has received a variety of awards acknowledging her development of EFT and her significant contribution to the field of couple and family therapy and adult attachment. Sue has been appointed as a Member of the Order of Canada, the country's highest civilian honor recognizing outstanding achievement, dedication to the community and service to Canada. In 2016, she was named Psychologist of the Year by APA, and has been honored by AAMFT for her Outstanding Contribution to the Field of Couple and Family Therapy.

As author of the best-selling book: *Hold Me Tight, Seven Conversations for a Lifetime of Love*, Sue Johnson has created for the general public, a self-help version of her groundbreaking research about relationships – how to enhance them, how to repair them and how to keep them. This best seller has been adapted and developed into a relationship education and enhancement program.

Her most recent book, *Love Sense, The Revolutionary New Science of Romantic Relationships* outlines the new logical understanding of why and how we love – based on new scientific evidence and cutting-edge research. Explaining that romantic love is based on an attachment bond, Dr. Johnson shows how to develop our "love sense" – our ability to develop long-lasting relationships.

Dr. Johnson's best known professional books include, *The Practice of Emotionally Focused Couple Therapy: Creating Connection* (2004) and *Emotionally Focused Couple Therapy with Trauma Survivors* (2002).

Sue trains counselors in EFT worldwide and consults to the 50 international institutes and affiliated centers who practice EFT. For more information about Sue and her mission, please visit her website at www.drsuejohnson.com.

Speaker Disclosures:

Financial: Susan Johnson receives compensation as a tenured professor for the University of Ottawa. She receives royalties as an author for Little Brown, ICEEFT, Brunner Routledge, and Guilford Press. Dr. Johnson receives a speaking honorarium from PESI, Inc.

Non-financial: Susan Johnson has no relevant non-financial relationship to disclose.

Live Webcast Details

and Live Webcast Continuing Education Credit Information

Join us on April 20 & 21, 2020, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$99.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/75297

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with Susan Johnson, Ed.D.

Evidence-Based Techniques to Effectively Work with Challenging Couples

**Bloomington, MN -or-
Live Video Webcast**

Monday & Tuesday
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with Susan Johnson, Ed.D.

Evidence-Based Techniques to Effectively Work with Challenging Couples



Susan Johnson, Ed.D.,

Primary Developer of EFT & Recognized Innovator in Changing the Field of Couples Therapy

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OUTLINE

Couple Therapy

What's Necessary to Create Secure, Lasting Bonds

How not to get caught in the overwhelm
Don't label and get caught in finger pointing
Going beyond looking at symptoms

Emotionally Focused Therapy (EFT) & Attachment Theory

EFT Model - Secure Base for Effective Therapy

Build a therapeutic alliance
Reprocess and distill emotion
Choreograph new interactions
Restructure attachment
Utilize the five basic moves of the EFT therapist
Limitations of research & potential risks

Three Stages of EFT

The Structure, Moves, Interventions & Key Change Events

Stage 1-De-escalation of Negative Cycles
Assessment
Identify negative cycle / attachment issues
Access underlying attachment emotions
Frame problem – cycle, attachment needs/ fears
Stage 2-Restructuring Attachment
Access implicit needs, fears, models of self
Promote acceptance by other
Structure reach & respond – express attachment needs – bonding interactions
Stage 3-Consolidation of the New Relationship and Future
Emotional attachment conflicts have been resolved
Relationship becomes a safe haven
Healing environment for both partners

Advanced Approaches for Difficult & Attachment Injured Couples

Affairs

Relationship traumas that destroy trust
How to create and communicate a healing narrative
When healing attempts worsen the rift
Shaping trust and reconciliation
Resolve attachment injuries

Hostile and Escalated Couples

Escalation because of trauma
Establish an in-session safe base for partners in melt down – contain escalation
Grasp the threats that trigger accusation and defence
Understand the relationship between PTSD, trust and sexuality
Address fear and safety
Normalize and regulate over the top hyperarousal

Withdrawn Couples

How to deal with lack of engagement from shut down, dismissing clients
Stop stonewall and maximize engagement
Address co-morbidities blocks in session
Depression
Anxiety
Trauma
Sexuality
Pinpoint blocks to constructive dependency
Shape change events and graduated risk-taking

Couples with Past Injuries & Vulnerabilities

Mini traumatic relationship injuries
I will never forgive you....
I will never rely on you....
You weren't there...

How to impasses in trust
Create "hold me conversations"
Attachment injury repair in EFT

The Future of Couple Interventions in the 21st Century

Key changes and challenges in the field of couple therapy
Use the map offered by attachment and EFT
Normalize relationship application
EFT for special populations

Live Course & Webcast Schedule
(For both days—times listed in Central)

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

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Target Audience

Marriage and Family Therapists • Counselors • Social Workers • Psychologists • Therapists
Addiction Counselors • Case Managers • Other Mental Health Professionals

OBJECTIVES

1. Give examples of the laws of human bonding, how they operate in adult love relationships, and how these laws inform the clinician's choices of treatment interventions.
2. Explain the EFT model as a secure base for effective couple therapy.
3. Identify the three stages of the EFT model to offer clients a way out of destructive patterns into new ways of relating based on closeness, safe attachment and connection.
4. Utilize how EFT explores and deepens emotions with clients in a way that maintains safety.
5. Implement corrective emotional experiences for couples that create real forward movement in a single session.
6. Articulate the "stuck" places couples encounter that perpetuate negative cycles and emotional disconnection in love relationships, and utilize this information to improve clinical outcomes.
7. Outline the 10 principles of attachment theory and how these principles can help guide intervention in couple sessions.
8. Determine alliance issues and escalating hostility in clients during stage 1 sessions of EFT.
9. Implement techniques to deal with clients who are shut down, withdrawn and lack of engagement in therapy.
10. Demonstrate how to adapt the model to different co-morbidities in session like depression, anxiety and trauma and sexuality.
11. Breakdown blocks to constructive dependency in all stages of therapy and shape change events in session.
12. Utilize clinical strategies to resolve attachment injuries, such as affairs, to shape trust and reconciliation between clients.
13. Demonstrate how to adapt the model to different individuals to improve client engagement, including escalated, traumatized, and depressed partners.

WHAT EXPERTS ARE SAYING...

"Sue Johnson [is] the most original contributor to couples therapy to come along in the last 30 years. Her guidance will touch your heart, stimulate your mind, and give you practical strategies for improving marriages."

—William J. Doherty, Ph.D., author of *Take Back Your Marriage*

"[EFT] is really what is missing in behavioral marital therapy. It's all so intellectual. It really isn't looking at what is going on at a level of depth that really matters."

— John Gottman, Ph.D., Internationally renowned couples therapist

"[EFT] blends the best in research findings with practical suggestions from a caring and compassionate clinician. This fabulous technique will be of great benefit...to couples trying to find their way to better communication and deeper, more fulfilling ways of being with each other."

—Daniel J. Siegel, M.D., executive director, Mindsight Institute

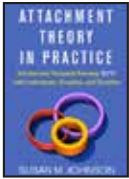
"Johnson, one of the world's leading psychotherapists, has drilled down through research and years of clinical practice to describe the growing consensus on the crucial role of emotion regulation and interpersonal processes in psychotherapy, using attachment theory as a theoretical guide. Every therapist and therapist-in-training should be aware of this important perspective on what they do."

—David H. Barlow, PhD, ABPP, professor emeritus of psychology and psychiatry and founder, Center for Anxiety and Related Disorders, Boston University



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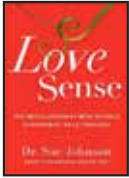
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Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families

By Susan Johnson, Ed.D. **YOUR SPEAKER**

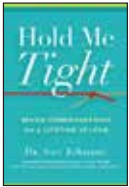
Drawing on cutting-edge research on adult attachment-and providing an innovative roadmap for clinical practice-Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.



Love Sense: The Revolutionary New Science of Romantic Relationship

By Susan Johnson, Ed.D. **YOUR SPEAKER**

Every day, we hear of relationships failing and questions of whether humans are meant to be monogamous. Love Sense presents a summary of the new scientific evidence that helps us grasp and so actively shape our love relationships. 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.



Hold Me Tight: Seven Conversations for a Lifetime of Love

By Susan Johnson, Ed.D. **YOUR SPEAKER**

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.

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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 cepesi@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 profession's standards.

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Minnesota Counselors: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

Wisconsin Counselors: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

Marriage & Family Therapists: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Minnesota Marriage & Family Therapists: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

Wisconsin Marriage & Family Therapists: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

Psychologists: This live activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

Minnesota Psychologists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/75295.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Minnesota Social Workers: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 12.5 continuing education hours.

Other Professions: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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