Evidence-Based Techniques to Effectively Work with Challenging Couples

with Susan Johnson, Ed.D.

In an author, clinical psychologist, researcher, professor, and prolific, innovative speaker and a leading influence in the field of couple therapy and adult attachment. Sue is the primary developer of Emotionally Focused Therapy (EFT), which has demonstrated its effectiveness in over 20 years of peer-reviewed clinical studies.

Sue Johnson is founding director of the International Centre for Excellence in Emotionally Focused Therapy (www.icemt.com) and distinguished research professor at Albert University in San Diego, California, as well as a Clinical Professor in Psychology and Clinical Psychopathology, at the University of Ottawa, Canada.

Dr. Johnson has received a variety of awards acknowledging her development of EFT and significant contributions to the field of couple and family therapy and adult attachment. She 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 2015, she was named Psychologist of the Year by APA for her Outstanding Contributions 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 See has become known as the go-to expert on what makes a loving, committed, successful relationship. With her groundbreaking work and best-selling books, Sue has helped millions of people conduct some of the most transformative insights into love, connection and communication known to humankind.

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