

OUTLINE

State of Couple Therapy: 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): Structure, Moves and Interventions

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

Interventions: Experiential and Systemic

Reflection of emotional process
Validation
Evocative process questions
Deepen and distill emotion
Interpretation - conjecture
Reflecting interactions - feedback loops
Reframing
Shape enactments
Contain enactments that go awry

Tasks of EFT: Outline, Video Viewing, and Exercises

The core tasks of EFT
Build an alliance
Reprocess and distill emotion
Choreographing new interactions

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

The New Era of Couple Therapy

Growing into and apply the EFT model
Gain 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

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.

OBJECTIVES

1. Communicate "the laws" of human bonding and how the laws operate in adult love relationships for purposes of client psychoeducation.
2. Assess for attachment injury and trauma history in presenting couples as it relates to case conceptualization.
3. Summarize the stages, steps and interventions of EFT to be utilized in a clinical setting when working with couples.
4. Articulate the "stuck" places couples encounter that perpetuate negative cycles and emotional disconnection in love relationships, and utilize this information to improve clinical outcomes.
5. Increase treatment effectiveness by adapting the EFT model to different clients, including escalated, traumatized, and depressed partners.
6. Utilize clinical exercises to shape new bonding interactions for couples that can redefine connection, forgiveness and change working models of attachment.



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Emotionally Focused Therapy (EFT)

Evidence-Based Interventions for your Distressed Couples

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

Towson, MD
December 9, 2019

Annapolis, MD
December 10, 2019



Emotionally Focused Therapy (EFT)

Evidence-Based Interventions for your Distressed Couples

Presented by EFT 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
- Deal 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

Towson, MD

Monday, December 9, 2019

Annapolis, MD

Tuesday, December 10, 2019



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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, 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 seven 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 nine 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.

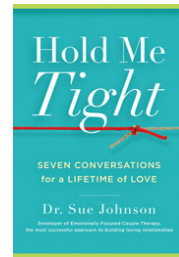
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Target Audience:

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Addiction Counselors, Case Managers, Clergy, and other mental health professionals

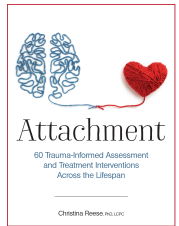
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Hold Me Tight: Seven Conversations for a Lifetime of Love

By 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.



Attachment

60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan

By Christina May Reese, LCPC, PHD

Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client's relationships by teaching them **strategies to feel more connected, reestablish trust, and restore positive emotions**. Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure 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 cepesi@pesi.com or 800-844-8260 before the event.

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Chaplains/Clergy: This activity is designed to qualify for 6.25 continuing education hours.

Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Maryland Counselors: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

Marriage & Family Therapists: This activity consists of 380 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.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists:

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Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

Psychologists & Psychiatrists:

Psychiatrists

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

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