

Outline

Attachment Science in Individual Psychotherapy

Seeing the self from a developmental attachment viewpoint
The 10 principles of attachment science
The attachment view of emotional disorders
What attachment tells us about the essence of in-session change that lasts

Emotionally Focused Therapy for Emotional Disorders – EFIT

Foundational Stages of EFT

- Stabilization
- Restructuring
- Consolidation

The organic model of change and change events - working with vulnerability

The EFIT Process-Oriented Assessment

A non-pathologizing attachment perspective on emotional disorders
Using EFIT to work with core features of anxiety and depression
The process of first sessions – building a safe-haven alliance

Objectives

1. Build core emotional experiences to promote emotional balance in your traumatized, anxious and depressed clients.
2. Evaluate the EFT model as a secure base for effective therapy with individual clients.
3. Analyze the three stages of the EFT model as an approach that offers clients a way out of destructive patterns.
4. Implement evidence-based stages to increase closeness, safe attachment and connection.
5. Investigate how EFT explores and deepens emotions with clients in a way that maintains safety.

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The Core EFT Macro Interventions – the EFT “Tango”

Mirroring/reflecting present process
-Negative Cycles of Coping
Affect assembly and deepening
Choreographing engaged encounters with self and others
Processing these choreographed dramas to create emotional balance
Integrating and validating new experience
The Tango across stages of change

Summary of Micro Interventions – Experiential and Systemic

In-session video and discussion of sessions
Play and Practice - the elements of the Tango

Attachment Science and the Practice of Psychotherapy – Across Modalities

Growing into and applying the EFIT model in your practice
Limitations, risks and areas for further research

Questions?

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Live Webcast Schedule

(Times listed in Pacific)

8:00 Program begins

11:50-1:00 Lunch Break

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.



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Dr. Sue Johnson's

Emotional Focused Individual Therapy (EFIT)

Attachment-based Interventions to Treat Trauma, Anxiety and Depression

LIVE VIDEO WEBCAST
Thursday, April 2, 2020



Register Now: pesi.com/webcast/82872

Dr. Sue Johnson's

Emotional Focused Individual Therapy (EFIT)

Attachment-based Interventions to Treat Trauma, Anxiety and Depression



Featuring

Susan Johnson, Ed.D.

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

- Broadens EFT couple framework to individual and family work
- Deepen your work and bring desired transformation to all your clients
- See why the experts **Daniel Siegel, MD; John Gottman, PhD;** and **David Barlow, PhD** praise Dr. Johnson's attachment-based work

Sign up today & learn a new way of working with all challenging clients

Join us for this live, interactive webcast!

LIVE VIDEO WEBCAST
Thursday, April 2, 2020
Train your whole organization and SAVE!



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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Dr. Sue Johnson’s Emotional Focused Individual Therapy (EFIT) Attachment-based Interventions to Treat Trauma, Anxiety and Depression

Finally, there is a map offered to us by attachment science to work in an organic, on-target way to help clients with trauma, anxiety and depression.

To that map, add the wisdom of 30 years of clinical experience and outcome studies on Emotionally Focused Therapy and you have the right way to tune into clients’ emotions and help them shift from numbing or agitation into emotional balance and the ability to trust the self and engage fully with others.

Known for her ground-breaking intervention – Emotionally Focused Couple Therapy—Dr. Sue Johnson will show you the set of proven interventions to shape transformational emotional moments for your individual clients in every session.

Emotionally Focused Individual Therapy (EFIT) will transform your clinical work by giving you:

- A structured, on-target, effective roadmap for helping clients
- Resolution for clients’ depression, anxiety and posttraumatic stress
- A more integrated coherent sense of self

EFT takes you to the heart of the matter in just 5 clear macro-interventions. The goal is not to simply modify symptoms, but to grow people into full, flexible aliveness.

You will leave with your own blueprint for EFT that you can use across modalities - with a single client, with a distressed couple or with a family in crisis.

Sign up today, and leave feeling re-energized knowing your new skills will set your clients on a sure path to healing.

Outline



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 ground-breaking 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.drjsuejohnson.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.

EFIT Evidence based EFT for couples now applied to Individuals in Therapy.

Live Video Webcast Details Join us on April 2, 2020, for this live, interactive webcast! Invite your entire organization 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 and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Only \$49.99 per CE Certificate for each additional participant. It’s easy and convenient! Sit at your own computer or gather your coworkers and watch and participate in the live video webcast as a group! Register Now! pesi.com/webcast/82872

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Dr. Sue Johnson’s Emotional Focused Individual Therapy (EFIT) Attachment-based Interventions to Treat Trauma, Anxiety and Depression HOW TO REGISTER 1 Please complete entire form with participant (or registrant) information (to notify you of seminar changes); please print; staple duplicate forms. Mail Code: See mail code box on address panel on reverse side E-mail address *Email required to receive registration confirmation, CE certificate, and/or digital product. Name Profession Employer Name Employer Address Dept/Floor/Suite City County State Zip Home/Cell Ph () Dept. Ph () 2 Webcast Information: Webcast starts at 8am Pacific time April 2, 2020 PWZ78573 Register Now: pesi.com/webcast/82872 3 Check tuition: \$219.99 standard tuition (plus applicable tax in HI, NM) Tuition includes downloadable manual 4 Indicate method of payment: ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy). Check enclosed payable to PESI, Inc. MC VISA AE Discover Novus 16 digits 13-16 digits 15 digits 16 digits Card # Card Exp. V-Code #*: Signature (*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.) ADA needs: We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date. CAN'T ATTEND THE WEBCAST? Dr. Sue Johnson’s Emotional Focused Individual Therapy (EFIT) Online Digital Seminar* \$219.99 (POS055945) (Email required) Seminar on DVD** \$219.99 (RNV055945) Product total Shipping - \$6.95 (DVD only) Subtotal Tax TOTAL *For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY. **For DVD orders, add applicable tax except in AK, DE, MT, NH, OR CE hours and approvals on products may differ from live CE approvals. Additional CE participant prices may vary.