**Creating Secure Relationships: An Introduction to Emotionally Focused Therapy**

Emotionally focused therapy (EFT) integrates experiential and systemic theories under the umbrella of attachment theory. It offers a unique combination of empirically supported change processes and techniques informed by an explicit theory of adult love.

An overview of emotionally focused therapy will be presented with a particular emphasis on working with couples. Lecture and discussion will demonstrate how the approach explores both the intra-psychic and the interpersonal worlds of the couple in distress.

 As partners engage in typical, reactive ways (the negative cycle) we look to slow down and deepen emotional experience and begin to frame these reactions as understandable, predictable responses to attachment related fears and needs. The aim of this seminar is to offer an overview of the interventions used by EFT therapists that deepen the exploration of underlying, previously unexpressed attachment-related emotions, in order to help couples to develop more secure and deeply satisfying connections.

 Emotionally focused individual therapy (EFIT) and emotionally focused family therapy (EFFT) models will also be touched upon. In her new book, Attachment Theory in Practice, Sue Johnson states the EFT tango is the basic intervention that the therapist employs again and again in all stages and forms (individual, couple, family) of EFT (Johnson – 2019).

**Learning Objectives**

This workshop is designed to help you:

        Explain the emotionally focused couples therapy model, including the basic assumptions and theoretical foundations.

       View relational distress from an attachment perspective.

       Select and assess clients/patients appropriate for EFT.

       Identify the clinical techniques and skills used in EFT.

       Recognize how the EFT therapist elicits and deepens client’s attachment longings and fears to create change.

       Identify how EFT shapes new interactions and key bonding events.

      Learn the key intervention in all modalities of EFT: the Tango.