**Fundamentals of  
Emotionally Focused Therapy**

**EFT for individuals, couples and families**

Emotionally Focused Therapy aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems.

Psychotherapy is most effective when it focuses on the healing power of emotional connection. **Fundamentals of EFT** draws on cutting-edge research on adult attachment and provides an innovative roadmap for clinical practice.

**Fundamentals**is a 1-day introduction to Emotionally Focused Therapy and Attachment Theory for all modalities: individual, couple, and family therapy. This training will provide an outline of EFT emphasizing attachment / relationships and how the EFT Tango applies to all 3 modalities: individuals, couples and families.

More than just an introduction, **Fundamentals**provides the overall context of EFT and explains how the original “couple” model applies effectively as psychotherapy to families (typically engaging with dyads) and individuals (e.g., working with the individual and a younger / child self, or the individual and the inner experience of another person in their life).

**Features**

* This workshop is presented live-online and includes:
* Didactic presentations accompanied by recorded client sessions and experiential exercises.
* An outline of the essentials of attachment theory and its significance in effective psychotherapy.
* An outline of the Experiential Micro-interventions used in EFT, EFiT and EFFT with clinical examples.
* Exploration of how to identify and assess key change events in EFT.
* An overview of and clinical exercises relating to the EFT Tango – the crucial “roadmap” for EFT therapists.

**Course Objectives**

Participants will be able to:

* Summarize the EFT perspective -experiential, growth oriented.
* Describe the key tenets of attachment theory.
* Identify the goals and stages of the EFT model across modalities.
* Outline the core EFT interventions as they apply and differ in three modalities: individuals suffering from depression, anxiety and PTSD, distressed couples and distressed families.
* Specify the strengths of attachment theory and science as a map to understanding of client problems and strengths and how attachment guides every session.
* Utilize attachment science as a moment to moment guide to the shaping of potent systematic change in psychotherapy sessions.
* Define the moves of the EFT Tango and how they differ across modalities.

**Course Outline**

Section 1 includes: A General Introduction to EFT: An empirically based, experiential, attachment-oriented therapy for the treatment of depression, anxiety, and PTSD. The Essentials of Attachment Theory: How the Attachment Map guides every session and shapes attunement and constant corrective emotional experiences for the client. Directed Observation of part of an EFiT session

Section 2 includes: Outlining of the EFT Tango – 5 moves as they show up in all three modalities with clinical examples. Outlining of the Experiential Micro-interventions used in EFT, EFiT and EFFT with clinical examples. Directed observation of a part of an EFT couples session focused on identifying Tango moves.

Section 3 includes: An overview of Assessment and Key Change Events in EFT. Observation of a first session of EFiT with an exercise to help participants note key elements. Observation of a change event in EFiT and in EFT for Couples with case examples from EFFT with an exercise to note key features of this process

Section 4 includes: Clinical Exercise on Moves of the EFT Tango. Final Synopsis and Questions and Answers

**Recommended Reading**

“*Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families*” by Dr. Susan M. Johnson, 2019.

[Save 25% thanks to Guilford Press](https://www.guilford.com/books/Attachment-Theory-in-Practice/Susan-Johnson/9781462538249?promo=ZFEFT) with promo code ZFEFT. This publication is available in hardcover or eBook.

“*Becoming an Emotionally Focused Therapist: The Workbook (2nd Edition)*” by James L. Furrow, Susan M. Johnson, Brent Bradley, Lorrie L. Brubacher, T. Leanne Campbell, Veronica Kallos-Lilly, Gail Palmer, Kathryn Rheem, Scott R. Woolley, 2022.

This publication is [available on Amazon](https://www.amazon.com/Becoming-Emotionally-Focused-Therapist-Workbook/dp/0367483424/ref=sr_1_1?keywords=becoming+emotionally+focused+therapist&qid=1650929949&sprefix=becoming+emotionally+focused+%2Caps%2C123&sr=8-1) in paperback or eBook.