

**Sue Johnson, PhD**

**Safe and Sound:**

EFT and the New Era of Couple Interventions

**A Zoom Live-Stream Webinar**

**Friday, October 9, 2020**

**8:50 a.m. to 1:30 p.m.**

# The Presenter: Sue Johnson, PhD

Dr. Sue Johnson 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 Couple and Family Therapy (EFT).

Sue Johnson is founding Director of the International Centre for Excellence in Emotionally Focused Therapy (CEEFT) and Distinguished Research Professor at Alliant University in San Diego, California, as well as Professor Emeritus, Clinical Psychology, at the University of Ottawa, Canada. Sue was appointed in 2017 as a Member of the Order of Canada, the country's highest civilian honour 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 created for the general public a self-help version of her groundbreaking 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. This **HOLD ME TIGHT** program has been translated into numerous languages and also adapted for specific groups such as for couples facing heart disease, for families with teens, and for Christian couples and is also offered in an online format.

Sue trains counselors in EFT worldwide and consults to the 65 international institutes and affiliated centers who practice EFT. She also consults to Veterans Affairs, the U.S. and Canadian military and the New York City Fire Department.



For more information,  
visit Dr. Johnson's website at  
<https://drsuejohnson.com/>

# Safe and Sound: EFT and the New Era of Couple Interventions

## Workshop Description

Now, at last, we have a clear, compelling science of love and bonding that can guide us through sessions with distressed couples and tell us how to take them home. This workshop will outline the science of adult bonding and how it is used in EFT to see the impasses in relationships clearly, to join with our clients authentically, and to systematically intervene to create change events in every session. Participants will learn about the core macro-intervention—the EFT Tango—and how to implement it over the 3 stages of EFT and the micro-interventions that allow EFT therapists to change the emotional music of a couples dance and move the dancers into secure attachment. We will consider how changing the attachment dance changes the dancers and how the EFT model can be used with many different kinds of couples facing issues such as trauma or injuries that destroy the ability to heal a bond. We will also discuss how this model is implemented online. The day will consist of presentations, viewing of couple sessions, experiential exercises, and question-and-answer sessions.

# Safe and Sound: EFT and the New Era of Couple Interventions

## Workshop Schedule

- 8:50-9:00** Opening Remarks
- 9:00-10:30** An introduction to attachment science and the EFT model  
Stages of intervention  
Viewing of video clip of therapy
- 10:30-10:45** Break
- 10:45-12:00** The macro-intervention sequence—the EFT Tango  
Applications across modalities, couple issues, and stages of treatment  
Exercises and discussion
- 12:00-12:15** Break
- 12:15-1:30** Working with difficult and traumatized couples with EFT—presentation  
Video clip  
Exercises and discussion

# Safe and Sound:

## EFT and the New Era of Couple Interventions

### Workshop Objectives

This workshop will include didactic presentations, experiential exercises, discussions, and viewing of segments of therapy session.

Participants of this seminar will be able to:

- Identify the key components of an attachment orientation to bonding, couple distress, and relationship repair
- Describe the general map to intervention offered by Emotionally Focused Couple Therapy
- Generalize this map to working with individuals (EFIT) and families (EFFT)
- Outline the macro intervention, the EFT Tango, and describe how it plays out in session
- Describe how EFT plays out with escalated and depressed, withdrawn couples

# WHAT IS NWBHIPA?

## What is NWBHIPA?

The Northwest Behavioral Health Independent Providers Association is a not-for-profit group of over 300 mental health providers throughout Whatcom, Skagit, Island and San Juan counties in Washington State. The NWBHIPA is now in its 15th year and is dedicated to providing quality mental health care that is safe and confidential to patients and collegial support and excellent educational opportunities to members. Membership in the NWBHIPA is available for a one-time fee of \$150. Benefits include discounted tuition to all NWBHIPA sponsored continuing education workshops.

**This workshop is approved for 4 continuing education credits by the Northwest Behavioral Health Independent Providers Association (NWBHIPA). NWBHIPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NWBHIPA maintains responsibility for this program and its content.**

# REGISTRATION INFORMATION

## REGISTRATION

You will receive confirmation of registration by email. Your Zoom webinar invitation will be sent to you by October 2.

\$60 IPA members

\$90 Non IPA members

\$50 Student with current ID (limit of 10)

Late fee of \$15 added after October 2, 2020

\$150 IPA Membership one-time fee

Certificates of completion available to all attendees.

Pay ONLINE using PayPal or by check or money order payable to NWBHIPA and mailed to NWBHIPA, PO Box 1661, Mount Vernon, WA 98273-1661.

## CANCELLATION POLICY

Full refunds minus a \$25 processing fee will be offered with written requests received by October 2, 2020. No refunds after October 6, 2020.

## Safe and Sound: EFT and the New Era of Couple Interventions

FRIDAY, OCTOBER 9, 2020

8:50 A.M. TO 1:30 P.M.

Register online here.

Register by mail here.

FOR INFORMATION CONTACT

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