

Marlene Best & Susan Johnson - Psychotherapy Networker Symposium

Description

Since advances in neuroscience and attachment theory have led to an increasing appreciation of the centrality of emotions in human relationships, it's ironic that therapists are so often intimidated by the raw power of clients' feelings. This workshop will guide you through the process of helping clients tap into their deepest emotional reserves as a positive force for shaping growth and transformation. Through exercises and viewing sessions of Emotionally Focused Therapy, you'll develop skills to use in therapy.

Handouts

Manual (0.61 MB)

Available after Purchase

Outline

- Overview of emotionally focused therapy (EFT)
 - Understanding EFT as an experiential approach
 - Creating a bonding and attachment environment in therapy
- Experiencing EFT
 - Discover the 5 basic moves of EFT
 - Learn EFT's core assumptions
 - Analyze the attachment theory
- Concluding remarks with Sue Johnson and Marlene Best
 - Techniques to softening EFT
 - Comparing the effectiveness of co-regulation versus self-regulation

Faculty

Marlene Best, Ph.D., C.Psych Related seminars and products: 3

Marlene Best, PhD, C.Psych, is a certified EFT Trainer, clinical professor in the School of Psychology at the University of Ottawa, and associate at the Ottawa Couple and Family Institute.



Susan Johnson, Ed.D. Related seminars and products: 38

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 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 (ICEEFT) and Distinguished Research Professor at Alliant University in San Diego, California, and Professor, Clinical Psychiatry at the University of British Columbia, Canada, as well as Professor Emeritus, Clinical Psychology, at the University of Ottawa, Canada.

Dr. Johnson is the author of numerous books and articles including *Attachment Theory in Practice: EFT with Individuals, Couples and Families* (2019) *The Practice of Emotionally Focused Couple Therapy: Creating Connection* (3rd edition, 2019) and *Emotionally Focused Couple Therapy with Trauma Survivors* (2002).










Sue trains behavioral health providers in EFT worldwide and consults to the over 75 international institutes and affiliated centers who practice EFT. She also consults to Veterans Affairs and the U.S. and Canadian militaries.

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.

Proof Content

	Handouts			632 KB
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	1. Psychotherapy Networker Symposium - HTPOEASAWSJE.mp4			969.8 MB