

The New Hampshire Association for Marriage and Family Therapy
and
The New Hampshire Psychological Association
are pleased to present

Emotionally Focused Therapy for Couples

Presented by Gail Palmer, MSW, RMFT

Date: April 1 & 2, 2011
Time: 9:00am - 4:00pm (both days)
Location: Portsmouth Harbor Events and
Conference Center
100 Deer Street, Portsmouth, NH

Registration and Lodging Deadline:
March 1, 2011

Lodging Information:
Studio rooms at the Residence Inn Portsmouth
(at the Conference Center) \$146 per night.

Lodging Reservations:
Online www.Marriott.com/PSMDT –
group code EFTEFTA.
By Phone: 603-422-9200 – ask for the EFTW rate.

[Click here to Register Online](http://www.NHAMFT.org)
or visit www.NHAMFT.org

Continuing Education Credits:

This is a 12 CEU/12 CE course for all NH mental health professionals licensed by the NH Board of Mental Health Practice.

Cost:

Student Registration: \$130.00
Standard Registration \$299.00

There will be a \$15.00 charge for cancellations less than one week prior to the conference date. There will be no refunds for cancellations with less than 48 hours notification.

If you have questions, please contact:

Phyllis Mackey at phylmackey@hotmail.com
or Dr. Kate Saylor at katesaylor@nhpaonline.org

Emotionally Focused Therapy Workshop Description

Emotionally Focused Therapy (EFT) is a short term (8-20 sessions), structured approach to couples/individuals therapy formulated in the early 80's by Drs. Sue Johnson and Les Greenberg. It is proven to heal distressed relationships and help create secure bonds between intimate partners and family members. Research studies find that 70-75% of couples move from distress to recovery and approximately 90% show significant improvements. EFT offers practitioners a systematic map, not just to conflict reduction but to the creation of safe emotional connection through an emphasis on emotions and their interpersonal impact.

This two day workshop will introduce participants to the theory and practice of EFT and its application to a wide range of client populations in couple and family contexts. Emotionally focused therapy utilizes attachment and systems theory in the creation of positive, healing connections between lovers and other individuals. These connections can help treat broken relationships and the aftermath of trauma. The workshop will include lectures, case presentations, video demonstrations of live sessions and small group exercises.

Day 1 will offer an outline of EFT including its vision of effective dependency, the three stages of change and an introduction to EFT interventions.

Day 2 will focus on the challenges facing the EFT therapist and how to work through the common obstacles in couple therapy including the aftermath of affairs and other attachment injuries. An attachment injury has been defined as a "violation or breach of trust" that results in the injured party no longer counting on their partner for caring and support. This workshop will present an EFT model designed to resolve these attachment injuries. The second half of the day will focus more globally on the learning challenges facing the beginning EFT therapist.

The Presenter: Gail Palmer, MSW, RMFT

Over the past 20 years, Gail has worked closely with Dr. Susan Johnson, co-creator of Emotionally Focused Therapy, and is one of the Founding Members of the Ottawa Couple and Family Institute and co-director of the International Centre of Excellence in Emotionally Focused Therapy. Gail is a certified supervisor and trainer in EFT, conducts workshops and externships across Canada and the US and also teaches in Great Britain. Gail has developed the use of EFT with families and is co-author of *Becoming an Emotionally Focused Couple Therapist: The Workbook*. Gail has her Masters in Social Work. She is a Registered Marriage and Family Therapist in Canada and an Approved Supervisor with the American Association of Marriage and Family Therapy. She is a couple and family therapy lecturer at the School of Social Work at Carleton University and St. Paul's University in Ottawa.

Learning Goals and Objectives:

Day 1:

1. Assess the phenomenon of marital/family distress in an attachment context.
2. Identify specific interventions to help couples/families reprocess negative affect and restructure negative interactions.
3. Create powerful change events in therapy that foster a more secure bond between partners/family members.
4. Observe the practice of EFT through video demonstration with trauma survivors.

Day 2:

1. Plan to deal with common impasses and difficult issues in marital/family therapy.
2. Analyze the attachment injury resolution model and its application with couples struggling with breaches of trust.
3. Describe the challenges facing therapists who are learning to adapt this model to their practice.

We look forward to seeing you there.