

EFIT Level 1

DATE/TIME

February 25 and 26, 2022
9:30 AM - 5:00 PM U.S. Eastern Time each day

LIVE ONLINE VIA ZOOM

WORKSHOP DESCRIPTION

Emotionally Focused Individual Therapy (EFIT) is an attachment-based approach that extends Dr. Sue Johnson's model of Emotionally Focused Couple Therapy (EFCT) to work with individuals. EFIT offers an integration of humanistic experiential interventions focused on reshaping intrapsychic experience and systemic interventions focused on reshaping patterns of engagement with significant others. Emotion is given precedence because of its powerful role in structuring both inner experience and motivation and in shaping key patterns in relationships. Emotion links and organizes core experience and interaction. EFIT helps you to create corrective emotional experiences in individual therapy to shape safety and security with others and within self.

Dr. Sue Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. Attachment theory provides proven techniques for treating the two common presenting problems in individual therapy: anxiety and depression. It provides a practical map for shaping love or secure attachment that positively impacts emotion regulation, social adjustment and mental health (Johnson, 2019). "But love is not only an end for therapy; it is also the means by which every end is reached" (Lewis, Amini, & Lannon, 2002).

In EFIT, the therapeutic alliance is the heart from which emotion regulation and secure bonds with others and within self are shaped. Core attachment emotions are reprocessed to fuel corrective emotional experiences of love, between and within. Clients are helped to discover and validate inner emotional experience that can then be used as a guide for living. Confidence flows from secure connection with others, creating a safe haven and a secure base in the dynamic flow between interpersonal and internal worlds.

EFCT is best known as a potent couple intervention but has always, from its inception, been used in clinical practice with individuals, especially with clients dealing with depression, anxiety and post-traumatic stress disorder. The most obvious way that EFIT differs from EFCT is that emotionally transformative dialogues focus on a client's interaction with the therapist, with representations of attachment figures, or between aspects of self. It is important to note that, from an attachment perspective and an experiential perspective, the self is a process of constant construction which takes place in and is shaped by interactions with others. In all modalities EFT addresses self and relational system.

This workshop will outline the theory and practice of EFIT, focusing on the primacy of emotion and the creation of a safe haven and a secure base alliance, core models of health and dysfunction from an attachment perspective including how within and between cycles interact and block growth and adaptation, a systematic sequence of interventions -the EFT Tango, as well as more micro-interventions, and how to stay with present processes in session to shape key change events. Didactic presentations will be accompanied by the viewing of EFIT sessions and experiential exercises.

PROGRAM OBJECTIVES

After this workshop, participants will be able to:

1. Describe the key elements of the attachment, humanistic perspective and its significance for clinical intervention.
2. Delineate clients' within and between patterns of affect regulation.
3. Identify how repetitive patterns create and maintain each other, block growth, and generate presenting problems that manifest as emotional disorders.
4. Describe the core components of emotional disorders – depression and anxiety.
5. Discover and distill core emotional experience and promote emotional balance.
6. Outline the EFIT process of change.
7. Implement the 5 moves of the EFT Tango to shape corrective emotional experiences.
8. Describe the micro-interventions used by the EFT therapist.
9. Validate the client's sense of competence and worth in every session.

TARGET AUDIENCE

Mental Health Professionals, Social Workers, Psychologists, Students in these professions

LEVEL

Beginning, Intermediate

PRE-REQUISITE

There is no pre-requisite, however suggested readings are:

Johnson, S. M., & Campbell, T. L. (2021). *Primer for Emotionally Focused Individual Therapy (EFIT) – Cultivating Fitness and Growth in Every Client*. Routledge, NY

Chapters 1 – 5 in (Johnson, 2019) *Attachment Theory in Practice: Emotionally Focused Therapy with Individuals, Couples and Families*.

Chapter 12 on EFIT in (Brubacher, 2018) [Emotionally Focused Couple Therapy: Key ingredients of change.](#)

Upon registration you will also receive a link to relevant articles you may read in advance of the training.

SCHEDULE

DAY 1

9:30 AM - 10:45 AM ET - Individual Therapy in the EFT Model

9:30 Opening & review of learning objectives

9:50 Introduction - The basics of EFT Model - Attachment-based, experiential, systemic
The attachment perspective and map - EFIT is relational
Central tasks across modalities of EFT
The goals of EFIT/ View of "health"

Break 10:45 – 11:00

11:00 - 12:30

Attachment Strategies for Engagement / Emotion Regulation – *The Problem as the Pattern*
Empathic Attuning and Reflecting Present Process Role-play

Lunch 12:30 - 1:30

1:30 PM - 3:00

The EFT Tango – *how* EFIT is done

Clinical example video with exercises in breakout rooms

Break 3:00 - 3:15

3:15 - 5:00

Review of Tasks, Factors Central to Success: Task alliance, Emotional depth, Affiliative encounters
EFT Interventions
Personal Exercise on Stage 1 in dyads
The EFT Model of Change - EFT Stages – Stabilization - Restructuring - Consolidation
Summary of the Day / Discussion - Q & A – Closure by 5:00

DAY 2

9:30 AM - 10:45 AM ET

Stages and Interventions in more depth with Clinical Examples and Exercises

Stage 1 Stabilization:

EFT Tango Moves in Stage 1 video and exercises

Process of Emotion - Video of Travis - Emotion Hand-Dance

Assessment – Alliance – Things to watch for in early sessions (Tango 1)

Emotion Assembly and Deepening (Tango 2)

Shaping and Processing Encounters (Tango 3 and 4)

Integrating (Tango 5)

Break 10:45 – 11:00

11:00 - 12:30

Stage 2 Restructuring:

Change Events – Deepening Emotion – Reshaping Defining Inner Dramas - video

Lunch 12:30 - 1:30

1:30 - 3:00

Overview of Stages of Change, Impasses, Next steps

Stabilization - end of Stage 1, Stage 2 distinguished from Stage 1, Markers end of Stage 2, Stage 3 Consolidation

Break 3:00 - 3:15

3:15 - 5:00

Impasses

Therapist Strategies for Learning EFIT - Personal Goals - Level 2 EFIT training

Closure