



Carolina Center for Emotionally Focused
Therapy

LENOIR-RHYNE
UNIVERSITY
Asheville



International Centre for Excellence in
Emotionally Focused Therapy

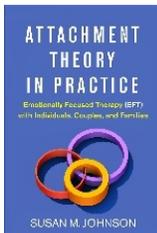
4-Day EXTERNSHIP in Emotionally Focused Therapy (EFT)

April 22, 2021 and May 7 - 8 and 21-22, 2021 online

1095.00 regular fee • 995.00 early bird (before Feb.7, 2021) • 850.00 student • equity rates available

This model will touch your heart, expand your practice and boost your confidence with on-target interventions

An Externship includes presentations of theory, clinical techniques and skills, training exercises, video recordings, observation of live interviews and discussion of specific cases and clinical issues.



An extensive manual will be provided. Recommended pre-reading: *Attachment Theory in Practice: Emotionally Focused Therapy with Individuals, Couples and Families* (2019) by Dr. Sue Johnson.

PARTICIPANTS LEARN:

- To see emotional disorders & relationship distress from an attachment perspective
- To help clients reprocess the emotional responses that maintain dysfunction & relationship distress
- To shape key new interactions and events that build secure connection with others
- To overcome therapeutic impasses and address existential dilemmas.

Meet Your ICEEFT-Certified Trainer:



Lorrie Brubacher is the Founding Director of the Carolina Center for EFT (Emotionally Focused Therapy). A certified trainer with the International Centre for Excellence in EFT (ICEEFT), she has been an individual, couple and family therapist since 1989. She is an adjunct faculty at University of North Carolina, Greensboro. She trains internationally and publishes on the topic of EFT, and EFIT specifically. She co-developed EFT's first interactive video training program on the EFT Attachment Injury Resolution Model, has many EFT couple and individual training videos, and published various articles and chapters on EFT. Her book *Stepping into Emotionally Focused Couple Therapy: Key Ingredients of Change* (2018), has been called "an amazing book! ... a must-read for anyone interested in learning EFT!" by Scott R. Woolley, Ph.D. Distinguished Professor, Alliant International University. Her book and training videos at <http://steppingintoeft.com>, have been translated into over 10 languages.



Assisting will be Dr. Paul Guillory, Associate Professor of Psychology, University of California, Berkeley. He has taught courses on Emotionally Focused Therapies at U.C. Berkeley. He is an ICEEFT Trainer-in-Training, certified supervisor and therapist. His book *Emotionally Focused Therapy with African American Couples*, is to be released by Routledge in April 2021. He is the former chairperson of the Northern California Community of Emotionally Focused Therapy. Dr. Guillory was the psychological consultant to the Oakland Raiders professional football team and the National Football League for 14 years. He has also been a consultant to the Sacramento Kings professional basketball team. He has been in private practice in Oakland California for over 30 years.

What is EFT?

EFT is a well-known humanistic approach to psychotherapy formulated in the 1980's and developed in tandem with the science of adult attachment, a profound developmental theory of personality and intimate relationships. This science has expanded our understanding of individual dysfunction and health as well as the nature of love relationships and family bonds. Attachment views human beings as innately relational, social and wired for intimate bonding with others. The EFT model prioritizes emotion and emotional regulation as the core organizing agents in individual experience and key relationship interactions.

EFT is best known as a cutting edge, tested and proven couple intervention, but it is also used to address individual depression, anxiety and post traumatic stress (EFIT – Emotionally Focused Individual Therapy) and to repair family bonds (EFFT – Emotionally Focused Family Therapy). This model operationalizes the principles of attachment science using non-pathologizing experiential and relational systems techniques to focus on and change core organizing factors in both the self and key relationships.

The Goals of EFT – Across 3 Modalities of Therapy

- To order and re-organize key emotional responses – the music of the interactional dance – shaping emotional balance and personal agency.
- To expand both the clients' core sense of self and how they respond to others in the dance of attachment.
- To foster emotional balance and coherence, a sense of competence and worth and the open, responsive engagement with self and others that foster the secure bonds that create resilience.

Strengths of Emotionally Focused Therapy (EFT)

- ✓ EFT is based on clear, explicit research-based conceptualizations of individual growth, health and dysfunction and of relationship distress and adult love.
- ✓ EFT is collaborative and respectful of clients, combining experiential Rogerian techniques with structural systemic interventions.
- ✓ Change strategies and key intervention sequences are specified.
- ✓ Key moves and moments in the change process have been mapped into three stages of therapy and key change events that predict success at the end of therapy.
- ✓ EFT has been validated by over 30 years of empirical research. There is also research on the change processes and predictors of success.
- ✓ EFT has been applied to many different kinds of problems and populations.

Visit www.iceeft.com
for more information about EFT,
EFT publications and training events.



Visit <https://www.carolinaeft.com/training/externship/> for more information or to register.



The Carolina Center for EFT, ACEP # 6488 and Lenoir-Rhyne University-Ashseville Campus, ACEP # 4444 are cosponsors of this program. This cosponsorship has been approved by NBCC. Both ACEPs are responsible for this program, including the awarding of NBCC credit.