



EFFT: Emotionally Focused Family Therapy: Healing Relationships and Promoting Resilience

Trainers : Gail Palmer, Jim Furrow
Data : 16 en 17 december 2019
Tijd : 09.30 uur tot 17.00 uur
Totale tijd : 12 uur
Locatie : A Solution
Newtonlaan 51
Utrecht
Routebeschrijving : www.asolution.nl/routebeschrijving

Doel en eindtermen van de trainingn (Learning objectives)

Participants will...

1. Conceptualize family distress using theories of emotion and attachment.
2. Identify the stages and markers of change in the EFFT approach.
3. Identify therapist practices that promote a working alliance with parents and children.
4. Practice key interventions common to processing attachment related affect.
5. Delineate key practices of EFFT from EFT work with couples.
6. Practice enactments used to restructure new patterns of interaction promoting new levels of safety and security in the family.
7. Explore the relationship of secure attachment to family patterns of resilience.

Tijdschema:

16 december 2019

09.30 uur Introduction EFFT
11.00 uur Pauze
11.15 uur Introduction EFFT
13.00 uur Lunch
13.30 uur The Process of EFFT
15.30 uur Pauze
15.45 uur The Process of EFFT
17.00 uur Afsluiting dag 1

17 december 2019

09.30 uur The Practice of EFFT – Stage 1
11.00 uur Pauze
11.15 uur The Practice of EFFT – Stage 1 & 2
13.00 uur Lunch
13.30 uur The Practice of EFFT – Stage 2 & 3
15.30 uur Pauze
15.45 uur The Practice of EFFT – Stage 3
17.00 uur Afsluiting dag 2



Werkwijze en didactische werkvormen (workshop format & proposed topics)

Workshop Format:

This workshop will combine didactic instruction, experiential exercises, and case examples to demonstrate the practice of EFFT. Participants are encouraged to bring examples from their casework to explore the application of EFFT to their own work. When possible, live demonstration sessions are included.

Proposed Topics:

A detailed schedule including specific topics and exercise is available upon request.

- A. Introduction: EFFT Overview and Conceptual Approach
- B. The Process of EFFT: Five core themes
- C. The Practice of EFFT: Three Stages

Stage 1. Stabilization and De-escalation

- 1. Alliance / Assessment
- 2. Decision Tree
- 3. Tracking Patterns and Cycles: Working through Family Distress
- 4. Processing Parent and Child Blocks

Stage 2. Restructuring Relationships

- 5. Deepening Child Vulnerability
- 6. Promoting Parental Availability
- 7. Restoring Attachment and Caregiving Responses
- 8. Expanding Impact of Renewed Connections

Stage 3. Consolidation

- D. Impasses and Challenges in Applying EFFT

Trainers:

James Furrow, Ph.D., is a recognized leader in the development and practice of Emotionally Focused Therapy (EFT) with couples and families. Together with EFT originator, Dr. Susan Johnson, Jim co-authored *Becoming an EFT Therapist: The Workbook and The EFT Casebook*, along with other works specific to the practice of EFT with couples and families. His presentations are well regarded nationally and internationally for their substantive, practical, and inspiring focus. Jim maintains an active research program studying the process of EFT and its outcome with couples and families. His research appears in *Applied Developmental Science*, *Developmental Psychology*, *Journal of Couple and Relationship Therapy*, *Journal of Marital and Family Therapy*, *Journal of Systemic Therapies*, and *Psychology and Spirituality*. Formerly Jim served as the Freed Professor of Marital and Family Therapy at Fuller Graduate School of Psychology where he trained psychologists and marital and family therapists in couple therapy for over two decades. He is a clinical fellow and an approved supervisor of the American Association for Marriage and Family Therapy, a member of the National Council on Family Relations, and a Certified Family Life Education. He is a certified EFT therapist, supervisor, and trainer.



Gail Palmer, RMFT, MSW is one of the Founding Members of the Ottawa Couple and Family Institute and Co-Director of the International Center of Excellence in Emotionally Focused Therapy. She holds a Masters degree in Social Work and is a Registered Marriage and Family Therapist in Canada. Over the past 30 years, Gail has worked closely with Dr Sue Johnson, creator of Emotionally Focused Therapy, and is an experienced supervisor and trainer in EFT. She currently offers workshops, externships and core skills trainings to mental health professionals in a variety of different settings across the world. She chairs the ICEEFT Education Committee and is responsible for mentoring and training EFT trainers internationally. Gail is an adjunct faculty member at Wilfrid Laurier University in Waterloo, Canada and a sessional lecturer at Oxford University, Oxford, England.

Gail has a particular interest in applying the model with work with families. For the past decade, Gail has been one of the lead EFT trainers who have developed and expanded on Sue Johnson's EFFT method as described in Johnson, S.M. (2004) *The Practice of Emotionally Focused Couple Therapy: Creating Connection*. New York, NY: Brunner Routledge. This work has included EFFT trainings across North America, Europe and Australia/New Zealand, presentations at EFT summits, workshops at the Networker and AAMFT, publications in the EFFT workbook and casebook, articles in professional journals and the ICEEFT newsletter. Professionally, Gail's primary passion is to help therapists who are both new to EFT and trained in EFT, to bring the powerful interventions and skills of this model to the family therapy room.

Research and Related Resources:

- Bowlby, J. (1979). *The making and breaking of affectional bonds*. London: Tavistock Publications.
- Bowlby, J. (1988). *A secure base*. New York, NY: Basic Books.
- Byng-Hall, J. (2001). Attachment as a base for family and couple therapy. *Child Psychology & Psychiatry Review*, 6, 31 – 36.
- Diamond, G.S., Reis, Diamond, G.M., Siqueland, L. & Isaacs, L. (2002). Attachment-Based Family Therapy for depressed adolescents: A treatment development study. *Journal of the American Academy of Child and Adolescent Psychiatry*, 41(10), 1190-1196.
- Diamond, G.S., Siqueland, S., & Diamond, G.M. (2003). Attachment-Based Family Therapy for depressed adolescents: Programmatic treatment development. *Clinical Child and Family Psychology Review*, 6(2), 107-127.
- Diamond, G.S., Wintersteen, M.B., Brown, G.K., Diamond, G.M., Gallop, R., Shelef, K., & Levy, S. (2010). Attachment-Based Family Therapy for adolescents with suicidal ideation: A randomized controlled trial. *Journal of the American Academy of Child & Adolescent Psychiatry*, 49(2), 122-131.
- Furrow, J. L. & Palmer, G. (2011). Emotionally focused therapy for remarried couples: Making new connections and facing competing attachments. In J. Furrow, S. Johnson, and B. Bradley (Eds.) *The EFT Casebook: New directions in treating couples*. New York, NY: Routledge.
- Furrow, J. L., & Palmer, G. (2007). EFFT and blended families: Building bonds from the inside out. *Journal of Systemic Therapies*, 26, 44-58.
- Furrow, J. L., Bradley, B., & Johnson, S. M. (2004). Emotion focused family therapy with complex family systems. In V. Bengtson, A. Acock, K. Allen, P. Dilworth Anderson, & D. Klien (Eds.). *Sourcebook of family theory and research*. (pp. 220 – 222). Thousand Oaks, CA: Sage.
- Gottman, J.M, Katz, L.F., & Hooven, C. (1996). Parental meta-emotion philosophy and the emotional life of families: Theoretical models and preliminary data. *Journal of Family Psychology*, 10(3), 243-268.
- Hill, J., Fonagy, P., Safier, E., & Sargent, J. (2003). The ecology of attachment in the



family. *Family Process*, 42, 205- 221.

Johnson, S. M. (2004). *The practice of emotionally focused couple therapy: Creating Connection*, 2nd Ed. New York: Brunner-Routledge.

Johnson, S. M. & Lee, A. (1999). Emotionally focused family therapy: Restructuring attachment. In C. E. Bailey (Ed.), *Children in therapy: Using family as a resource*, (pp.112-136). New York: Guilford Press.

Johnson, S. M. Maddeaux, C., & Blouin, J. (1998). Emotionally focused family therapy for bulimia: Changing attachment patterns. *Psychotherapy*, 35, 238-247.

Johnson, S. M., Bradley, B., Furrow, J., Lee, A., Palmer, G., Tilley, D., & Wooley, S. (2005). *Becoming an emotionally focused couple therapist: The workbook*. New York: Brunner-Routledge.

Kobak, R. & Duemmler, S. (1994). Attachment and conversation: Toward a discourse analysis of adolescent and adult security. In D. Perlman & K. Bartholomew (Eds). *processes in adulthood: Advances in personal relationships*, Vol. 5 (pp. 121-149). Bristol, PA: Jessica Kingsley Publishers, Ltd.

Attachment

Kobak, R. & Sceery, A. (1988). Attachment in late adolescence: Working models, affect representations of self and others. *Child Development*, 59, 135-146.

regulation, and

Mikulincer, M., Florian, V. Cowan, P. A., & Cowan, C. P. (2002). Attachment security in relationships: A systemic model and its implications for family dynamics. *Family Process*, 41, 405-434.

couple

Palmer, G. & Efron, D. (2007). Emotion Focused Family Therapy: Developing the model. *Systemic Therapies*, 26, 17-24.

Journal of

Rosenstein, D.S. & Horowitz, H.A. (1996). Adolescent attachment and psychopathology. *Consulting and Clinical Psychology*, 64, 244-253.

Journal of

Stavrianopoulos, K., Faller, G., & Furrow, J. L. (2014). Emotionally focused family therapy: Facilitating change within a family system. *Journal of Couple & Relationship Therapy*, 13(1), 25-43.

Wittenborn, A. K., Faber, A. J., Harvey, A. M., & Thomas, V. K. (2006). Emotionally focused family therapy and play therapy techniques. *The American Journal of Family Therapy*, 34(4), 333-342.