



Engaging the Practice of Emotionally Focused Family Therapy: An Advanced Workshop

Presenters	: Gail Palmer and James Furrow
Date	: December 18th and 19th 2019
Time	: 9.30 am to 5.00 pm
Total time	: 12 hours
Location	: A Solution Newtonlaan 51 Utrecht
Directions	: click here

Workshop description

Emotionally Focused Family Therapy (EFFT) is an attachment-based approach that combines both systemic and experiential interventions to restore family relationships and strengthen their resilience. A primary goal of EFFT is to reduce problematic behavior by creating new patterns of emotional accessibility and responsiveness that offer a secure base for children to develop and families to thrive. EFFT provides a practical approach to engaging families at an emotional level. Accessing, processing, and connecting family members through the power of emotional experience promotes healing and fosters a family's resilience to the everyday and unexpected challenges of life.

This advanced training builds on previous EFFT training providing further training on the six core competencies of EFFT practice. Participants focus on key change events in EFFT and therapist practices used to promote parental openness and child vulnerability. The training provides direction in transforming parental intention into more effective engagement of caregiving and engaging attachment responses within the family system. Specific strategies are reviewed for working through relational blocks and re-engaging attachment related-needs across the family. This training follows an intensive focus on key elements in the EFT process applied to family relationships. Demonstration and practice exercises provide participants opportunities to deepen their EFT skills in intervening with family relationships broadening their understanding of emotion and attachment in family life and strengthening the bonds they share.

Workshop format

This two-day advanced training focuses on increasing therapist competence in EFFT assessment and treatment practices that guide families through resolving relationship blocks and promote more secure familial bonds. This advanced workshop concentrates on specific practices for working through negative patterns, accessing and deepening emotional experience to promote corrective emotional experiences in family relationships. Video examples and practice exercises provide opportunities for participants to observe EFFT in action and further their understanding and skill in this innovative approach to transforming family distress.



Learning objectives

Participants will:

- conceptualize family distress and formulate a treatment plan guided by EFFT goals;
- explore alliance practices that promote family engagement in treatment;
- assess safety and contraindications for EFFT practice and conjoint practice;
- identify EFFT change events and related therapist interventions;
- order family patterns and process relational blocks to vulnerability;
- enhance skill in accessing and assembling emotion associated with family distress;
- increase effectiveness in use of enactments to engage and process attachment related emotions and needs;
- promote impact of corrective experiences throughout family relationships;
- identify treatment practice guiding use of EFFT with divorced and remarried families.

Presenters

Gail Palmer, RMFT, MSW

is a founding member 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.

James L. Furrow, PhD

is a recognized leader in the development training, and practice of Emotionally Focused Therapy (EFT) with couples and families. He is co-author of *Emotionally Focused Family Therapy: Restoring Connection and Promoting Resilience*, *The EFT Casebook: New Directions in Couple Treatment*; and *Becoming an Emotionally Focused Therapy: The Workbook*. In addition to his published research on the process and practice of EFT he is co-author of the popular text *Emotionally Focused Couple Therapy for Dummies* a practical guide to the principles of EFT for everyday couples. His research and clinical interests focus on the Emotionally Focused Therapy for couples and families, process and outcome research in couple therapy, and positive youth development. He is a clinical fellow and approved supervisor of the American Association of Marriage and Family Therapy and a Certified Family Life Educator. Dr. Furrow is a certified EFT therapist, supervisor and founder of the Los Angeles Center for Emotionally Focused Therapy.

Research and Related Resources

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Schedule

Day 1

Morning Sessions: (9:00 – 12:30)

1. *Conceptualizing family distress applying attachment theory*

Practice Focus:

- access and expand underlying parental caregiving intention / parent buy-in;
- identify problematic patterns in parent/child/sibling interactions;
- identify possible relational blocks in caregiving and attachment seeking behaviors.

Method: didactic instruction, experiential exercises, case discussion; focusing on participants case examples.

2. *Organizing family sessions and treatment: alliance formation and maintenance with families and their subsystems.*

Practice Focus:

- ability to form alliance with each family member and across subsystems in the family;
- apply the EFFT decision tree to organize assessment and treatment sessions;
- reframe relational and individual distress in terms problem patterns and attachment dilemmas.

Method: didactic instruction, clinical examples, discussion.

Afternoon Sessions: (13:30 – 17:15)

3. *Increasing parental investment and goal alliance for families*

Practice Focus:

- reframing parental concern in terms of caregiving and relational context;
- validating unique role and importance of parent.

Method: didactic instruction, clinical examples, practice exercises.

4. *Working through Parental Blocks to Caregiving*

Practice Focus

- access and assemble underlying emotions associated with caregiving intent (e.g. fear, inadequacy, shame);
- enact and process attachment related experiences between parent and child;
- reframe these relational blocks in terms of family patterns and attachment needs and caregiving responses.

Method: didactic instruction, video examples, guided role plays.



Day 2

Morning Sessions: (9:00 – 12:30)

1. *Accessing and Processing Child Vulnerability and Attachment Needs.*

Practice Focus:

- access and assemble child's underlying emotions and attachment needs;
- enact and process attachment related experiences between parent and child;
- guide the sharing and process of these attachment related experiences;
- reframe new experiences within parental availability and increasing felt security.

Method: didactic instruction, transcript review, video examples.

2. *Restructuring family patterns toward secure patterns of interaction.*

Practice Focus:

- structure and process enactments across parental/child and family relationships;
- focus on sharing and processing attachment-related emotions;
- work through parental acceptance of child vulnerability;
- guide family interactions toward engaging more secure relational bonds through the sharing and processing of attachment-related needs.

Method: video examples, structured exercises and discussion.

Afternoon Sessions: (13:30 – 17:15)

3. *Applying EFFT to complex family relationships including parental divorce and step family formation.*

Practice Focus:

- assessing caregiving resources across complex system;
- promoting accessibility and responsiveness in caregiving system;
- working through competing attachments.

Method: didactic instruction, role play exercises, clinical examples.

4. *Consolidation and Promoting Family Resilience*

Practice Focus:

- engaging positive cycles in families;
- focusing on family strengths and resources;
- deepening meaning of family's healing and change.

Method: didactic instruction, group discussion, role play exercises.