

# ORGANISED BY

the Swiss Society for Emotion-Focused Therapies (EFT-CH)



# Attachment in Action

Conference

Thursday, 14 May 2020 at 7pm

Auditoire César-Roux, CHUV, Lausanne



Unil  
UNIL | Université de Lausanne

EFT-CH / Swiss Society for  
Emotion-Focused Therapy

THURSDAY  
14 MAY  
2020  
7PM  
AT CHUV

Attachment science clearly shows that emotional health is not an individual variable. Emotional health, well-being and a positive sense of self grow in the context of secure attachment relationships with others.

In this introductory workshop, Dr Sue Johnson outlines how to tap into the power of our wired-in attachment system to facilitate emotional health in individual, couple and family therapy using Emotionally Focused Therapy (EFT). A unique feature of EFT is that it goes beyond helping clients gain insight into their attachment style. In this presentation, clinicians will get an overview of how to move clients into new experiences that will expand their sense of self and broaden their emotional-behavioural repertoire for building the secure attachment relationships they need for optimal emotional health and well-being.

## ADMISSION

Conference  
Thursday, 14 May 2020 at 7pm  
Auditoire César-Roux, CHUV, Lausanne  
(M2 metro station)

Admission is free; no registration required.

This conference will be held in English.

## DR SUE JOHNSON

is an author, clinical psychologist, researcher, professor, popular presenter and speaker and a leading innovator in the field of couple therapy and adult attachment. Sue is the primary developer of Emotionally Focused Couples and Family Therapy (EFT), which has demonstrated its effectiveness in over 30 years of peer-reviewed clinical research. Dr Sue Johnson is an honorary member of the Swiss Society for Emotion-Focused Therapy (EFT-CH).

