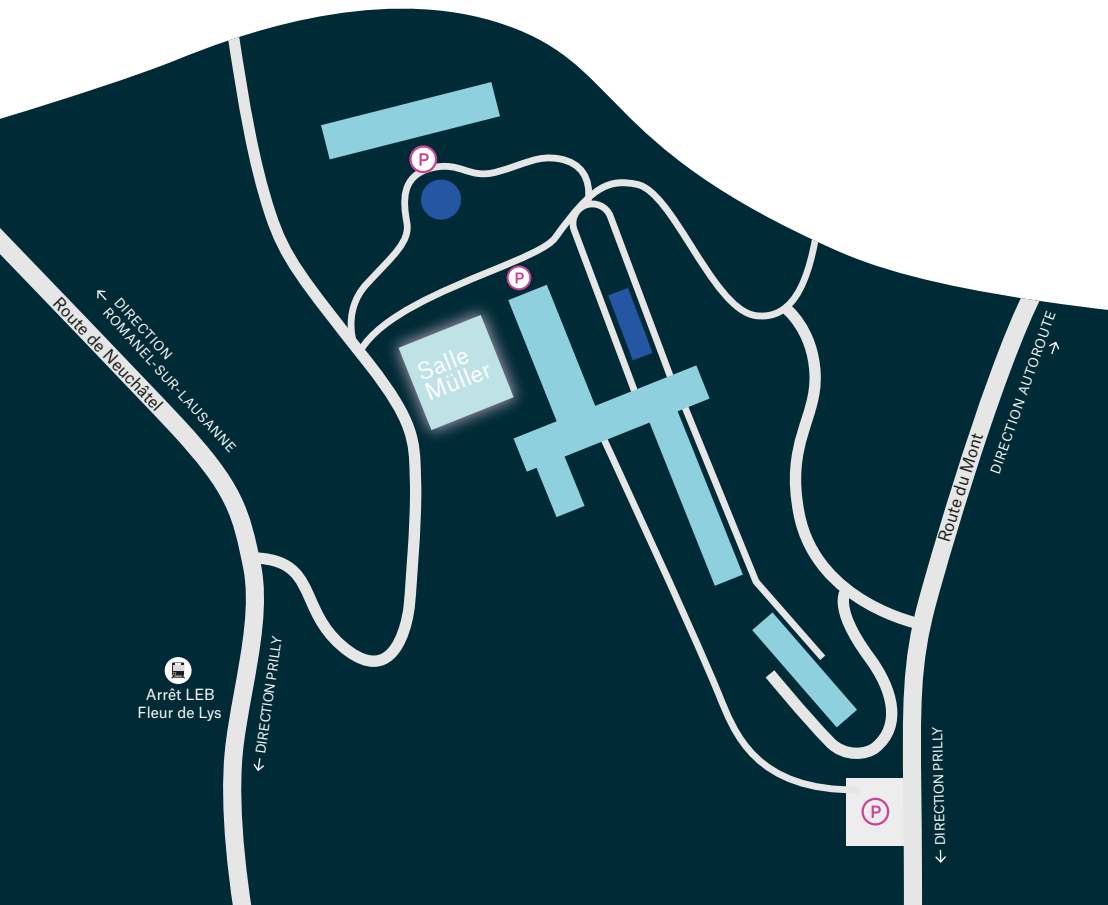


# ORGANISED BY

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

For couple therapists, for psychotherapists or trainees in psychotherapy interested in emotion-focused approaches to psychotherapy.

Cet atelier comptera pour six heures de formation en psychothérapie, dont 8 crédits ISFM/OFSP.



# Attachment Theory in Practice

Clinical workshop

Saturday, 16 May 2020 9am-5pm

Salle Müller, site de Cery, Prilly-Lausanne



SATURDAY  
16 MAY  
2020  
9AM-5PM  
AT CERY

## ADMISSION

Clinical workshop  
Saturday, 16 May 2020 9am - 5pm  
Salle Müller, site de Cery, Prilly-Lausanne  
(LEB stop Cery Fleur-de-Lys)

Fees  
EFT-CH: 95 CHF  
Others: 190 CHF

Inscription  
[info@emotionfocusedtherapy.ch](mailto:info@emotionfocusedtherapy.ch)  
before 30 April 2020

Cette formation se déroulera en anglais,  
avec une possibilité de traduction en  
français.

With all the hundreds of models and interventions that practitioners use and the vast range of disorders they treat, attachment science offers therapists a coherent framework for understanding clients' problems and leading them home to balance, agency and connection with others. Emotionally Focused Therapy (EFT) epitomises attachment-based intervention and can be used in all modalities, not just in a couple therapy context. This paradigm offers specific and on-target principles of intervention for clients struggling with depression, anxiety and distressed relationships. In this workshop, using video clips of sessions and short exercises, we'll explore how these principles can be applied in individual, couple and family sessions to ultimately transform both self and system.

You'll discover how to:

- Use attachment theory and science as a roadmap for work in any modality.
- Encourage vulnerability by incorporating the "Soft, Slow, Simple" approach into your therapeutic style and learn how to assemble and use emotion to shape change.
- Use focused empathic reflection to rebuild clients' sense of self and bonds with others.
- Deepen emotion to build "Hold Me Tight" change conversations.

Learning Objectives:

1. Outline the cross-modality attachment-oriented principles of intervention.
2. Describe how the principles of EFT can be applied in different forms of therapy.
3. Explain specific sequences of intervention that lead to change in self and system.
4. Use focused empathic reflection to reconnect, repair and rebuild clients' bonds.

## SUSAN JOHNSON

EdD, developer of Emotionally Focused Therapy, is the director of the International Centre for Excellence in EFT. She's the author of *Love Sense: The Revolutionary New Science of Romantic Relationships* and *Attachment Theory in Practice: EFT with Individuals, Couples and Families*.

