

Emotionally Focused Family Therapy: Restoring Connections and Promoting Resilience

Level One Training

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Workshop Description

Emotionally Focused Family Therapy (EFFT) is an attachment-based approach that combines both systemic and experiential interventions to mend broken bonds and heal fractured families. EFFT therapists focus on the emotional experience within a family and the problem patterns that block family members from accessing the resources they would otherwise share. 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 workshop will demonstrate how the EFT model of working with couples is extended and modified to fit the family context. Attention will be given to how EFT practice with families is different and what additional skills are needed. For example, how to process parental blocks to emotional accessibility and responsiveness while also keeping the child safe will be a dynamic addressed. Participants will learn a powerful transformative approach that is foundational in helping parents and children who are struggling with remaining securely attached.

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.

Learning Objectives

Participants will...

- Conceptualize family distress using theories of emotion and attachment.
- Delineate key practices of EFFT from EFT work with couples.
- Identify the stages and markers of change in the EFFT approach.
- Identify therapist practices that promote a working alliance with parents and children.
- Gain strategies for strengthening parental ownership of the EFFT process.
- Practice key interventions common to processing attachment related affect.

- Examine a 5-step sequence for accessing and working with emotion in family relationships.
- Analyze parent child interactions using EFT practices to work through specific relational blocks.
- Practice enactments used to restructure new patterns of interaction promoting new levels of safety and security in the family.
- Identify differences in applying EFFT to treatment of stepfamily relationships.
- Explore the relationship of secure attachment to family patterns of resilience.

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

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...

1. Conceptualize family distress and formulate a treatment plan guided by EFFT goals.
2. Explore alliance practices that promote family engagement in treatment.
3. Assess safety and contraindications for EFFT practice and conjoint practice.
4. Identify EFFT change events and related therapist interventions.
5. Order family patterns and process relational blocks to vulnerability.
6. Enhance skill in accessing and assembling emotion associated with family distress.
7. Increase effectiveness in use of enactments to engage and process attachment related emotions and needs.
8. Promote impact of corrective experiences throughout family relationships.
9. Identify treatment practice guiding use of EFFT with divorced and remarried families.