

Online-Seminars Fall 2020



DIVING INTO

ATTACHMENT THEORY IN PRACTICE

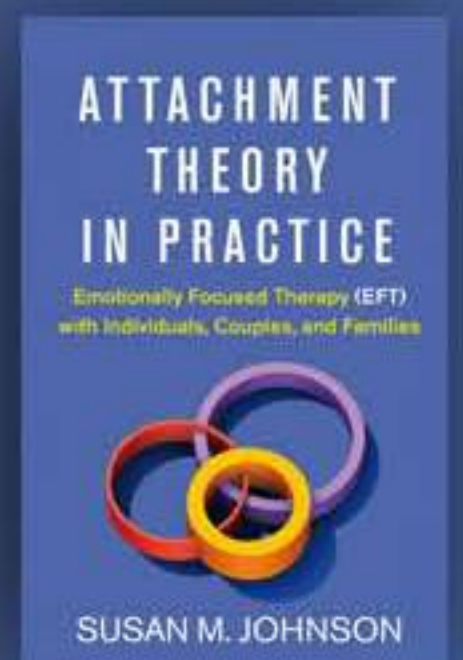
Chapters 1-3 / EFT-Tango, on Sept. 11 - 12

Chapters 4-5 / EFIT, 4 Fridays in row, Sept. 18 - Oct. 9

Chapters 8-9 / EFFT, 3 Fridays in row, Oct. 16 - 30

Online in Zoom daily: 4:30 - 8:30 PM CET

English (with optional translation into German)



www.eft-therapie-hannover.de / info@eft-paartherapie.de



Yolanda von Hockauf

Vancouver Couple and Family Institute (VCFI)

ICEEFT-Trainer right from the start

Expert in EFIT - Emotionally Focused Individual Therapy



Gail Palmer

Ottawa Couple and Family Institute (OCFI)

ICEEFT-Trainer and Co-Director

Expert in EFFT - Emotionally Focused Family Therapy

Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families

From the bestselling author of "Hold Me Tight" - a revolutionary understanding of why and how we love, based on cutting-edge research.

Drawing on groundbreaking research on adult attachment - and providing an innovative roadmap for clinical practice - Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, now extends her attachment-based, systemic and experiential approach to individuals (EFIT) and families (EFFT). The integrated application to each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. The book offers proven interventions for treating anxiety, depression, and relationship problems and helps practitioners better understand what is actually happening in people and their relationships - and thus help their clients more accurately.