



# Emotionally Focused Family Therapy (EFFT) Training (level 1)

in ZOOM 24.- 25.5.2023



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 the 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.

The 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. Participants will learn a powerful transformative approach that is foundational in helping parents and children who are struggling with remaining securely attached.

**Place:** in ZOOM  
**Price:** 480€ **Early bird until 31.2.2023 432€**  
**Group prices:** 5pers = 400€/pers , 10pers = 350€ / pers , 15pers = 300€ /pers  
**Registration:** ninni.pukkala@gmail.com / until 30.4.2023.  
When registering, tell us your billing address  
**More information:** hanna.pinomaa@gmail.com



James Furrow, Ph.D is recognized leader in the development and practice of EFT with couples and families. Together with EFT originator, Dr. Susan Johnson, Jim co-authored Becoming an EFT therapist: the workbook, The EFT casebook, and Emotionally Focused Family Therapy. He is clinical fellow and an approved supervisor of the American Association for Marriage and Family Therapy. He is certified EFT therapist, supervisor and trainer.

Gail Palmer, one of the founding members of the Ottawa Couples and Family Institute, is an international trainer of EFT. Gail teaches at Oxford University (UK) and Wilfrid Laurier University (CA). Gail is passionate about teaching and supervising therapists in applying EFT in the family context and is a co-author of the book, Emotionally Focused Family Therapy (2019).