An EFCT Externship is the first step towards becoming certified as an EFCT therapist.

What is EFT?

EFT is a well-known humanistic approach to psychotherapy formulated in the 1980's and developed in tandem with the science of adult attachment, a profound developmental theory of personality and intimate relationships. This sciencehas expanded our understanding of individual dysfunction and health as well as the nature of love relationships and family bonds. Attachment views human beings as innately relational, social and wired for intimate bonding with others. The EFT model prioritizes emotion and emotional regulation individual as the core organizing agents in experience and key relationship interactions.

EFT is best known as a cutting edge, tested and proven couple intervention, but it is also used with Emotionally Focused Individual Therapy or (EFIT) to address anxiety, depression, post traumatic stress, and grief and loss and with families to repair and strengthen family bonds (Emotionally Focused Family Therapy or EFFT).

This model operationalizes the principles of attachment science using non-pathologizing experiential and relational systems techniques to focus on and change core organizing factors in both the self and key relationships.

The Goals of EFT – Across 3 Modalities of Therapy

- To order and re-organize key emotional responses – the music of the interactional dance – shaping emotional balance and personal agency.
- To expand the clients' core sense of self and other and restructure how they respond to others in the dance of attachment.
- To foster emotional balance and coherence, a sense of competence and worth and the open, responsive engagement with self and others that foster secure bonds and create resilience.

Strengths of Emotionally Focused Couple Therapy (EFCT)

- ✓ EFT is based on clear, explicit research-based conceptualizations of individual growth, health and dysfunction and of relationship distress and adult love.
- ✓ EFT is collaborative and respectful of clients, combining experiential Rogerian techniques with structural systemic interventions.
- ✓ Change strategies and key intervention sequences are specified.
- ✓ Key moves and moments in the change process have been mapped into three stages of therapy and key change events that predict success at the end of therapy.
- ✓ EFT has been validated by over 30 years of empirical research. There is also research on the change processes and predictors of success.

EFT has been applied to many different kinds of problems and populations.

Visit www.iceeft.com for more information about EFT, EFT publications and training events.

ICEEFT

Visit https://www.lbrubacher.com for more information or to register.