



# Emotionally Focused Therapy (EFT) Skills For Working With Couples

**Learning to incorporate an EFT approach and skills into couples therapy work.**

Developed by Sue Johnson and Les Greenberg in 1985, Emotionally-Focused Therapy (EFT) is a short-term systematic intervention designed to reduce distress in adult love relationships while creating more secure attachment bonds. EFT uses the power of emotion to evoke new and empathic responses between partners within their key interactions. These new emotional responses to a partner's fears and needs help to create what Sue Johnson calls a new relationship "Dance" where rigidity is replaced by expansiveness and flexibility.

This workshop is designed with one purpose in mind: to help participants utilise this approach to transform couple relationships to greater emotional security and satisfaction. This training is designed to inform participants in methods and provide skills to create a safe and collaborative environment, focus on what is most effective, and assist clients to free themselves from the intense emotional stories that they continue to repeat and which contribute to 'relationship deterioration'.

There will be a brief coverage of the theory based on the work of Carl Rogers and Attachment Theory that supports EFT but the essence of the workshop is developing practical skills through demonstrations, practice sessions and discussion.

The method of EFT is progressive, working through a series of steps leading to a change in the couple's narrative and building strong, secure attachments. Participants will be taken through these steps and will on completion of the workshop be familiar with the key steps in EFT.

### Learning objectives of this training:

1. Introduction to the theoretical underpinnings of the EFT method.
2. Familiarity with and ability to apply the core skills of EFT in existing couples practice.
3. Comprehension of the steps involved in helping couples move from a cycle of negative interaction to a more positive and secure style of connection and satisfaction.
4. Ability to help couples consolidate and enhance their new perceptions and experiences in the relationship.
5. Enhanced confidence of the therapist to apply EFT to your practice.

Ari has decades of experience as a family and couple therapist and trainer. He generously shares his extensive knowledge, clinical experience, and practical approaches throughout the training to maximise learning opportunities.



**Ari Badaines**, Ph.D. is a clinical psychologist who trained in the United States. In 1980 he obtained a post-doctoral fellowship with the National Institute of Mental Health in Washington, DC where he studied Group Therapy, Family and Couple Therapy. Later, he undertook further training at the Institute for Family Therapy in London. Ari has been a consultant to numerous organisations including Relate in the UK, Richmond Fellowship and Youth-in-Search in Australia. He has taught at various universities in the USA, UK, and Australia. He was twice a keynote speaker for the annual conference of Marriage Guidance Counsellors (now Relationships) in the UK. In 2015, Ari led a two-day workshop for the Psychological Society of Ireland on 'Action Techniques with Individuals and Couples' which was so positively received that he has been invited back each year since to present on couples and family therapy. He is renowned as an engaging and popular presenter for PDP and for several European organisations. He has been in private practice for over 45 years, and has led workshops in over twenty countries on group therapy, couple and family therapy, and a variety of trainings on individual therapy including Gestalt therapy, Psychodrama, Solution-focused brief therapy, and Action-Methods.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**MELBOURNE: 29<sup>th</sup> April 2020**  
MANTRA ON RUSSELL

**SYDNEY: 25<sup>th</sup> November 2020**  
UTS SHORT COURSE ROOMS

**BRISBANE: 15<sup>th</sup> May 2020**  
PARK REGIS NORTH QUAY

Our continuing professional development events meet the quality standard recognised by many relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points for this event.*

A certificate of attendance for 7 hours of face-to-face training is issued in the week following attendance at this event.

### **Morning Session**

Includes a short morning tea break.

An introduction to EFT and its theoretical foundations.

Basic Tasks of EFT (The BIG Three!).

Assessing the couple's style of interaction with particular focus on each person's emotional experience of their partner and of the relationship. The therapist will note the pattern of negative interactional cycles that traps and distances the couple.

The three core Negative Cycles and Interactive Positions

### **Afternoon Session**

Includes a short afternoon tea break.

Afternoon session focuses on practical skill-development through demonstration, practise and discussion.

De-escalation with acknowledgement of underlying emotions and interactional patterns.

Reframing their issues into an attachment needs framework.

Helping the couple to express their needs and fears around attachment emotions to each other that they have avoided that have contributed to the negative cycle.

Couple acceptance of each other's refreshed emotional experiences and thereby expand the manner in which they respond to each emotionally.

Consolidating new solutions and narratives.

Evaluation and closing.

***"Couples seek out therapy because they are stuck in negative cycles that lead to resentment and distance. Often the therapist also gets stuck in how to help the couple return to positive interactions that create secure and loving relationships. This workshop will help build competence and skills to facilitate couples moving back into positive patterns of interaction."***

Dr Ari Badaines

### **How will you benefit from attending this training?**

- Learn basic EFT principals and perspectives on relationships and attachment styles.
- Leave with a practical sense of how to apply EFT methods within your existing couples work.
- Become confident with skills that open clients' emotional worlds and how to use the access sensitively and effectively.
- Address your own fears and resistances to incorporating new techniques.

### **Registration details:**

Registration fee: **\$298**

A current PDP 'Student and New Graduate' discount code may be applied to this standard registration fee. (Apply online)

This seminar provides 7 hours for CPD points.

Morning tea, lunch and afternoon tea included.

We accept payment by Visa, Mastercard, Amex PayPal, cheque and EFT.

**Register at [www.PDPseminars.com.au](http://www.PDPseminars.com.au) or call us on 1300 887 622**

**This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Social Workers, Mental Health Nurses and Psychiatrists.**

### **Here is what people said about Ari's recent training for PDP:**

*"Thank you for one of the most valuable learning opportunities I have ever had! Your passion for what you do is inspiring and I'm grateful for the opportunity to have been part of this training."*

*"Best, most informative workshop so far and just what I needed... Can't wait to put these skills into practice!"*

*"Ari, I loved it - the work, the group, your management and generosity and humour. Thank you!"*

*"Absolutely brilliant (What can I say?!) Thank you so much for the privilege Ari."*

*"I loved the experiential training - please organise more with Ari. I feel he was very much himself and it allows spontaneity and good learning."*

*"This workshop was such a powerful, engaging experience and the skills that I will take from this will be so helpful in my therapy practice. Wonderful, thank you!"*

*"A fascinating workshop. Interactive and experiential, Ari had the ability to keep us engaged and interested and explained in a clear way making sure we 'got it' before moving on. I would recommend Ari's training and will do more with him again."*