

EMOTIONALLY FOCUSED THERAPY WITH COUPLES: AN INTRODUCTION

When:

Friday, May 13, 2022

9:30AM-3:30PM (1 hour lunch break)

Where: Live online via Zoom

The link will be sent to the email you use to register.

Registration:

www.bookeo.com/octraumainstitute

Continuing Education Credit:

This educational offering is acceptable for **5** continuing education contact hours for social workers, mental health counselors, psychoanalysts, creative arts therapists, and marriage and family therapists. Full attendance at all sessions is required to receive credit; variable credit for partial attendance may not be awarded based on state board guidelines.

Cost: \$50



The Trauma Institute of Orange County on behalf of The Welcome Orange Training Institute Presents:

About the Program:

Bonding science is the bedrock for working with couples. Emotionally Focused Therapy (EFT) is a model of therapy with mounds of evidence-based interventions embedded in bonding science. This highly effective model has caught the attention of many, earning the APA gold standard in research. Therapists across the globe are attracted to the model because it makes sense in their bones. This workshop will give an overview of the model - the theoretical foundation, a big picture map from beginning to end with a couple, and the interventions within a typical session of a couple's work with an EFT therapist. The hope is that participants will come away from this training with a grasp of what EFT embodies along with some practical ways to implement the components of EFT. This training is meant to be an introduction. To be fully trained in EFT, participants must go through the official ICEEFT (International Center of Excellence in Emotionally Focused Therapy) series of training. Participants will learn what attachment theory is and why it's now considered "bonding science" (it's no longer a theory - we have proof across multiple disciplines that attachment is key for survival).

Kelly Bourque, LMFT, will walk participants through an overview of EFT:

- The steps and stages (big picture map)
- The moves within a session (mini map)

Participants will learn how emotion is processed in the body using CAPRA (Magda Arnold's emotion processing theory).

Kelly will show participants clips from a recorded session of her work with a couple in stage 1 of EFT (tracking the cycle with an attachment frame, setting up an enactment, and processing the enactment).

At the end of the day, Kelly will leave space for participants to integrate their learning with a Q&A time.

About the Presenter:

Kelly Bourque is a Licensed Marriage and Family Therapist, Certified EFT Therapist and EFT Supervisor. Kelly has an EFT group practice in Franklin, TN with a team of eleven. In addition to her role as owner and clinical director, she supervises therapists across the globe that are working toward their EFT certification. Kelly is seen as a leader in Tennessee as she rallies the EFT troops with resources and networking. She is still in "the trenches" as a clinician and does private 3-day intensives for couples from all over. Kelly's 15 years of experience and passion for couple's work using EFT is evident as she engages audiences through counseling, speaking, writing, and one on one supervision/mentoring.



Orange County
NEW YORK