

The ***Emotionally Focused Therapy (EFT) Workshop for Couples*** is a unique opportunity to learn an effective, brief approach to shaping loving relationships that offers therapists a systematic map, not just to conflict reduction but to the creation of safe emotional connection.

EFT reflects the most recent research on the nature of relationship distress, of adult love, and of emotion, and is at the cutting edge of the new era of couple therapy. It is one of the most empirically supported models of couple therapy and is widely growing in popularity.

EFT is a short term, focused treatment that blends family systems and experiential approaches to therapy. Based on attachment theory, EFT assumes people are “hard wired” to seek out intimate relationships and that much of relationship discord can be thought of in terms of attachment distress and injury.

**Dr. Rebecca Jorgensen, Ph.D.**, is a founder of the San Diego Centre for EFT, and will lead a format of both didactic and clinical discussion, video examples of EFT sessions and practice exercises, and specific interventions listed and demonstrated with video clips and clinical examples.

This Workshop is intended to be helpful to a wide range of professionals who come in contact with couples, and this may include: counsellors, psychotherapists, psychologists, and people who wish to incorporate couple work into their field of practice, for example health professionals.

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## Dr. REBECCA JORGENSEN, Ph.D.



Dr. Rebecca Jorgensen, Ph.D. is a Certified EFT Therapist, Supervisor and Trainer at the San Diego Centre for EFT, and a Licensed Clinical Professional Counsellor.

Dr. Jorgensen has been working with children, families and couples for the past 18 years.

Dr. Jorgensen has trained therapists in EFT throughout North America. She is lead investigator for research on EFT Couples Group Therapy at the Centre, and teaches Advanced Couple's Therapy at Alliant International University and Advanced Practicum at San Diego State University in their doctoral MFT programmes.

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## WORKSHOP TOPICS

### Couple Therapy – the New Era

#### Theoretical underpinnings - attachment theory, research

#### EFT theory (the 9 steps and 3 stages)

#### EFT assessment - indications and contraindications

#### EFT interventions

#### Working with pursue-withdraw cycles

#### Change processes in EFT

#### Attachment Injuries

#### Application to Different Populations -

- Depressed
- Different Culture Couples
- Families
- Trauma

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## WORKSHOP DESCRIPTION

Dr. Jorgensen will offer an outline of EFT and its vision of effective dependency. Participants will be taught the nine steps and three stages of EFT, and identify specific interventions to help couples deal with relationship injuries by reprocessing negative affect and restructuring negative interaction.

Dr. Jorgensen will explain how the emotional responses of couples can be used to structure in-session enactments that help them develop new, more satisfying relationships. Video recorded EFT sessions will help participants gain a greater understanding of applying the model.

EFT is based on attachment theory, the first clear, evidence based model of adult love and loving. This Workshop will present an overview of love as an attachment bond. Dr. Jorgensen will explore the ten tenets of attachment and how they help us understand couple's emotions, interactions and change processes.

This Workshop will integrate theory, research and intervention to empower participants in their attempts to shape loving, lasting bonds.

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## LEARNING OBJECTIVES

### To increase participants ability to:

- Outline a clear theory of adult love and the tenets of attachment theory.
- Link the tenets to key emotions and events in interactions between partners.
- Focus interventions on the key elements of the drama of distress and de-escalate toxic interaction patterns.
- Structure positive couple and family interactions that renew trust and intimacy, create antidote dialogues to heal injuries and relationship traumas.

## REGISTRATION FORM

Tax Invoice GST No. 13-381-844

Name (for name badge) \_\_\_\_\_

Organisation \_\_\_\_\_

Position \_\_\_\_\_

Postal Address \_\_\_\_\_

Phone Daytime \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

## PAYMENT DETAILS

- \$160** Earlybird Fee (register **before 28 July**)  
The Fee covers both days and morning & afternoon teas

- \$40** Late Registration Fee (after 28 July)

LUNCH: We can supply a \$10 Packed Lunch (roll/slice/fruit), or you may wish to self-cater. To order a packed Lunch please tick:

- \$10** Day 1 preference:  Vegetarian roll  Meat roll

- \$10** Day 2 preference:  Vegetarian roll  Meat roll

\_\_\_\_\_ **TOTAL PRICE** (all prices are GST inclusive)

- Cheque** enclosed (payable to Relationship Services)  
Please post the completed form, with cheque, to:

Relationship Services  
PO Box 2486, Tauranga

- Eftpos/Cash** in person to Relationship Services' office  
AT: 112 Thirteenth Avenue, Tauranga

- Direct Credit** to Relationship Services Bank A/c:

Westpac 03 0502 0137912 00 – provided you specify  
**your name & "Tga Conference"**

**Payment Policy:** 1. Places will only be allocated once payment has been received 2. You may send a substitute in your place (please advise us of this). 3. Cancellations (in writing) prior to 14 August will be fully refunded. 4. Regrettably no refunds will be given from Friday 15<sup>th</sup> August.

## WORKSHOP PROGRAMME

### DAY 1 - Thursday 28 August

- 8.45 am Registration opens.  
9.15 am Whakatau, Welcome.  
Introduction by Les Simmonds,  
Clinical Leader, R.S.W.  
9.45am Workshop commences, led by  
Dr. Rebecca Jorgensen Ph.D.  
11.00am Morning Tea Break (¼ hr).  
12.45pm Lunch Break.  
1.45 pm Workshop recommences.  
3.15 pm Afternoon Tea Break (¼ hr).  
4.30 pm Workshop Day 1 concludes.

### DAY 2 - Friday 29 August

- 9.00am Workshop recommences.  
10.30am Morning Tea Break (¼ hr).  
12.15pm Lunch Break.  
1.15 pm Workshop recommences.  
2.45 pm Afternoon Tea Break (¼ hr).  
4.00 pm Poroporoaki, Closing.

**Venue:** Baycourt Centre, Exhibition Hall, 38 Durham Street, Downtown Tauranga. Wheelchair accessible. Carparking nearby: Uncovered \$4.50/day or Covered \$10/day. Cafes/coffee shops a short walk away. Directions and a map will be posted or emailed after registration.

**Enquiries:** Kiri Prentice, Relationship Services, Tauranga  
**Email:** tauranga@relate.org.nz **Tel:** 07 578 7833  
**Fax:** 07 577 0196

# Emotionally Focused Therapy for Couples

"understanding distress  
in an attachment context"

**A 2 DAY WORKSHOP featuring**  
United States therapist, supervisor & trainer

**REBECCA JORGENSEN, Ph.D.**

Hosted by

Relationship Services  
Whakawhangaungatanga  
*helping you find your own answers*



**Thursday 28 August  
& Friday 29 August 2008**  
Baycourt Centre, Tauranga