

## AGENDA

### Emotionally Focused Therapy: Transform the Way You Work with Couples Silvina Irwin, Ph.D.

- 9:00-9:10 Welcome and Introduction
- 9:10- 10:20 What is EFT?  
The Destination: The Secure Bond  
Overview of research  
Central Tenets of Adult Attachment Theory  
Emotion as a target and Agent of Change  
Overview of the model
- 10:20-10:30 Morning Break
- 10:30-12:10 Stage 1 of EFT  
Getting Started: Alliance and Assessment  
Organizing A Couples Negative Cycle  
Clinical Video: Organizing a Couples Negative Cycle  
Working with Emotion: The target and agent of change
- 12:10-12:50 Lunch
- 12:50-1:50 Working with Emotion (Continued)  
EFT Interventions: Assembling and Engaging Emotion  
Stage 1 Clinical Video Demonstration:  
The EFT Tango: Therapist Process across sessions
- 1:50-2:30 Stage 2 of EFT: Restructuring the Bond
- 2:30-2:40 Afternoon Break
- 2:40-3:20 Stage 2 (Continued)  
Withdrawer Engagement  
Pursuer Softening  
Clinical Video Demonstration of Stage 2  
Stage 3: Consolidation
- 3:20– 3:50 EFT and Individuals
- 3:55-4:00 Closing Exercise