

Leanne Campbell

Attachment Security as the Main Currency in Healing Trauma: EFT for Couples

The echoes of unresolved trauma can be loud and highly disruptive to individuals' emotional and social functioning, and especially so in the context of intimate relationships. Emotional dysregulation, a hallmark of trauma, scrambles communication, blocks intimacy, and amplifies distress. In this workshop, and with an emphasis on video/in-session demonstrations as well as more traditional lecture format, participants will gain an understanding of some of the key theoretical underpinnings of the EFT (Emotionally Focused Therapy for Couples, Dr. Susan Johnson) model, as well as practitioner-relevant insight into the interventions that are used to transform couples both personally and relationally, quietening the reverberations of trauma, and increasing resilience to future stress and/or trauma.

By the end of the workshop, participants will have an increased understanding of:

1. The impact of trauma from an attachment perspective, with attention to developmental factors, and with regard to mental health assessment and intervention more generally.
2. How to work with trauma with couples, with attention to heightening and/or containing emotion, and working within the 'therapeutic window' both individually and relationally.
3. How to work with emotion 'moment-to-moment' with the overall goal of facilitating bonding and trauma resolution, and positively and durably shifting affect regulation capacities, as well as models of self and other.