

Leanne Campbell

Working with Trauma from an Attachment/EFT Perspective

Emotionally Focused Therapy for couples and families (EFT, Dr. Susan Johnson) is an empirically validated treatment approach that meets the gold standard set out by bodies such as the American Psychological Association (APA) and has been shown to be effective in assisting couples in both addressing trauma, and improving their relationship functioning. In this presentation, participants will be introduced to EFT, with an emphasis on the application of EFT with trauma. Using a combination of video/in-session demonstration and didactic presentation, participants will gain insight into key interventions and strategies that are used to assist couples in using their relationship as a resource in both strengthening the security of their relationship bond and healing past trauma.