Mastering Skills and Overcoming Challenges in EFIT: A Consultation Process

15.-16.4.2027, online
Time: 14-20
Trainer: Lorrie Brubacher
Co-trainer: Maarit Vänskä
Price: 440 € + taxes 25,5 %

Welcome

"The job of the therapist is to identify where clients are stuck and help them get unstuck – to kick start an organic growth process! But, of course, therapists also get stuck" (Drs. Sue Johnson and Leanne Campbell***, 2022***).

This workshop will give you a boost in your own organic growth process as EFIT therapists, by better equipping you with confidence and competence in helping clients identify how they are stuck and second, creating corrective emotional experiences that help them to reshape their worlds.

What Will You Learn?

You'll Discover:

- How to model safety as a surrogate attachment figure to promote relationship security and harness the potency of emotion to transform trauma, quell anxiety, relieve the impacts of depression, provide healing through grief.
- Ways of creating and maintaining a robust therapeutic alliance as both a safe haven for support and a secure base for exploration.
- Methods for tracking and identifying key inner and interpersonal patterns that block growth, connection, and progress in therapy.
- How the EFIT therapist uses key interventions to first validate and then dissolve blocks.
- How to harness the power of attunement, an attachment map, and key EFIT interventions to keep clients at their leading edge of discovery and promote growth within and between sessions.
- A proven set of interventions that you can rely on to first, engage clients in the agency of discovering and validating their default patterns, and second, to help clients move through reactivity and numbing to greater emotional balance and growth through connection.
- Greater mastery of the core EFIT interventions, and how to use these skills to effectively move you and your clients out of stuck places and into growth!
- A more nuanced understanding of the core EFIT macro-intervention, the EFIT Tango, and the power of attunement in using the Tango to propel the therapy process forward.
- Key methods and interventions that will lead your clients into secure attachment, the platform for well-being and ongoing growth and connection!
- The confidence and competence to address a diverse range of client challenges, enriching your practice and promoting meaningful change in your clients' lives.
  Enhanced strategies to foster secure attachments, maintain a robust therapeutic alliance, and effectively navigate through therapy sessions, fostering growth and overcoming barriers to progress

Outline of The Training

Part 1

In the first part of the workshop, I will introduce some clients, provide a video review and

commentary surrounding areas of struggle. I will point to antidotes in the EFT model for common challenges all EFT therapists can face. The antidote EFT strategies for navigating these challenges are based in the EFT Tango moves which draw from the key roles of attachment science, experiential, and systemic therapies. Flowing with the EFT Tango moves, using 10 basic

EFT micro skills, help therapists regain balance and focus.

Participants will explore the following points as trainers share and discuss their work:

- Maintaining a Robust Alliance: A Safe Haven and Secure Base
- Finding and Keeping Focus in Session
- Identifying Key Inner and Interpersonal Patterns that Block Progress
- Deepening Engagement in the Face of Avoidance and Intellectualization
- Working with Blocks at Leading Edge of Experience
- Assembling, Befriending, and Ordering Emotion
- Maintaining Focus, Depth, and Momentum with Complex Client Presentations
- Shaping Core Identity Dramas with Elements of Self and Others

Part 2

Next, you will join with your colleagues as they show their work, and watch as Lorrie ***and Maarit*** provide feedback, consultation, and designs exercises or role plays for the purposes of demonstrating the EFIT model as specifically applied to the case and the presenting challenge(s) and issue(s). The exercises will be specifically aimed at framing clients' problems through the lens of attachment, tracking their patterns of emotion regulation, deepening the core emotions driving these patterns, maintaining focus and momentum, unblocking barriers to growth, and more!

Recommended Readings

A Primer for Emotionally Focused Individual Therapy (EFIT): Cultivating Fitness and Growth in Every Client by Susan M.Johnson and T. Leanne Campbell, 2022. Routledge.

Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families by Dr. SusanM. Johnson, 2019.

Stepping into Emotionally Focused Therapy: Key Ingredients of Change (2nd ed.) (2025). by Lorrie Brubacher.

Workouts for Stepping into Emotionally Focused Therapy: Exercises to Strengthen your Practice (2005) by Lorrie Brubacher

Becoming an Emotionally FocusedTherapist:The Workbook(2ndEdition by James L. Furrow, Susan M. Johnson, Brent Bradley, Lorrie L. Brubacher, T. Leanne Campbell, Veronica Kallos-Lilly, Gail Palmer, Kathryn Rheem, Scott R. Woolley, 2022. Routledge.

Cancellation Policy:

You may cancel your registration free of charge up to one month before the training. After this deadline, cancellations are no longer possible, but you may transfer your registration to the next available training.

Participation in this course is part of the requirements towards certification in EFIT.