



ATTACHMENT-BASED COUPLES THERAPY

The Basics of EFT and AEDP for Couples

Saturday/Sunday January 25 & 26

10:00am-4:30pm

Santa Cruz, CA

Both *Emotionally Focused Therapy (EFT, Sue Johnson)* and *Accelerated Experiential Dynamic Psychotherapy (AEDP, Diana Fosha & David Mars)* have integrated attachment theory as a core component of clinical treatment. This course explores how to utilize attachment theory to craft both an overarching understanding of marriage therapy, as well as specific interventions that foster experiential breakthroughs in emotional connection.

Learning Objectives:

- Learn to articulate the attachment dynamics underlying common marital conflicts
- Learn how EFT interventions can elicit the specifics of clients' dysfunctional cycles
- Learn six ways to deepen emotional connection between partners
- Learn the stages and steps of couples therapy from an EFT perspective
- Learn three ways to use your own feelings, in the therapist role, to foster a deeper sense of interpersonal connection between your clients.

Instructor : *Tim Hartnett, PhD, LMFT is the director of Shine a Light Counseling Center. Tim has specialized in couples counseling for over 30 years in private practice. He brings both wit and candor in his teaching style, engaging participants in both didactic and experiential learning.*

Registration

Online at www.shinealight.info/forTherapists

\$150 Licensed

\$95 Pre-licensed

Refunds of 75% up to 3 days prior to the event.

CEUs

Shine a Light Counseling Center (Provider # 143265) is approved by the California association of marriage and family therapists to sponsor continuing education for Imft's, lcsw's, lpcc's. Shine a Light maintains responsibility for program & content.

Certificates

Course Completion certificates will be awarded at the end of the course in exchange for a completed evaluation form. Course meets the qualifications for **11 hours** of continuing education credit for LMFT's, LCSW's, LPCC's and LEP's as required by the California BBS. **One hour lunch break is not counted toward CE time.**

Accommodations

To request accommodations for special needs, please email the Program Administrator at admin@shinealight.info.

Grievances

To obtain the grievance policy or report a grievance please email admin@shinealight.info or call 831-996-1222.