



Emotionally Focused Couple Therapy (EFT):  
Using Modern Adult Attachment Theory to Understand Relationships:

**“The New Science of Love and Attachment:  
Creating Connection”**

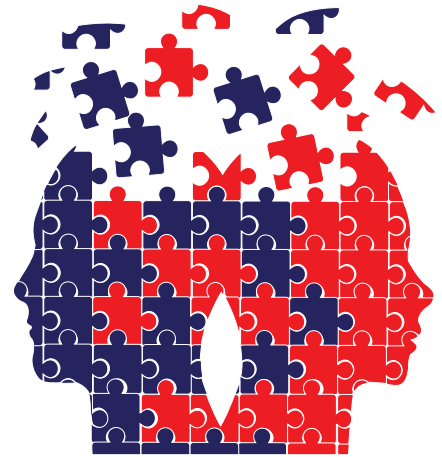
By researcher and best selling author

**Dr. Sue Johnson**

Professor of Clinical Psychology – Ottawa University

**Friday, March 16, 2012**

Institute of Community and Family Psychiatry, 4333 Côte Ste-Catherine Road, Montréal, Québec (Côte Ste-Catherine Metro)



**PROGRAM**

- 8:15 REGISTRATION
- 9:00 Welcoming Remarks and Introduction  
Zeev Rosberger, Ph.D.
- 9:15 Outline the key concepts of EFT and modern adult attachment theory  
Dr. Sue Johnson
- 10:30 HEALTH BREAK
- 11:00 Summarize the key interventions of EFT  
Dr. Sue Johnson
- 12:15 LUNCH ON YOUR OWN
- 1:30 “The New Science of Love and Attachment:  
Creating Connection”  
Dr. Sue Johnson
- 3:15 HEALTH BREAK
- 3:30 Questions and Discussion
- 4:15 Closing Remarks  
Zeev Rosberger, Ph.D.  
Alessandra Schiavetto, Ph.D.

**GUEST SPEAKER**



**Dr. Susan Johnson** is a researcher, professor and leading innovator in the field of couple therapy and the science of adult bonding. She holds a professorships at the University of Ottawa in Canada and at Alliant University in San Diego, California. She is also the Director of the Ottawa Couple and Family Institute and the International Center for Excellence in Emotionally Focused Therapy ([www.iceeft.com](http://www.iceeft.com)) which has ten affiliated centers in North America and Europe. She is a Fellow of the American Psychological Association and recipient of several key awards in her field.

Dr. Johnson has created an extensive popular program of professional training for health professionals in couple interventions and has worked with institutions such as the US Military to create programs for couples dealing with traumatic stress. Dr. Johnson has an active media presence, for example, the CBC radio show, Ideas, recently featured her work on love and bonding and can be accessed on the website, [www.holdmetight.com](http://www.holdmetight.com).

Emotion-Focused Therapy for Couples (EFT-C) is an empirically supported treatment arising out of emotion theory and attachment theory developed in the 1980’s by Sue Johnson and Leslie Greenberg. EFT-C is an evidence based treatment protocol. It views emotions as centrally important in the experience of self, in both adaptive and maladaptive functioning , and in therapeutic change. From the EFT perspective change occurs by means of awareness, regulation, and transformation of emotion taking place within the context of an empathetically attuned relationship.

**Learning Objectives – Participants will be able to:**

1. Outline the key concepts of EFT and modern adult attachment theory.
2. Summarize the pivotal moments and key interventions of EFT.
3. Describe the EFT perspective on emotion and emotion regulation.
4. Visualize how this model can be used with different kinds of partners and relationships.
5. Integrated this understanding into their own attachment relationships.

*“This event is an accredited group learning activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada”*

**REGISTRATION FEE INCLUDES DR. JOHNSON’S BOOK**

**Friday, March 16, 2012 – “The New Science of Love and Attachment: Creating Connection”**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

TELEPHONE (Office): \_\_\_\_\_ (Residence): \_\_\_\_\_

PROFESSION/AFFILIATION: \_\_\_\_\_

Please make cheque payable to: Department of Psychiatry – Jewish General Hospital

Mail To: Johanne Archambault – Psychology Division, Institute of Community and Family Psychiatry  
4333 Côte Ste-Catherine Road, Montréal, Québec, H3T 1E4

*Substitutions permitted. Cancellations are subject to a \$25. fee prior to March 1<sup>st</sup>. No refund after this date.*

**CONFERENCE FEE:**

Prior to February 15:	\$150
After this date:	\$175

Special rates for students, residents:  
(Proof of status required) \$75

For further information, please contact:  
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