



ARIZONA COMMUNITY FOR EMOTIONALLY FOCUSED THERAPY

proudly presents

Rebuilding Shattered Attachments: Healing Trauma in Couples Therapy

by ICEEFT Certified Trainers **Michael Barnett**, LPC & **Silvina Irwin**, Ph.D.

Date: October 19-20, 2018

Time: 9:00am - 5:15pm each day (registration begins at 8:30am)

Location: Venue 8600, 8600 E. Anderson Dr., Scottsdale, AZ 85255

Cost:	By 7/31/18	8/1/18 - 9/30/18	On or After 10/1/18
Members	\$340	\$365	\$390
Non-Members	\$375	\$400	\$425
Students	\$125	\$125	\$125



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Emotionally Focused Therapy (EFT) has demystified the complex web that couples therapists commonly get entangled in and offers a map to navigate the therapeutic process. The impact of trauma on a relationship, however, often intensely complicates the process and can leave even experienced EFT therapists feeling overwhelmed, helpless, lost, and/or burned out.

EFT effectively addresses the core factors at play in both the heart of traumatic distress and in the process of healing. This two-day advanced workshop will teach participants very specific ways to tailor the EFT model to effectively work with traumatized couples.

In addition, because Self of the Therapist impasses frequently occur when working with trauma, participants will have the opportunity to identify, explore, and overcome their own personal blocks and challenges that arise when working with these complex couples within a safe and supportive environment.

Video review of therapy sessions, didactic presentation, small group work and role-play sessions to practice skills will be included.

Objectives of the Training: (1) Explain the concept of trauma from a relational/attachment lens; (2) Describe the concept of healing within the EFT for couples model; (3) Explain how to place trauma-related emotional distress and associated behavioral strategies within a systemic framework; (4) Describe the fearful/avoidant attachment style; (5) Identify ways to implement EFT interventions so as to effectively target relational processes that are shaped by trauma; (6) Describe some ways that trauma impacts the ability to tolerate and regulate affect; (7) Identify strategies to work with dysregulated emotion in trauma survivors; (8) Summarize the ways that working with trauma may impact the therapist; (9) Describe ways to work through therapist blocks and barriers in the treatment of trauma; (10) List at least two risk factors for therapists who work with trauma; and (11) List at least two ways to address symptoms of Vicarious Trauma/Secondary Traumatic Stress and burnout. Attendees for this intermediate workshop are behavioral healthcare professionals in private practice, treatment program clinical directors/staff, community agencies, and various mental health disciplines who have attended a 4-day Externship in EFT for Couples.

Presenters: **Michael Barnett, LPC**, is the founder and director of the Atlanta Center for Emotionally Focused Therapy (EFT). He is an ICEEFT certified EFT Supervisor and Trainer offering Marriage and Couples therapy trainings and workshops throughout North America. Michael has been practicing psychotherapy since 1986, and is currently a partner at Pine River Psychotherapy Associates in Atlanta, GA. His integration of working with addictive and experiential processes led him to create a framework for tailoring EFT to successfully work with couples who present on the addictive continuum through a humanistic lens. In addition to his psychotherapeutic work, he has consulted with dozens of organizations for executive training development and team building. In addition, Michael co-created a research study of EFT with addicted populations, that was recently completed in early 2017.



Silvina Irwin, Ph.D., is a licensed clinical psychologist in Los Angeles, and ICEEFT Certified Trainer and Supervisor in Emotionally Focused Therapy for Couples. She is co-founder of the EFT Resource Center in Pasadena, CA, which provides EFT psychotherapy services to the community and offers training and supervision to therapists in Emotionally Focused Therapy. She is actively involved in the EFT community of Los Angeles, and serves on the board of the LA Center for EFT. In her psychotherapy practice, Dr. Irwin specializes in working with survivors of trauma and relationship distress. Dr. Irwin also offers workshops on Vicarious Trauma of therapists, first responders, and the legal and medical community. To learn more about Dr. Irwin, please visit www.drsilvinairwin.com or www.EFTResourceCenter.com.



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For questions regarding the event, please email: azeftcommunity@gmail.com

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