

Emotionally Focused Therapy

An introductory workshop

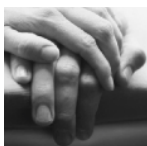
**Université Grenoble Alpes
BSHM - room A101**

March 29, 2019
09:00 - 12:00

The workshop will be in English

The workshop is free because it is sponsored by the CO-RE Lab at Université Grenoble Alpes.
Co-organized by Daniela Rocha Lopes and Dr. Rebecca Shankland

Reserve your spot before February 1, 2019 by clicking [here](#).



Distressed couples go through negative cycles of inflexible interactions in their relationship, which can be severely devastating for their health and well-being. What are the tools that can help therapists to guide clients towards changing those interaction patterns?

Emotionally Focused Therapy (EFT) is an evidence-based, structured approach. It is rooted in attachment theory and is supported by scientific research proving the efficacy of its interventions. More than resolving specific conflicts, EFT focuses on clients' emotion dynamics in order to promote a greater sense of security and connection in their relationships.

The science of bonding offers real guidance to therapists in helping their clients to resolve conflicts and heal relationship-injuries that make them feel lonely and hopeless.

In this introductory workshop you will be able to understand the principles of how EFT works, how sessions are structured as well as the types of population and cases that this model can be applied.

Speakers:

Dr. Tila Pronk

Assistant Professor at Tilburg University - The Netherlands; Research expertise in close relationships; Couples' Therapist.



Daniela Rocha Lopes, M. Sc.

Individual and relationship therapist; Licensed psychologist in Brazil and in The Netherlands

