

**Emotionally Focused Therapy (EFT)**  
**Rebecca Jorgensen, PhD**  
**2-hour workshop**

**References:**

Kailanko, S., Wiebe, S.A., Tasca, G.A., & Laitila, A.A. (2022). "[Somatic Interventions and Depth of Experiencing in Emotionally Focused Couple Therapy.](#)" *International Journal of Systemic Therapy*, 33(2), 109-128.

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Beasley, C.C., & Ager, R. (2019). "[Emotionally Focused Couples Therapy: A Systematic Review of its Effectiveness Over the past 19 Years.](#)" *Journal of Evidence-Based Social Work*, 16(2), 144-159.

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Wiebe, S., Johnson, S. M., Burgess-Moser, M., Dalgleish, T., Lafontaine, M., & Tasca, G. (2017). "[Predicting follow-up outcomes in Emotionally Focused Couple Therapy: The role of change in trust, relationship-specific attachment, and emotional engagement.](#)" *Journal of Marital and Family Therapy*, 43(2), 213-226.

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