

CE Information Packet
Emotionally Focused Individual Therapy:
Applying Attachment Theory in Clinical Settings
6 CE hours

CE Information:

This professional continuing education activity is sponsored by The Institute Better Health (IBH), who has been approved as a provider of continuing education by the organizations listed below and co-sponsored by Leading Edge Seminars. IBH as the approved sponsor maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed. This live webcast is approved for 6 CE hours.

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Speaker/Planner Conflict of Interest Disclosures:

The Institute for Better Health Inc. is responsible for the content, quality and scientific integrity of all CE/CME activities certified for credit. When an educational activity is offered for medical (CME), Nursing (UNA-ANCC) and/or Psychology (APA) continuing education credit, participants must be informed as to the source, amount, nature, and disposition of any funding used to support the activity, whether in the form of educational grants, cash contributions, or in-kind contributions.

Individuals in a position to influence course content must also disclose whether they have one or more relevant financial relationships with individuals and companies who have a financial interest in activity content.

All those in a position to control the content of an education activity are asked to disclose any relevant financial relationships they have with any commercial interest.

There was no commercial support for this activity.

Susan Johnson, EDD and Michael Kerman, MSW have no relevant financial relationships to disclose.

CE Course Completion Requirements:

Attendees must complete the course in full. No partial credit will be awarded. Upon conclusion of the course, attendees must submit a course evaluation. Upon receipt, attendees will be issued a CE certificate of completion.

How to Obtain Your CE/CME Certificate:

Upon completion of the course, you will be emailed an instruction page on how to access the post-workshop website hosted through Intitute for Better Health (IBH). You will receive a unique website link to follow in order to access the post-workshop evaluation and certificate processing site. Below is an outline of the requirements.

1. In your internet browser, visit the link that will be supplied to you once you've complete the course in full. By following this link, you will arrive on the IBH-Join Event webpage.
2. In the first field provided, enter the email address you used to register for the course.
 - If this is your first time logging into the IBH event page, you will need to complete all required fields including your address.
 - Returning attendees only need to enter your email address. Type your email address and hit ENTER on your keyboard. This will direct returning attendees straight to your customer account page.
3. The course you recently completed will be pre-populated into your account. Click on the "Certificate" button located below the title of the conference, that looks like this:

4. A pop-up menu will appear with the next steps. You will need to complete these steps from top to bottom (post-test (if applicable), evaluation, affidavit).
5. Click "Download your Certificate", or have your certificate emailed to you.

You will have 30 days from the course completion date to visit this site and complete all steps to earn your CE Certificate. Please be sure to complete this process soon after the course to ensure you get your certificate before the 30 day deadline.

Course References:

- 1) Johnson, S.M. (2019). Attachment Theory in Practice – Emotionally Focused Therapy (EFT) for Individuals, Couples and Families. New York, NY: Guilford Press
- 2) Furrow, J. Palmer, G., Johnson, S. Faller, G., Palmer-Olsen, L. (2019). Emotionally Focused Family Therapy: Restoring Connection and Promoting Resilience. New York, NY: Routledge
- 3) Johnson, S. M. (2019). The Practice of Emotionally Focused Couple therapy: Creating Connection, revised, 3rd edition. New York. NY: Brunner/Mazel (now Brunner/Routledge).

Course Objectives:

At the conclusion of the workshop, attendees will be better able to

1. Discuss the laws of attachment that structure the development of personality and their significance for clinical intervention
2. Identify and influence internal cycles of affect regulation and habitual ways of dancing with others that relate to presenting problems and emotional disorders.
3. Identify the core components of emotional disorders such as depression and anxiety
4. Implement the basics of the EFT Tango and other interventions
5. Adapt EFIT for different presenting symptoms