



# EMOTIONALLY FOCUSED THERAPY WITH COUPLES

MAY 11, 2023

10 A.M. - 1:15 P.M.

1002 E. GRAND AVENUE  
ESCONDIDO, CA 92025

There will be one 15 minute schedule break.

**TARGET AUDIENCE:**  
**THIS COURSE IS DESIGNED FOR MENTAL  
HEALTH PROFESSIONALS IN BOTH PRIVATE  
AND GROUP PRACTICE.**

## **COURSE DESCRIPTION & EDUCATIONAL GOALS:**

In this workshop, participants will learn to conceptualize couple distress and relationship repair based on theories of attachment and emotion. Participants will develop skills in helping partners change the emotional responses that lead to relational distress and maintain a repetitive negative cycle of interaction. Goals of the workshops include:

- Understanding the basics of emotionally focused therapy with couples.
- Developing a pro-attachment & social justice oriented narrative around couple distress & recovery.
- Learning the basics about the steps, stages, & main principles of EFT with attention to social justice.
- Learning ways to immediately apply tenets of EFT with couples.

## **LEARNING OBJECTIVES:**

Participants will

- Learn 5 ways to immediately apply tenets of EFT with couples
- Develop 3 skills in helping partners change the emotional responses that lead to relational distress and maintain a repetitive negative cycle of interaction.

## **INSTRUCTOR INFORMATION:**

Jason N. Linder, Psy.D., LMFT is a licensed bilingual therapist specializing in relationship, trauma, addiction-related, and mindfulness therapies. He is certified in the evidence-based therapy EMDR by the EMDR International Association, and trains EMDR therapists as an EMDRIA-approved Consultant and accredited EMDR-HAP facilitator. Dr. Linder owns a private practice in San Diego.

## **COST:**

This workshop is offered free of charge to PFCS staff.

## **TO REGISTER:**

Follow this [LINK](#) to register. For more information contact [cduvall@pfcs.agency](mailto:cduvall@pfcs.agency).

## **ACCOMMODATIONS:**

To request accommodations for special needs, please email [cduvall@pfcs.agency](mailto:cduvall@pfcs.agency)

## **GRIEVANCES:**

To obtain the grievance policy or to report a grievance please email [cduvall@pfcs.agency](mailto:cduvall@pfcs.agency) or call 760.741.2660

## **CERTIFICATES:**

Course completion certificates will be awarded at the end of the course in exchange for a completed evaluation form.

**Course meets the qualifications for 3 hours of continuing education credit for LMFT's, LCSW's, LPCC's and LEP's as required by the California Board of Behavioral Sciences.**