

EFT Training DVDs

A Brief Guide to Choosing the EFT Training DVD that is Right for Your Learning Objective(s)

by Lorrie Brubacher

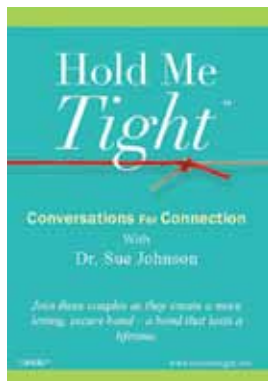
Many therapists are in a quandary as to which training DVD(s) to purchase. I would suggest that you choose based on the areas you want to focus on developing first and just watch one DVD at a time: watch it many times, study it, stop as you listen and think of how you would respond before hearing how Sue responds, etc. Learning EFT is a complex process and you are least likely to get discouraged if you attempt to add one aspect at a time to your skill set/way of being as a therapist. Then watch another one!

The Overall Model of EFT

To review the material from the externship and better integrate an overall sense of the model, consider *Training DVD #1: Healing Broken Bonds* also known



as 'Mark and Pru' or the 3 DVD set: *An Externship in EFCT*. Training DVD # 1 takes you through a condensed version of each step and stage of the model. The externship DVDs include a review of the salient content of an externship, a review of the interventions, and two live sessions that are certainly worth viewing. Another DVD that will give you an overall, applied sense of the model as well as a tangible appreciation of attachment applied in adult love relationships is the *Hold Me Tight®: Conversations for Connection* DVD.



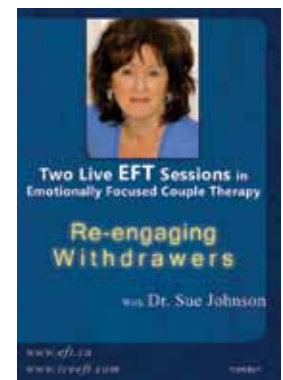
Stage One of EFT

The 2010 DVD, *Stage One of EFT for Couples: Clinical Demonstration*, recorded at *Brief Therapy: Lasting Solutions* conference 2010, is also good to get the more overall sense of the systemic part of the model, tracking the cycle, adding Step 3, the underlying emotion, and using the cycle reframe over and over again while preparing to move into Stage 2.



Working with the Process of Emotion and Engaging Withdrawn Partners

You may want to get *Training DVD #5: Re-engaging Withdrawers* if you are having particular difficulty with engaging withdrawers and if you want to grasp more fully how to work with the process of emotion (through the cue, limbic-danger appraisal, bodily arousal, meaning attribution, action tendency).



Applying EFT Couple Therapy in the Face of Trauma

If you are particularly interested in applying the model to a trauma couple you may want to see *DVD#2 Couples and Trauma*. An especially attractive feature of this DVD is that it is nicely complemented by Chapter 7 of Sue Johnson's (2002) *Emotionally Focused Therapy with Trauma Survivors*, "Defeating an

Anxiety Disorder and Marital Distress.” This chapter includes transcripts from this DVD, a much more detailed case description and explanation of the process and interventions.

Also of relevance to trauma is the latest DVD *Emotionally Focused Therapy in Action*, produced by psychotherapy.net. Unique to this dvd are the pauses in the therapy while we hear voice-overs of Sue describing her interventions and the process while validating, tracking and de-escalating this highly escalated couple with a war veteran suffering from PTSD.

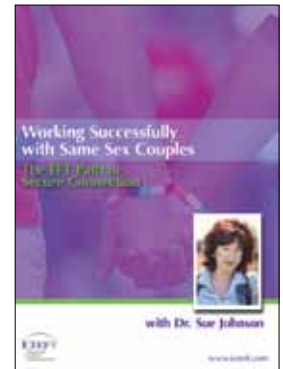


Review the EFT Interventions

Training DVD # 4: Changing the Music, Changing the Dance has the interventions labeled in subtitles so that is helpful when you are assessing your own interventions and perhaps needing to target using more reflection and less questions etc.

EFCT with Same Sex Couples

Working Successfully with Same Sex Couples, The EFT Path to Secure Connection, the most recently released DVD, demonstrates in two live sessions with Dr. Sue Johnson how the power of EFT's attachment frame and interventions are equally relevant for gay and heterosexual couples. This 4 hour video includes voice over commentary and a panel discussion with three EFT therapists about responding to the unique challenges faced by same sex couples, making this another valuable EFT training DVD.



You can learn from all of the valuable EFT training DVDs now available. Read more about each DVD on the ICEEFT website at www.iceeft.com and decide according to your needs.

Lorrie Brubacher, M.Ed., LMFT
Certified EFT Supervisor & Trainer
Greensboro Charlotte Center for EFT