



Lorrie Brubacher,  
ICEEFT Certified EFT Trainer



International Centre for Excellence in  
Emotionally Focused Therapy

# 4-Day EXTERNSHIP in Emotionally Focused Couple Therapy (EFCT)

**May 14 - 17, 2025 UNC Greensboro, NC 9:00am - 5:00 pm**

**1000.00 regular fee • 950.00 early bird (before April 5, 2025) • 500.00 student and equity**

**Included in the fee is a manual and a collection of EFT articles from  
the International Centre for Excellence in EFT (ICEEFT).**

***This model will touch your heart, expand your practice and  
boost your confidence with on-target interventions***

**An Externship includes** presentations of theory, clinical techniques and skills, training exercises, video recordings, observation of live interviews and discussion of specific cases and clinical issues.

An extensive manual will be provided.

**Required pre-reading:** *The Practice of Emotionally Focused Couple Therapy: Creating Connection* (3rd ed.) (2020) by Dr. Sue Johnson.

**Recommended Readings:**

*Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families* by Dr. Susan M. Johnson, 2019. Guilford Press.

*Becoming an Emotionally Focused Therapist: The Workbook* (2nd ed.) (2022). by J. L. Furrow, S. M. Johnson, B. Bradley, L. L. Brubacher, T. L. Campbell, V. Kallos-Lilly, G. Palmer, K. Rheem, S. R. Woolley, . Routledge.

*Stepping into Emotionally Focused Therapy: Key Ingredients of Change* (2025) L. L. Brubacher

*Workouts for Stepping into EFT: Exercises to Strengthen Your Practice* (2025). L. L. Brubacher

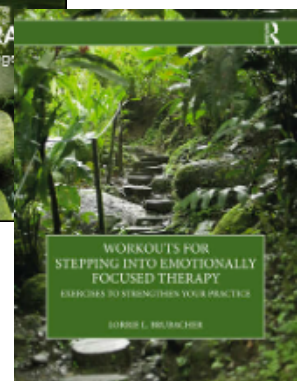
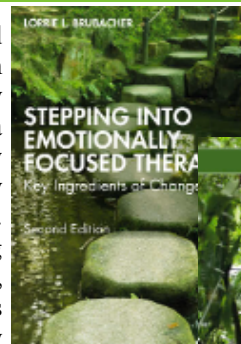
## PARTICIPANTS LEARN:

- To view relationship distress from an attachment perspective.
- To help clients identify the relational patterns and emotional responses that maintain their distress.
- To shape key new interactions and events that build secure attachment bonds.
- To overcome therapeutic impasses and consolidate partners' secure bond.

## Meet your ICEEFT Trainer



Lorrie Brubacher, a certified trainer, supervisor, and therapist with the International Centre for Excellence in EFT (ICEEFT), has been an individual, couple and family therapist since 1989. She founded and directed the Carolina Center for EFT for 15 years and is an adjunct at University of North Carolina, Greensboro. She trains internationally and publishes on the topic of EFT, and EFIT specifically. She co-developed EFT's first inter-active video training program on the EFT Attachment Injury Resolution Model, has many EFT couple and individual training videos available at <http://steppingintoeft.com> She has many published articles and chapters on EFT. Her book *Stepping into Emotionally Focused Couple Therapy: Key Ingredients of Change* (2018), is available in ten languages. The second edition and an accompanying workbook were published in 2025.



## What is EFT?

EFT is a well-known humanistic approach to psychotherapy formulated in the 1980's and developed in tandem with the science of adult attachment, a profound developmental theory of personality and intimate relationships. This science has expanded our understanding of individual dysfunction and health as well as the nature of love relationships and family bonds. Attachment views human beings as innately relational, social and wired for intimate bonding with others. The EFT model prioritizes emotion and emotional regulation as the core organizing agents in individual experience and key relationship interactions.

EFT is best known as a cutting edge, tested and proven couple intervention, but it is also used to address individual depression, anxiety and post traumatic stress (EFIT – Emotionally Focused Individual Therapy) and to repair family bonds (EFFT – Emotionally Focused Family Therapy). This model operationalizes the principles of attachment science using non-pathologizing experiential and relational systems techniques to focus on and change core organizing factors in both the self and key relationships.

### The Goals of EFT – Across 3 Modalities of Therapy

- To order and re-organize key emotional responses – the music of the interactional dance – shaping emotional balance and personal agency.
- To expand the clients' core sense of self and other and restructure how they respond to others in the dance of attachment.
- To foster emotional balance and coherence, a sense of competence and worth and the open, responsive engagement with self and others that foster the secure bonds that create resilience.

### Strengths of Emotionally Focused Couple Therapy (EFCT)

- ✓ EFT is based on clear, explicit research-based conceptualizations of individual growth, health and dysfunction and of relationship distress and adult love.
- ✓ EFT is collaborative and respectful of clients, combining experiential Rogerian techniques with structural systemic interventions.
- ✓ Change strategies and key intervention sequences are specified.
- ✓ Key moves and moments in the change process have been mapped into three stages of therapy and key change events that predict success at the end of therapy.
- ✓ EFT has been validated by over 30 years of empirical research. There is also research on the change processes and predictors of success.
- ✓ EFT has been applied to many different kinds of problems and populations.

Visit [www.iceeft.com](http://www.iceeft.com)  
for more information about EFT,  
EFT publications and training events.



Visit <https://www.lbrubacher.com> for more information or to register.



Lorrie L. Brubacher has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6488. Programs that do not qualify for NBCC credit are clearly identified. She is solely responsible for all aspects of this program.