



International Centre for Excellence in EFT



## ***In EFT - A Review of the New DVD***

*Lorrie Brubacher*

Drs Campbell and Fairweather have succeeded magnificently in creating a training DVD that poignantly captures the experiential dimension of EFT! Leanne Campbell's unique EFT style in three role-played couple sessions is framed with footage of her and David Fairweather walking to their picturesque Vancouver Island office. David Fairweather's original song, *Magical Place*, poetically describes what seems to be the bonding events of discovery, engagement and safe connection. The lighting, the music and the many close-ups of the therapist's and clients' faces add to the vivid emotionality.

The clips of the therapy sessions are nicely interspersed every 3 to 9 minutes by a "consultation" dialogue between Leanne and David. It is a privilege to hear the therapist comment on her own internal experience and intentions in the midst of profound and challenging therapeutic moments. The capacity to draw on her own emotional experience, as therapist, is effectively portrayed and discussed.

This DVD will be of particular relevance for therapists attempting to deepen their ability to evoke primary affect and to work consistently with the emotional process in the present moment. Leanne's continual empathic resonance illustrates the power of moving at a slow pace, focused continually on attachment significant emotional experience. We watch how she directs an intellectualizing pursuer with a diverting sense of humour, a grieving mother who has walled herself off from her husband and a withdrawing trauma survivor, all to focus on their here and now bodily-felt internal experiences.

We are given glimpses of mini bonding moments, with more withdrawn partners accessing and enacting primary attachment fears, accompanied by softening responses. A hostile pursuer who remains reactive throughout most of his withdrawn partner's disclosure of attachment fears, receives Leanne's respectful and calm 'bullet catching', redirecting and validation of his secondary reactive emotions. Choreographing new interactions, she frequently offers clients specific words to use, which move their message to a more attachment-focused, immediate and personal level.

You will be moved and enlightened by allowing this DVD to take you into an experience of being *In EFT*.

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