

North Carolina Employee Assistance Professionals Association (NCEAPA)

Quarterly training for professionals

Friday, May 3, 2019 8:30am-4:30pm

Fellowship Hall - 5140 Dunstan Rd., Greensboro, NC

Register: www.eapa.com/trainings Cost \$35 - \$85 (member/non-member/student)



Applying Gottman Method Couples Therapy & Emotionally Focused Couples Therapy in the EAP Model

Presented by



George Bitar, Ph.D., LMFT - Certified Gottman Therapist & Certified Emotionally Focused Therapist, AAMFT Approved Supervisor

Faith Drew, Ph.D., LMFT - EAP Director of McLaughlin Young Group, Certified Gottman Therapist & Certified Employee Assistance Professional, AAMFT Approved Supervisor

For clinical professionals who work with couples. This is an experiential workshop. This training provides interventions and tools for clinicians: CEs available.

Objectives:

- Identify theoretical underpinnings of Gottman Method Couples Therapy.
- Identify key assumptions of attachment theory & key components of Emotionally Focused Therapy (EFT).
- Describe interventions from both Gottman and EFT.
- Describe the Employee Assistance Program (EAP) and clinical relevance.
- Apply Gottman & EFT interventions within the Employee Assistance Program (EAP) model.

