

The Pro Bono Counseling Network Education Series

Presents

An Introduction to Emotionally Focused Therapy for Couples



Validated by extensive research over the last 30 years, Emotionally Focused Therapy for Couples (EFT) is an effective evidence-based therapy for couples in distress. With combined humanistic/experiential and systemic interventions guided by attachment theory, studies show 75% of couples receiving EFT completely recover within 12-15 sessions and 90% significantly improve, all with durable effectiveness 2 years post-treatment. In this presentation, ICEEFT Certified Emotionally Focused Therapist James McCracken, LCSW will provide a 3-hour introductory seminar on EFT, it's research, and formal training procedures for those interested.

Learning Objectives

Upon completion of this workshop, participants should be able to:

- Identify the basic theory and science underlying EFT with couples
- Know the basic interventions and strategies used by EFT therapies
- Understand the stages of change and therapeutic tasks that guide EFT therapists in working with couples

Three contact hours will be available for this training. **Free** to all current Pro Bono Counseling Network Volunteer Therapists or other therapists who practice in Durham, Orange, Person or Chatham counties and would like to become a Pro Bono Counseling Network Therapist. For more information on joining and becoming a volunteer therapist, contact Carol McClelland: Carol.M@fhrecovery.org.

James McCracken, MSW, LCSW

James McCracken, MSW, LCSW is a Licensed Clinical Social Worker and ICEEFT Certified Emotionally Focused Couple Therapist who operates a private practice in Durham, NC focused on treating relationship distress. His professional background includes serving a variety of community-based populations experiencing a variety of problems including relationship distress, psychiatric and serious emotional disorders, addiction disorders, chronic and terminal medical conditions, and extreme psychosocial distress. James believes that by focusing on strengthening clients' naturally occurring relationships, independent of what other problems they may experience, we can facilitate lasting and empowering change for adults and their children. His practice website is located at <http://www.jamesmccrackenlcsw.com/> Outside of his private practice, James holds an adjunct clinical faculty appointment at the UNC School of Medicine (Department of Psychiatry), where he has been a therapist, program director, and state-wide program coordinator in Early Psychosis Intervention services with the OASIS Program.

To Register:

<http://events.r20.constantcontact.com/register/regform?llr=ovyee8bab&oeidk=a07ef6zv98def0b86ae>

Friday, April 13, 2018 from 9:00 AM to 11:00 AM

Freedom House Recovery Center

102 New Stateside Drive

Chapel Hill, NC 27516