

## **Westchester Chapter Meeting and Educational Presentation**

Please join us for our monthly Chapter meeting and Educational presentation. Members and non-members are all welcome.

**TOPIC: "Emotionally Focused Couple Therapy: An Overview"**

**SPEAKER: Jody Ames-Frankel, Ph.D.**

**DATE: Saturday, January 5th, 2013**

**PLACE: The Mental Health Association, 29 Sterling Avenue, White Plains, NY**

TIME: 9:00 Practice Meetings

10:00 Networking and Refreshments

10:15 Chapter Business Meeting

10:45--Noon Presentation

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### **DESCRIPTION**

Emotionally Focused Couple Therapy (EFT) was developed by Susan Johnson, Ed. D. and Les Greenberg, Ph.D. in the 1980's. This short-term, experiential and systemic model of couple therapy focuses on emotion, rather than the content of the specific problem a couple is facing, as the essential transforming element in couples. Supported by a substantial body of empirical research and known to be one of the most successful approaches to couple therapy, EFT creates strong, secure emotional attachment bonds in adult love relationships. In this presentation, Jodi Ames-Frankel, Ph.D., will provide an overview of the EFT model including a description of its basis in attachment theory and an introduction to basic EFT interventions, identifying negative cycles in couples, and the stages and steps of the EFT process.

### **SPEAKER**

Jodi Ames-Frankel, Ph.D. is a psychologist in private practice in Mount Kisco, NY specializing in the treatment of trauma, complex grief and bereavement, depression and anxiety. As a certified EFT therapist and supervisor and trained in EMDR, Jodi has extensive experience working with individuals, couples and groups. As a clinician for the FDNY Counseling Unit, Jodi has counseled hundreds of members of the NYC Fire

Department who responded to the terrorist attacks on the World Trade Center on  
September 11<sup>th</sup> and their family members

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