



TYNDALE

• SEMINARY •

Course Syllabus

**SPRING SUMMER 2019
EMOTIONALLY FOCUSED THERAPY FOR COUPLES
COUN 0651**

**JUNE 13, 14, 15, 21, 22
9:00 AM – 4:00 PM**

**INSTRUCTOR: DR. HERMAN CHOW, RP, RMFT
AAMFT/OAMFT Clinical Fellow and Approved Supervisor
CAMFT RMFT Supervisor
Certified EFT Therapist and Supervisor**

E-mail (preferred contact): hchow@tyndale.ca
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Access course material at <http://classes.tyndale.ca/>
Course emails will be sent to your @MyTyndale.ca e-mail account only.
[Learn how to access and forward emails to your personal account.](#)

The mission of Tyndale Seminary is to provide Christ-centred graduate theological education for leaders in the church and society whose lives are marked by intellectual maturity, spiritual vigour and moral integrity, and whose witness will faithfully engage culture with the Gospel.

I. COURSE DESCRIPTION

This course will examine emotionally focused therapy (EFT) for couples. EFT is an evidence-based, short term, experiential, and systemic model. The course will introduce the major concepts of adult love, attachment theory, and the 3 stages (and 9 steps) of EFT. There will be an emphasis on the clinical skills and interventions utilized in EFT. A variety of teaching methods will be employed: didactic teaching, case studies, videos, small group exercises and discussion, etc. Please note: this course does not lead to EFT certification but will be useful in the understanding and the application of EFT. See www.iceeft.com for EFT certification.

Prerequisite:

COUN 0772 Theories and Methods of Family Therapy I

COUN 0774 Theories and Methods of Family Therapy II

Recommended:

COUN 0773 Couples Therapy

For those interested in Clinical Membership with AAMFT, this course usually fulfils a requirement under “Marriage and Family Therapy”. However, **it is your responsibility to confirm with AAMFT if it will qualify.**

II. LEARNING OUTCOMES

At the end of the course, the students will be able to:

- Evaluate the basic concept of attachment theory, including how attachment injuries and traumas affect relationships
- Distinguish the theory and the application of EFT, including the 3 stages and the 9 steps
- Demonstrate some competence in capturing the negative cycle of a distressed couple and in calming them down (stage 1)
- Examine one’s own emotions experientially
- Critique how EFT may or may not fit within their own value and clinical application

CRPO COMPETENCIES TAUGHT IN THIS COURSE AS RELATED TO CRPO

Foundation:

1.1 Integrate a theory of human psychological functioning

a Integrate knowledge of human development across the lifespan.

b Integrate knowledge of contextual and systemic factors that facilitate or impair human functioning.

1.2 Work within a framework based upon established psychotherapeutic theory.

a Integrate the theory or theories upon which the therapist's practice is based.

b Integrate knowledge of how human problems develop, from the viewpoint of the therapist’s theoretical orientation.

c Identify circumstances where therapy is contraindicated.

e Establish a therapeutic relationship informed by the theoretical framework.

f Integrate a theory of change consistent with the therapist's theoretical orientation.

g Integrate knowledge of the impact of trauma on psychological functioning.

1.4 Integrate awareness of self in relation to professional role.

a Integrate knowledge of the impact of the therapist's self on the therapeutic process.

Therapeutic process

4.2 Establish and maintain core conditions for therapy.

- a Employ empathy, respect, and authenticity.
- b Establish rapport.
- e Assume non-judgmental stance.
- f Explain theoretical concepts in terms the client can understand.
- g Foster client autonomy.
- h Maintain appropriate therapeutic boundaries.
- i Define clear boundaries of response to client's requests or demands.
- j Take all reasonable measures to safeguard physical and emotional safety of client during clinical work.
- k Employ effective skills in observation of self, the client and the therapeutic process.

4.5 Structure and facilitate the therapeutic process.

- a Communicate in a manner appropriate to client's developmental level and sociocultural identity.
- b Identify and respond appropriately to client's strengths, vulnerabilities, resilience and resources.
- c Respond non-reactively to anger, hostility and criticism from the client.
- d Respond professionally to expressions of inappropriate attachment from the client.
- e Anticipate and respond appropriately to the expression of intense emotions and help the client to understanding and management.

- g Formulate an assessment.
- h Develop individualized goals and objectives with the client.
- i Formulate a direction for treatment or therapy.

- k Focus and guide sessions.
- l Engage client according to their demonstrated level of commitment to therapy.
- m Facilitate client exploration of issues and patterns of behaviour.
- n Support client to explore a range of emotions.

- p Ensure timeliness of interventions.
- q Recognize the significance of both action and inaction.

- s Review therapeutic process and progress with client periodically, and make appropriate adjustments.
- t Recognize when to discontinue or conclude therapy.

III. COURSE REQUIREMENTS

A. REQUIRED READING

- * Johnson, Susan M. (2004). The practice of emotionally focused couple therapy: Creating connection. 2nd Ed. New York: Brunner-Routledge.

****Students taking this as a 5-day intensive course are required to have read “The practice of emotionally focused couple therapy: Creating connection (2nd edition)” before the start of the course. Late registrants are responsible for the consequences of partial preparation.***

- Johnson, S.M., Bradley, B., Furrow, J., Lee, A., Palmer, G. Tilley, D., & Woolley, S. (2005). *Becoming an emotionally focused couple therapist: The workbook*. New York: Routledge.
****Bring this workbook with you to class.***

B. SUGGESTED READING

- Johnson, S. M. & Sanderfer, K. (2016). *Created for connection: The “Hold me tight” guide for Christian couples*. NY: Little, Brown and Company.

C. ASSIGNMENTS AND GRADING

1. Group Presentation 20%

Presentation Due: Last day of class (Jun 22)

Paper Due: 1 day before the last class (Jun 21)

Purpose: This assignment is to distinguish various EFT stage 1 work, emphasizing on their interventions.

Assignment: In a group of 3-5 people (depend on the size of the class), you are to present an example of **stage 1 EFT work in a 15 minute role play** of a couple that we have seen so far in the course (e.g. videos, case studies, live demonstrations if any, etc.). Each of you should take up one of the following roles: therapist, partner A, and partner B – and if there is a fourth or fifth person, he/she will be an observer. In this role play, ***you are to demonstrate what stage 1 of EFT would look like***. You don’t need to include all the 4 steps in stage 1 but you should at least demonstrate some attempts in helping the couple buy into the negative cycle and some kind of effort in de-escalating the couple. You will have 2 hours during the course to prepare for the presentation (i.e. 1 hour in both day 3 and day 4).

After the role play, the group is to do a **20 minute presentation** with the class, answering the following questions.

- a. Describe the cycle of the couple. Who is the pursuer/withdrawer? Describe their perceptions, secondary and primary emotions, behaviors, attachment needs, etc.
- b. What kind of interventions were used in the role play? Give examples (e.g. Validation: “Of course this is hard for you to hear this.”)
- c. In what ways were the interventions (in b) useful in your stage 1 work?
- d. If you continue with therapy, what else would you like to see happen in order to complete or solidify stage 1?
- e. How would you move toward stage 2? What maybe some of the obstacles for this couple?

- f. What was the experience like for the therapist, partner A, partner B, and observers during the role play (e.g. thoughts, feelings, difficulties, etc.)?

After the presentation, the group should allot **10 minutes for feedback** from the class. ***Grade is given not on how well you did in the role play but on the analysis of it, i.e. the presentation.***

One day before the presentation, each group would need to provide the following (emailed to the professor): ***A short summary of the answers*** to the above questions (a-e) and the names of the couple. Question f will be answer during the presentation. The paper should be **2-3 page**, double space, Calibri, 12 point font, and 1 inch border.

2. Reflective Journal 25%

Due date: 1 week after the last class (June 29)

Purpose: This paper is to critique your experience with EFT and to tune in to your own emotions in an experiential manner as you interact with EFT.

Assignment: You are to write a brief reflection on how the ideas raised in this course (e.g. readings, lectures, small group exercises, videos, presentation, etc.) might fit or not fit with your own approach to clinical work, your own values and beliefs/faith, and how you believe they might be experienced by your clients (or potential clients). ***Special attention: tune in to your own emotions***, describe what you felt, what you noticed about your reaction, what kind of emotional shift you experienced, what feels good/stuck for you in term of the model. Do not repeat the lecture, simply interact with them. You will be evaluated by the quality (not quantity) of your reflection. Don't try to write about everything. Instead, select a few key pieces that are significant to you. The paper should be **5-6 pages**, double space, Calibri, 12 point font, and 1 inch border.

3. Attachment History and Negative Cycle Paper 40%

Due: 3 weeks after the last class (July 13)

Purpose: This assignment is to help you grasp the basic concept of attachment theory and identify how your own attachment history affects you and your current relationship.

Assignment: You are to write a paper on your own attachment history. [Using the questionnaire set out by Dr. Scott R. Woolley as a guide](#), you are to capture your attachment history, including the following (but not only):

- 1) your experience of "comfort" or "soothing" with your parents (or other key people that raised you),
- 2) your experience of how your parents (or significant people in your family of origin) handled conflict

- 3) your experience with your past and current romantic relationships and how they shaped you today
- 4) your experience with your past traumas and their impact on you.

This portion of the assignment should be **3-4 pages** long, double space, Calibri, 12 point font, and 1 inch border.

Next, using [Dr. Woolley's infinity diagram](#), you are to create a mapping of your negative cycle that you have with a significant person in your life (e.g. partner, parent, sibling, etc.) This portion of the assignment should be a **1 page** diagram of the infinity loop. Please add this to your appendix. This is not a part of the 8 page requirement.

Lastly, you are also to reflect how your attachment history affect your negative cycle with this significant person. This portion of the assignment should be **3-4 pages** long, double space, Calibri, 12 point font, and 1 inch border.

Please note: The focus of your writing is not on the details but their impact on your current relationship.

The paper should be **7-8 pages in total (plus the 1 page infinity loop diagram in your appendix)**, double space, Calibri, 12 point font, and 1 inch border.

4. Class participation 15%

Students are expected to attend all five days of the course, ready to discuss all pertinent readings and share information relevant to class topics and discussion, and to engage fully in all small group exercises. *Marks will be awarded for attendances, clarity of thinking, ability to share and explain ideas, and making a connection between course learning and your clinical practice, or clinical practice in general.*

D. EQUITY OF ACCESS

Students with permanent or temporary disabilities who need academic accommodations must [contact](#) the [Accessibility Services](#) at the [Centre for Academic Excellence](#) to [register](#) and discuss their specific needs. *New students* must self-identify and register with the Accessibility Office at the beginning of the semester or as early as possible to access appropriate services. *Current students* must renew their plans as early as possible to have active accommodations in place.

E. SUMMARY OF ASSIGNMENTS AND GRADING

Evaluation is based upon the completion of the following assignments:

Group Presentation	20%
Reflective Journal	25%
Attachment History and Negative Cycle Paper	40%

Participation	15%
Total Grade	100 %

F. GENERAL GUIDELINES FOR SUBMISSION OF WRITTEN WORK

Class Attendance:

Regular attendance in and punctuality for all classes (small groups) is expected. Out of respect for your colleagues, please try to be on time. If you missed more than 1 day of class time, you may fail the course. (See Attendance Policy for details).

Expected written standards:

Please pay attention to the following writing guidelines, marks will be allocated accordingly:

- Documentation and notes should be consistent with **APA guidelines** as articulated in the Guidelines for submission for the Counselling Department.
- **Stay within the page limit: You will need at least the minimum number of pages to convey your points. Also, I do not read beyond the maximum number of pages.**
- Unless otherwise indicated, each paper is to be typed, double spaced, 12 point font, Calibri, and with 1 inch margins.
- The title page for all written work ought to include: the title of the paper, the name of the course, the name of the professor, date of submission, the name of the student and the class time.
- Number all your pages.
- The paper ought to be free of spelling mistakes, punctuated correctly, and adhere to basic rules of grammar.
- The paper needs to be written in a clear, organized, and straightforward academic manner. It should present a coherent position and arguments that support that position.
- Ensure that you have accurately and fully documented sources used in your paper. You need to pay careful attention to matters of intellectual property, honesty and integrity. Plagiarism is to be avoided at all costs and will not be tolerated in any form whatsoever. See the attached policy on Academic Honesty for a comprehensive discussion of the Seminary's policy on plagiarism.

Submission and Return of Assignments:

All papers are to be submitted via the instructor's email: hchow@tyndale.ca. Diagrams can be scanned or submitted as a picture and sent to the instructor's email. **Assignments should not be considered as submitted until you receive an email from the instructor confirming receipt of your document(s).** Keep an electronic copy of each assignment you hand in. **PLEASE REMEMBER TO BACK UP YOUR COPY IN CASE OF SYSTEM CRASH.**

Assignments will be graded including comments. They will be returned by email to students. Final grade will be given by the office.

Late assignments:

All assignments are due by 11:59 pm of the due date. Papers handed in on or before the due date will get everything they deserve! With the exception of "extreme and extenuating circumstances", all late assignments (1 day to 1 week) will be deducted two-third grade point deduction (i.e., B to C+). No paper will be accepted after one week past the due date.

Request for Extension on Assignments or Absence from Test

If there are some unusual circumstances, please complete the **REQUEST FOR EXTENSION on Assignments or Absence from Test** form found at the end of this syllabus. Specify the nature of these circumstances and submit it to the professor as early as possible in hard copy along with the proper document (e.g. doctor's note indicating the time frame). *Please note: unusual circumstances such as a death in the family, medical emergency or prolonged illness requiring treatment by a physician are considered. Reasons such as too many assignments due, vacations, and technology-related issues are all insufficient grounds for requesting an extension.*

Academic Integrity:

Integrity in academic work is required of all our students. Academic dishonesty is any breach of this integrity, and includes such practices as cheating (the use of unauthorized material on tests and examinations), submitting the same work for different classes without permission of the instructors; using false information (including false references to secondary sources) in an assignment; improper or unacknowledged collaboration with other students, and plagiarism. Tyndale University College & Seminary takes seriously its responsibility to uphold academic integrity, and to penalize academic dishonesty.

Academic Calendar

Students should consult the current [Academic Calendar](#) for academic policies on Academic Honesty, Gender Inclusive Language in Written Assignments, Late Papers and Extensions, Return of Assignments, and Grading System. In cases where the professor's position is different from the academic calendar, please follow the professor's instructions.

Instructor Availability

If you have any course related concerns, please speak to me directly as soon as possible. I am available for brief chats before and after class. For issues that might require a more formal setting, please make an appointment during my office hours.

E-mail: hchow@tyndale.ca

Office hours: By appointment only

Research Ethics

All course-based assignments involving human participants requires ethical review and approval by the [Tyndale Research Ethics Board \(REB\)](#). Check with the Seminary Office (Room B302; aau@tyndale.ca) before proceeding.

G. COURSE EVALUATION

Tyndale Seminary values quality in the courses it offers its students. End-of-course evaluations provide valuable student feedback and are one of the ways that Tyndale Seminary works towards maintaining and improving the quality of courses and the student's learning experience. Student involvement in this process is critical to enhance the general quality of teaching and learning.

Before the end of the course, students will receive a MyTyndale email with a link to the online course evaluation. The link can also be found in the left column on the course page. The evaluation period is 2 weeks; after the evaluation period has ended, it cannot be reopened.

Course Evaluation results will not be disclosed to the instructor before final grades in the course have been submitted and processed. Student names will be kept confidential and the instructor will only see the aggregated results of the class.

IV. COURSE SCHEDULE, CONTENT AND REQUIRED READINGS

Day 1

The field of couple therapy: The place of EFT
Basics of EFT model – Experiential and Systemic
Theory of relationships – Adult Attachment Theory
Overview of the process of change – Stages and Steps Ch.1-4

Day 2

Case presentation: Live session or Tape review or Case role play-Discussion
Assessment and Alliance in Stage 1 Ch.5-6
Role play

Day 3

Case presentation: Live session or Tape review or Case role play-Discussion
Tasks and Interventions
Change Events –Stage 2 Ch.7-8, 14

Day 4

Change Events –Stage 2 Ch.7-8, 14
Role play
Consolidation –Stage 3 Ch.9

Day 5

Presentations
Becoming an EFT Therapist

V. SELECTED BIBLIOGRAPHY

(Tyndale Library supports this course with [e-journals and e-books](#). See the [Library FAQ page](#).)

Books

Furrow, J. L., Johnson, S. M. & Bradley, B. A. (2011). *The Emotionally Focused Casebook: New Directions in Treating Couples*. New York, NY: Routledge.

Greenman, P. S., Young, M. Y., & Johnson, S. M. (2010) *Emotionally focused therapy with intercultural couples*. In M. V. Rastogi, & V. Thomas (Eds). *Multicultural couples therapy*. Thousand Oaks, CA: Sage.

Johnson, S. M. (2013). *Love Sense: The revolutionary new science of romantic relationships*. New York: Little, Brown and Company.

Johnson, S. M. (2008). *Hold me tight: Seven conversations for a lifetime of love*. New York: Hachette Book Group.

Johnson S. M. (2005) *Creating Connections: Emotionally Focused Couples Therapy* (2nd edition) New York: The Guilford Press.

Johnson, S. M. (2004). *The practice of emotionally focused marital therapy: Creating connections* (2nd ed.). New York: Brunner/Mazel.

Johnson, S. M. (2002). *Emotionally focused couple therapy with trauma survivors: Strengthening attachment bonds*. New York: Guilford Press.

Johnson, S. M., Bradley, B., Furrow, J., Lee, A., Palmer, G., Tilley, D., and Woolley, S. (2005). *Becoming an Emotionally Focused Couple Therapist: The Workbook*. New York, NY: Routledge.

Johnson, S. M. & Sanderfer, K. (2016). *Created for connection: The "Hold me tight" guide for Christian couples*. New York: Little, Brown and Company.

Para-Cardona, J. R., Cordova, D. et al., (2010). *Culturally informed emotionally focused therapy with Latino/a immigrant couples*. In M. Rastogi, & V. Thomas, (Eds.). *Multicultural couples therapy*. Thousand Oaks, CA: Sage.

Articles

Bradley, B., & Furrow, J. L. (2007). Inside blamer softening: Maps and missteps. *Journal of Systemic Therapies*, 26, 25-43.

Bradley, B., & Furrow, J. L. (2004). Toward a mini-theory of the blamer softening event: Tracking the moment-by-moment process. *Journal of Marital and Family Therapy*, 30, 233-246.

Cloutier, P., Manion, I., Walker, J., & Johnson, S. (2002). Emotionally focused interventions for couples with chronically ill children: A 2-year follow-up. *Journal of Marital and Family Therapy*, 28(4), 391–398.

Denton, W. H., Wittenborn, A. K. and Golden, R. N. (2012), Augmenting Antidepressant Medication Treatment of Depressed Women With Emotionally Focused Therapy for Couples: A Randomized Pilot Study. *Journal of Marital and Family Therapy*, 38: 23–38.

Furrow, J., Edwards, S., Choi, Y., & Bradley, B. (2012). Therapist presence in EFT. Blamer softening events: promoting change through emotional experience. *Journal of Marital and Family Therapy*, 38, 39–49.

Greenman, P. S. and Johnson, S. M. (2013), Process Research on Emotionally Focused Therapy (EFT) for Couples: Linking Theory to Practice. *Fam. Proc.*, 52: 46–61.

Greenman, P. S. and Johnson, S. M. (2012), United We Stand: Emotionally Focused Therapy for Couples in the Treatment of Posttraumatic Stress Disorder. *J. Clin. Psychol.*, 68: 561–569.

Johnson, S. M. (1998). Listening to the music: Emotion as a natural part of systems theory. *Journal of Systemic Therapies*, 17, 1–17.

Johnson, S. M., & Greenberg, L. S. (1988). Relating process to outcome in marital therapy. *Journal of Marital and Family Therapy*, 14, 175–183.

Johnson, S. M., Makinen, J. A., & Millikin, J. W. (2001). Attachment injuries in couple relationships: A new perspective on impasses in couples therapy. *Journal of Marital and Family Therapy*, 27, 145–155.

Johnson S. M., Moser M. B., Beckes L., Smith A., Dalgleish T., Halchuk R., et al. (2013) Soothing the Threatened Brain: Leveraging Contact Comfort with Emotionally Focused Therapy. *PLoS ONE* 8(11): e79314.

Johnson, S. M., & Whiffen, V. E. (Eds.). (2003). Attachment processes in couple and family therapy. New York: Guilford Press.

Johnson, S. M., & Williams-Keeler, L. (1998). Creating healing relationships for couples dealing with trauma: The use of emotionally focused couples therapy. *Journal of Marital and Family*

Therapy, 24, 25– 40.

Johnson, S. M., & Talitman, E. (1997). Predictors of success in emotionally focused marital therapy. *Journal of Marital and Family Therapy*, 23, 135–152.

Makinen, J., & Johnson, S.M. (2006). Resolving attachment injuries in couples using EFT: Steps towards forgiveness and reconciliation. *Journal of Consulting and Clinical Psychology*, 74(6), 1055- 1064.

Verseveldt, J.P. (2006). Emotionally Focused Couple's Therapy: An Examination Using Browning's (1987) Model. *Journal of Psychology and Christianity*.

Zuccarini, D., Johnson, S. M., Dagleish, T. L. and Makinen, J. A. (2013). Forgiveness and reconciliation in emotionally focused therapy for couples: The client change process and therapist interventions. *Journal of Marital and Family Therapy*, 39, 148–162.

Websites

<http://www.iceeft.com/>

This is the official website of The International Centre for Excellence in Emotionally Focused Therapy. It offers training, certification, and resources.

<http://www.greatertorontoeft.com/>

This provides EFT resources in the Greater Toronto area, including training events, EFT supervisors, EFT therapists.

<http://trieft.org/forms>

This offers a variety of resources and handouts for EFT therapists and their couples.

<http://hermanchow.com>

This provides EFT resources, such as training, videos of EFT Trainers and Supervisors, etc.

REQUEST FOR EXTENSION FOR ASSIGNMENTS
OR ABSENCE FOR TESTS
DUE TO EXTREME AND UNUSUAL CIRCUMSTANCES.
TYNDALE SEMINARY

Emotionally Focused Therapy for Couples (COUN 0670)
Professor: Dr. Herman Chow, D.Min, RP, RMFT

Date Time of Class

Student's Name: _____

Name of Assignment or Test #: _____

Due Date of Assignment/Date of Test: _____

Reason for the Request for Extension or Absence:

(Please note: This is usually about a medical condition, a death in the family, a crisis, Tyndale's Spiritual Formation Retreat Class, etc.).

- Illness or medical condition (attached a doctor note)
- Death in the family
- Tyndale's Spiritual Formation Retreat (Please have your professor initial here) _____
- Other crisis (Explain)

Student's suggested new due date for assignment: _____

(There is no make-up test)

NOTE: Any request for extension may not exceed four weeks from the scheduled due date of the assignment.

FOR OFFICE USE ONLY:

Extension Request: Granted _____ Denied _____

New Due Date: _____