



## CBT Seminar Series:

# Emotionally Focused Couples Therapy (EFCT): Strengthening Relationships through an Attachment Lens

Presented by Ilana Pomerantz, PsyD



THURSDAY MAY 7TH, 2026



12:00PM - 1:00PM

### ABSTRACT

This presentation will provide an introduction to Emotionally Focused Couples Therapy. The presenter will give an overview of the foundation of EFCT, a leading evidence-based couples treatment, and the outcome research. We will cover how EFCT is an attachment-driven approach and develop a basic understanding of EFCT stages and interventions. Assessment tools, practical strategies, and case examples will be discussed.

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### PROGRAM DETAILS



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Speaker Disclosure: Dr. Pomerantz has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

### SPEAKER

Dr. Ilana Pomerantz is an Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine and Assistant Attending Psychologist at New York Presbyterian Hospital. Dr. Pomerantz provides treatment in the Weill Cornell Psychiatry Specialty Center and provides psychotherapeutic services to young adult graduate and medical students through Weill Cornell Medicine's Student Mental Health Program. Her areas of expertise and demonstrated passion include the assessment and treatment anxiety, mood, and trauma-related disorders. Additionally, she specializes in Emotionally Focused Couples Therapy (EFT), where she treats couples and families (with adult children) experiencing relational distress through an attachment lens. She has extensive experience working with birthing parents and their partners through pregnancy and postpartum, as well as couples and families experiencing the impact of the intergenerational transmission of maltreatment and attachment trauma.

### LEARNING OBJECTIVES

1. Discuss Emotionally Focused Couples Therapy (EFCT) as an attachment-driven therapy.
2. Describe a basic understanding of EFCT stages and interventions.
3. Identify a negative cycle of interaction and how to discuss it through the EFCT lens.

### REFERENCES

1. Guillory, P. T. (2021). *Emotionally Focused Therapy with African American Couples: Love Heals*. Routledge.
2. Spengler, P. M., Lee, N. A., Wiebe, S. A., & Wittenborn, A. K. (2022). A comprehensive meta-analysis on the efficacy of emotionally focused couple therapy. *Couple and Family Psychology Research and Practice*, 13(2), 81-99. <https://doi.org/10.1037/cfp0000233>
3. Greenman, P. S., & Johnson, S. M. (2021). Emotionally focused therapy: Attachment, connection, and health. *Current Opinion in Psychology*, 43, 146-150. <https://doi.org/10.1016/j.copsyc.2021.06.015>

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