

# WCM Department of Psychiatry

## Cognitive Behavioral Therapy Seminar

Psychology CE And Physician CME Announcement

### “Emotionally Focused Couple Therapy: Strengthening Relationships through an Attachment Lens”

**Ilana Pomerantz, Psy.D.**

Assistant Professor of Psychology in Clinical Psychiatry

**Weill Cornell Medical**

Assistant Attending Psychologist

**New York-Presbyterian**

**Thursday, July 6<sup>th</sup>, 2023**

**12:00pm – 1:00pm**

<https://weillcornell.zoom.us/j/99138034297?from=addon>

Meeting ID: 991 3803 4297

**SPEAKER:**

Dr. Pomerantz has no relevant financial relationship(s) with ineligible companies to disclose.

Dr. Pomerantz received her Psy.D. in Clinical Psychology at Ferkauf Graduate School of Psychology/Yeshiva University. She completed her predoctoral internship at Mount Sinai Icahn School of Medicine at NYC Health and Hospital’s Elmhurst Hospital Center. Following this, she completed a combined clinical and research postdoctoral fellowship at Montefiore Medical Center. There, she received specialized training in attachment science and mentalizing-focused group parenting interventions that aim to dismantle the intergenerational transmission of maltreatment and attachment trauma in marginalized and underprivileged communities. She is currently an Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine and Assistant Attending Psychologist at New York Presbyterian Hospital.

**Abstract:**

This talk will introduce the audience to Emotionally Focused Couples Therapy, an evidence-based therapy that treats couples in relational distress through an attachment lens. Emotionally Focused Couples Therapy assumes that accessibility and mutual responsiveness are the building blocks of a secure attachment bond. When people want connection but are unable to achieve it, they shut down or protest. Partners are not unskilled, rather they are stuck in habitual ways of dealing with emotions and engaging with others in key moments. The goal of this therapy is to reprocess and re-organize key emotional responses between partners to foster a secure bond through the creation of new interactional experiences.

**Learning Objectives:**

1. Discuss the foundations of Emotionally Focused Therapy
2. Explain how attachment theory and science shape the treatment
3. Describe the tasks and focus of Emotionally Focused Couples Therapy
4. List two interventions in Emotionally Focused Couples Therapy.

**References:**

1. Conroy, J., Perryman, K., Robinson, S., Rana, R., Blisard, P., & Gray, M. (2022). The coregulatory effects of emotionally focused therapy. *Journal of Counseling & Development*. <https://doi.org/10.1002/jcad.12453>
2. Johnson, S. L. (2019). *The Practice of Emotionally Focused Couple Therapy*. <https://doi.org/10.4324/9781351168366>
3. Myung, H. S., Furrow, J. L., & Lee, N. A. (2022). Understanding the emotional landscape in the withdrawer re-engagement and blamer softening EFCT change events. *Journal of Marital and Family Therapy*. <https://doi.org/10.1111/jmft.12583>
4. 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*. <https://doi.org/10.1037/cfp0000233>
5. Welch, T. S., Lachmar, E. M., Leija, S. G., Easley, T., Blow, A. J., & Wittenborn, A. K. (2019). Establishing Safety in Emotionally Focused Couple Therapy: A Single-Case Process Study. *Journal of Marital and Family Therapy*, 45(4), 621–634. <https://doi.org/10.1111/jmft.12398>