



CDP Presents CDP Presents: Using Emotionally Focused Therapy with Military Couples

In this 90-minute webinar, an introduction to Emotionally Focused Couple Therapy (EFT) and its use with military and veteran couples to treat relationship distress will be provided. The session will describe the role of insecure attachment in relationship distress as well as the role of secure attachment in enhancing resiliency in active-duty service members, veterans, and civilian-military spouses. In addition, this webinar will review research regarding the relationship between secure couple attachment and psychological well-being, and how EFT couple therapy intervenes to create secure attachment bonding between couples. Participants will leave with knowledge about the potential benefits of using Emotionally Focused Couple Therapy with military populations as well as an understanding of the core components necessary for delivering Emotionally Focused Couple Therapy.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Level: Introductory

Learning Objectives:

Attendees will be able to:

- Evaluate the role of attachment in resilience and the psychological well-being of military members, veterans, and civilian spouses.
- Differentiate the steps and stages of emotionally focused couple therapy.
- Apply interventions used in emotionally focused couple therapy.

Agenda for CDP Presents Webinar



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| Webinar room prep and Lobby time | 11:30am - 12:00 PM |
| Welcome to CDPP and Speaker Intro | 12:00pm - 12:05 PM |
| Speaker Presents | 12:05pm - 1:25 PM |
| Question and Answer | 1:25pm - 1:30PM |



Location Information

Address:

<https://deploymentpsych.ce21.com/item/cdp-presents-emotionally-focused-therapy-military-couples-93647#tabDescription>

February 16, 2022 12:00 PM - 1:30 PM Eastern time

Participate

Registration Information:

Participants can register via the link provided above, utilizing the CE21 system.

Cost/Refunds: Zero cost, no refund policy

Special Accommodations:

If you require special accommodations due to a disability, please contact Micah Norgard at micah.norgard.ctr@usuhs.edu 2 weeks prior to the training so that we may provide you with appropriate service.

Presenter

Elizabeth Polinsky, LCSW, RMFT

Elizabeth Polinsky is a military marriage counselor in Norfolk Virginia. She comes from a military family and is now a military spouse—experiences that have led to her passion for helping military couples navigate the unique challenges of military life.



Continuing Education

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

The Center for Deployment Psychology offers attendees 1.5 credit hours for participation in this training. Participants attending events in person are required to sign in at the start of the training and sign out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. There is a 30-day time limit post-training to complete all CE requirements. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Mr. Micah Norgard at micah.norgard.ctr@usuhs.edu.

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