

ORGANISÉE PAR

Société Suisse pour les Psychothérapies centrées sur les émotions (EFT-CH)

Institut Universitaire de Psychothérapie, et Service de Psychiatrie de Liaison du Département de Psychiatrie du CHUV FADO, Institut de Psychologie, Université de Lausanne

Cette formation est destinée à des médecins, psychiatres de liaison, psychothérapeutes, psychologues, soignants et tout professionnel de la santé mentale.

Cet atelier comptera pour six heures de formation en psychothérapie, dont 8 crédits ISFM/OFSP.

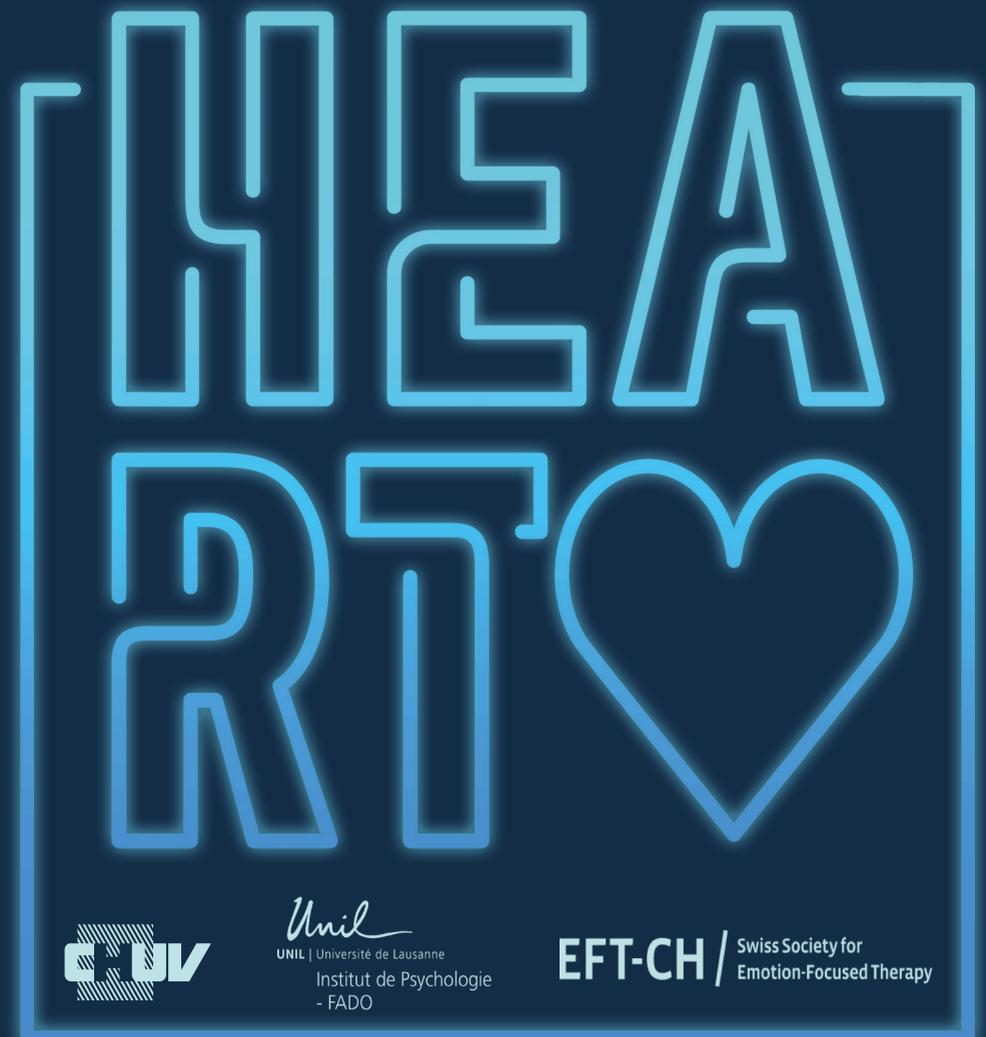
Institute of Psychotherapy

The Heart of a Healthy Heart

Formation clinique d'une journée

Vendredi 15 mai 2020 de 9h à 17h

Auditoire César-Roux, CHUV, Lausanne



FRIDAY
15 MAY
2020
9AM-5PM
AT CHUV

ADMISSION

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Vendredi 15 mai 2020 de 9h à 17h
Auditoire César-Roux, CHUV, Lausanne
(arrêt métro m2)

Frais d'inscription
CHUV/UNIL/EFT-CH: 95 CHF
Autres: 190 CHF

Inscriptions auprès de Mélanie Aubert
melanie.aubert@chuv.ch
avant le 30 avril 2020 SVP

Cette formation se déroulera en anglais,
avec une possibilité de traduction en
français.

There is now ample scientific evidence to say with confidence that being in a securely attached and satisfying relationship or marriage is beneficial in the areas of mortality, mental health, cancer care and cardiac health. Secure loving bonds are associated with better mental and physical health, and more resilience to stress and trauma. If our relationships impact our physiology, then we must do more in the area of supporting relationships especially when one partner is ill. This presentation will highlight how Emotionally Focused Therapy, an empirically based model of psychotherapy developed by Dr Sue Johnson, is being used with cardiac patients. This is particularly relevant to physicians, who understand that cardiac care is a collaborative effort between the doctor and the patient, but also to the patient's social support network and, as is well known by now, focusing on improving the patient's relationship is critical to their own survival. The idea of including our spouses or partners in our treatment plans—and not merely helping the patient alone—is not basic, it is essential. Research studies, including the results of Dr Sue Johnson's fMRI study, will be presented, as well as the Healing Hearts Together programme, adapted from the Hold Me Tight®: Conversations for Connection programme and developed specifically for partners facing cardiac disease.

This presentation will look at the links between dealing with medical issues such as heart disease and the quality of patients' relationships. We will focus on attachment science, what it tells us about relationships and how we can enhance these relationships to increase effective ways of helping people deal with health issues. The presentation will consist of a lecture and discussion of issues, the viewing of therapy sessions and experiential exercises to give participants a sense of the basic structure of interventions in EFT.

DR SUE JOHNSON

is an author, clinical psychologist, researcher, professor, popular presenter and speaker and a leading innovator in the field of couple therapy and adult attachment. Sue is the primary developer of Emotionally Focused Couples and Family Therapy (EFT), which has demonstrated its effectiveness in over 30 years of peer-reviewed clinical research.

