

Learning Resources

Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families (Johnson, 2019) is highly recommended as a companion text to this primer.

Also recommended are EFT and EFIT trainings offered through ICEEFT and in partnership with other organizations.

Information on training events; becoming a certified EFT therapist; EFIT, EFCT, and EFFT publication lists; and training videos/DVDs of EFT for couples, individuals, and families are available at www.iceeft.com.

Relationship Education Programs

Various educational group and online programs are available:

Hold Me Tight® Conversations for Connection Program

Created for Connection: The Hold Me Tight® Program for Christian Couples

Healing Hearts Together: The Hold Me Tight® Program for Couples Facing Heart Disease

Hold Me Tight®/Let Me Go for Families and Teens

The **Hold Me Tight® Online** program with Dr. Susan M. Johnson presents 8–12 hours of online relationship education, including video clips of couples, expert comments, cartoons, teaching, and exercises (www.hold-metightonline.com).

Go to www.iceeft.com for more information.

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