

# UNC School of Social Work Clinical Lecture Series 2018-2019

## Emotionally Focused Therapy: An Evidence-Based Integrative Approach to Relationship Distress

A presentation by **James McCracken, LCSW, PLLC**

**Monday, November 5, 12-2pm**

UNC School of Social Work Auditorium  
Light refreshments and sign-in open at 11:30 am

**Emotionally Focused Therapy (EFT), is an evidence-based practice guided by attachment theory, which provides a lens and strategies to focus on unclear or unstated attachment-related issues that underlie relationship conflicts. Participants will learn the basis of EFT and its use to shift away from conflict content to the emotions and needs that lie underlie them. Information about further training and consultation also provided.**



**James McCracken, MSW, LCSW, PLLC** is a Licensed Clinical Social Worker and ICEEFT Certified Emotionally Focused Therapist and Supervisor-in-Training who operates a private practice in Durham, NC focused on treating relationship distress in couples and families. His professional background includes serving a variety of community-based populations experiencing a variety of problems including relationship distress, psychiatric and serious emotional disorders, addiction disorders, chronic and terminal medical conditions, and extreme psychosocial distress.

**FREE for UNC School of Social Work students, faculty, staff, field instructors & task supervisors.**

**Pre-registration is required for attendance. For more information and to pre-register, please visit <http://cls.unc.edu>. Questions? Contact Debbie Barrett at / [dbarrett@unc.edu](mailto:dbarrett@unc.edu) or Carol Ann Hincy at 919-962-6540 / [chincy@email.unc.edu](mailto:chincy@email.unc.edu)**