

Attachment, Attachment and the Development of Emotion

author:



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Synopsis

In today's episode of the podcast, I interview Dr. Sue Johnson, founder of Emotionally Focused Therapy, an intervention for relationships aimed at resolving distress by helping clients become attuned within a secure attachment bond. She has also written countless books and articles, a personal favorite being Hold Me Tight. She was the first person to teach me about the still face experiment in 2013. I, myself, have had the personal benefit of being in EFT with my wife for the past year. I remember watching a video of Sue doing therapy, and I thought, there is some sort of symphony happening here, and I really want to learn how to play the notes. I wanted this session to pull out as many practical pearls as possible from Dr. Johnson, more of the "how" of the process of helping people reconnect.

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