

SUE JOHNSON AWARDED ORDER OF CANADA OUTSTANDING ACHIEVEMENT, DEDICATION TO COMMUNITY AND SERVICE TO THE NATION

LOVE IN THE 21ST CENTURY: EMOTIONALLY FOCUSED THERAPY

OTTAWA - [Dr. Susan Johnson](#) was inducted into the Order of Canada, the highest civilian honor given by the Government of Canada.

Sue is a leading expert on couple and family interventions. As a therapist, researcher, professor of clinical psychology, and the [Director of International Centre for Excellence in Emotionally Focused Therapy \(ICEEFT\)](#), she pioneered Emotionally Focused Couple Therapy (EFT), an intervention shown to strengthen the emotional bond between partners by shaping specific bonding interactions that restore hope and trust. Sue has trained academic, clinical, and private practice-based therapists worldwide and has published books for the general public to ensure this approach is broadly accessible. [Hold Me Tight](#), being her most recognized book.



What is love and can we make it work?

In the last decade, the field of adult attachment is finally giving us the answer to this question.

A culmination of [30 years of research](#), EFT shows that we now know enough about romantic love to guide couples into the core conversations, strong emotions and visceral connection that makes for a loving relationship. Johnson's work has shown that we can show couples how to systematically change distance and despair into tuned-in responsiveness and secure bonding. Dr. Johnson's research has included a seminal brain scan study showing that restored connection changes the perception of threat, and now applies her work to medical issues, such as helping couples face heart disease together. She has recently created a program for minimally violent couples for the Government of Ontario.

Love has become infinitely more understandable and malleable – this is good news for all of us.

We can now move beyond simply reducing conflict, or increasing relationship satisfaction, to helping couples change the emotional music that defines their dance and enable them to move into a loving bond. Such bonds are associated with many indicators of mental and physical health and resilience. We can heal relationships and create relationships that heal. Secure connection is the royal route to health and happiness.



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Dr. Sue Johnson, the bestselling author of *Hold Me Tight* and *Love Sense*, is a clinical psychologist and Distinguished Research Professor at Alliant University, San Diego, and Professor Emeritus Psychology University of Ottawa, CA. Creator of an effective new model of relationship repair (Emotionally Focused Couple Therapy). She has written numerous articles and trained thousands of therapists around the world. Johnson is a recognized innovator who has changed the field of couple therapy and education.

<http://www.drjsuejohnson.com>