

Behind the veil:

A clinical immersion into the withdrawer's inner world.

Emotional withdrawal is one complex clinical challenges in Emotionally Focused Therapy.

When a partner closes down, goes into silence, freezes, or repeats "I don't know," the therapeutic process can lose its momentum. These moments mark a critical threshold where the attachment system is intensely activated — often invisibly so.

For the therapist, working in this territory can stir clinical uncertainty and a sense of ineffectiveness, sometimes the fear of losing the thread of the session altogether.

This webinar explores what lies behind this silence, and what "I don't know" really means when words fall short.

Learning goals

- ★ Recognize the forms of withdrawal in session.
- ★ Understand withdrawal as an activation of the attachment system.
- ★ Use non-verbal modalities to access implicit emotions when language is limited.
- ★ 4. Develop the clinical stance and pacing needed to stay close to a withdrawer without pushing them.

September 14, 2026

**6pm – 9pm
CET (Switzerland)**

Zoom

90 CHF

Early bird (by 7/31): 80 CHF
EFT-SR members: 75 CHF

Info and registration:

<https://eft-sr.ch/formation/behind-the-veil/>

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Giulia is a clinical psychologist and psychotherapist. She is deeply involved in the international development of EFT:

- Co-founder of the EFT Italia community
- Co-director of the Emotionally Focused Academy (EFA)
- Director of EFT North Italy
- Teaches across Europe, the Americas, and Asia

