

4-Day EXTERNSHIP in Emotionally Focused Therapy (EFT)

Nov. 20-23, 2023

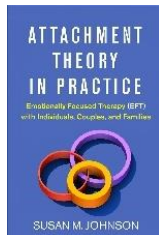
DAILY FROM 9AM to 5PM

Holiday Inn & Suites: Calgary South – 8360 Blackfoot Trail SE, CALGARY ALBERTA T2E 8T4

<https://www.talk-therapy.ca/eft-externship/>

*This model will touch your heart, expand your practice and
boost your confidence with on-target interventions*

An **EFT Externship** focuses on using EFT for couples and includes presentations of theory, clinical skills, training exercises, video recordings, live demonstrations and discussion of specific cases and clinical issues. An extensive manual will be provided. **Bonus material on applying EFT to individuals is also now**



included. We recommend reading *Attachment Theory in Practice: Emotionally Focused Therapy with Individuals, Couples and Families* (2019) by Dr. Sue Johnson, prior to this training. The book is available for purchase at www.quilford.com/iceeft.

YOU WILL LEARN:

- To see emotional disorders & relationship distress from an attachment perspective.
- To help clients reprocess the emotional responses that maintain dysfunction & relationship distress.
- To shape key new interactions and events that build secure connection with others.
- To overcome therapeutic impasses and address existential dilemmas.

Meet Your ICEEFT-Certified EFT Trainer:



Gail Palmer, RSW, RMFT

Gail Palmer is a recognized leader and contributor to the practice of Emotionally Focused Therapy (EFT) for couples and families. Over the past 35 years, she has worked closely with Dr. Susan Johnson, creator of Emotionally Focused Therapy. Gail is an ICEEFT-certified Therapist, Supervisor and Trainer, and educates mental health professionals in EFT worldwide. She holds a master's degree in Social Work and is a Registered Marriage and Family Therapist in Canada.

Gail is Co-Director of the International Center of Excellence in Emotionally Focused Therapy and one of the founding members of the Ottawa Couple and Family Institute. She is the Director of Education for ICEEFT, chair of the ICEEFT certification team and is responsible for mentoring and training EFT trainers across the world. Gail has taught in several universities as a sessional lecturer, including Carleton University and St. Paul's University in Ottawa, Wilfrid Laurier University in Waterloo, and Oxford University in Oxford, England. Her publications include *Emotionally Focused Family Therapy: Restoring Connection and Promoting Resilience* and *Becoming an Emotionally Focused Therapist: The Workbook*.

What is EFT?

EFT is a well-known humanistic approach to psychotherapy formulated in the 1980's and developed in tandem with the science of adult attachment, a profound developmental theory of personality and intimate relationships. This science has expanded our understanding of individual dysfunction and health as well as the nature of love relationships and family bonds. Attachment views human beings as innately relational, social and wired for intimate bonding with others. The EFT model prioritizes emotion and emotional regulation as the core organizing agents in individual experience and key relationship interactions.

EFT is best known as a cutting edge, tested and proven couple intervention, but it is also used to address individual depression, anxiety and post traumatic stress (EFIT – Emotionally Focused Individual Therapy) and to repair family bonds (EFFT – Emotionally Focused Family Therapy). This model operationalizes the principles of attachment science using non-pathologizing experiential and relational systems techniques to focus on and change core organizing factors in both the self and key relationships.

The Goals of EFT – Across 3 Modalities of Therapy

- To order and re-organize key emotional responses – the music of the interactional dance – shaping emotional balance and personal agency.
- To expand both the clients' core sense of self and how they respond to others in the dance of attachment.
- To foster emotional balance and coherence, a sense of competence and worth and the open, responsive engagement with self and others that foster the secure bonds that create resilience.

Strengths of Emotionally Focused Therapy (EFT)

- ✓ EFT is based on clear, explicit research-based conceptualizations of individual growth, health and dysfunction and of relationship distress and adult love.
- ✓ EFT is collaborative and respectful of clients, combining experiential Rogerian techniques with structural systemic interventions.
- ✓ Change strategies and key intervention sequences are specified.
- ✓ Key moves and moments in the change process have been mapped into three stages of therapy and key change events that predict success at the end of therapy.
- ✓ EFT has been validated by over 30 years of empirical research. There is also research on the change processes and predictors of success.
- ✓ EFT has been applied to many different kinds of problems and populations.

Visit www.iceeft.com

for more information about EFT,
EFT publications and training events.



Visit <https://www.talk-therapy.ca/eft-externship/>
for more information or to register.