



# 4-Day EXTERNSHIP

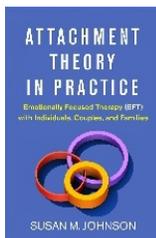
## in Emotionally Focused Therapy (EFT)

**June 10-13, 2020 ~ 9AM to 5PM**

Toronto Central YMCA, 20 Grosvenor Street, Toronto

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

An Externship includes presentations of theory, clinical techniques and skills, training exercises, video recordings, observation of live interviews and discussion of specific cases and clinical issues.



An extensive manual will be provided, along with a **complementary copy** of *Attachment Theory in Practice: Emotionally Focused Therapy with Individuals, Couples and Families* (2019) by Dr. Sue Johnson.

### PARTICIPANTS 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 Trainer(s):



**Dr. Sue Johnson**

Dr. Sue Johnson is an author, clinical psychologist, researcher, professor, popular speaker and a leading innovator in the field of couple therapy. Sue is the primary developer of Emotionally Focused Couples Therapy (EFT), which has demonstrated its effectiveness in over 30 years of peer-reviewed clinical research. She is founding Director of ICEEFT and professor at three universities. Dr. Johnson's professional books include *The Practice of Emotionally Focused Couple Therapy: Creating Connection* (2019) and *Emotionally Focused Couple Therapy with Trauma Survivors* (2002). Sue trains counsellors in EFT worldwide, consults to the 70 international affiliated Centres and Communities that practice EFT and holds professorships at three universities.



**Robin Williams Blake, RP**

Robin Williams Blake, is a certified EFT trainer and supervisor and therapist. In 2005 he cofounded what is now the Toronto Centre for EFT. As director, Robin has been instrumental in growing EFT locally. Robin has taught EFT at York University, in their 4<sup>th</sup> year social work program and was an adjunct faculty member for the Living Institute of Existential-Integrative Psychotherapy for 4 years. In 2016 Robin presented at the 2nd level trauma clinic at Mount Sinai Hospital and just recently presented an Intro to EFT for the Niagara Health Teams. Presently, Robin is training Core Skills in Toronto, Cambridge and Fredericton and is looking forward to teaching EFT at Sir Wilfrid Laurier in 2020. He is a Registered Psychotherapist and has been in private practice in Toronto for 19 years where he sees individuals, couple and families using the EFT model.

## 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.

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



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