



EFT Edmonton Community
Bringing Emotionally Focused Therapy to Alberta

Core Skills Training in Emotionally Focused Therapy

In- Person Training

Edmonton, Alberta

Presenters:

Robin Williams Blake and Elana Katz

ICEEFT Trainers | Supervisors

Assisting: Murray Armstrong, Certified Supervisor

Training endorsed by

The International Centre for Emotionally Focused Therapy



Welcome

EFT Core Skills Training:

- Is the next level of training required in order to become a Certified EFT Therapist and follows the 4-day Externship.
- CS is 5 - 2 Day Trainings with each Training held once a month over 5 months

Dates

Dates for this CS Training are:

- CS 1 – Sept. 22 & 23, 2023, Robin Williams Blake
- CS 2 – October 29 & 30, 2023, Elana Katz, joining us via Zoom
- CS 3 – November 24 & 25, 2023, Robin Williams Blake.
- CS 4 – January 14 & 15, 2024, Elana Katz joining us via Zoom
- CS 1 – 4 runs from 9 am – 4 pm MT.
- CS 5 – February 23 & 24, 2024, Murray Armstrong heads up a team of Senior Clinicians.

CS 5 typically goes from 10 am – 3 pm each day.

Participants video clips are reviewed with the focus of deepening participants understanding of how to apply the theory to actual clinical practice.

Content

- CS 1-4 focus on the key skills learned at the Externship from each of the 3 Stages and 9 Steps of EFT. The 5 Basic Moves of EFT are called the EFT Tango and are integrated into the basic structure of the Stages and Steps of EFT. The Stages and Steps give the EFT a conceptual framework to understand where the Therapist is in leading clients through the Stages and Steps of the EFT Model. The Tango guides the therapist in the actual process of taking their client(s) through the Stages and Steps. More simply put, the Stages and Steps gives the therapist the conceptual framework of the EFT model and the Tango gives the Therapist the “how to” take the client(s) through the Stages and Steps.
- CS 5 has each participant will present a video or under exceptional circumstances, an audio of their own work with either an EFT Supervisor, Supervisor-in-Training, Certified EFT Therapist, and/or Senior Clinician and a small group of other participants. If the presentation component is not fulfilled at that time, then arrangements can be made to present a video/audio work with an ICEEFT-certified trainer or supervisor in a group setting.

Missed Hours

CS Participants are required to attend all classes and participate in all experiential exercises and must get permission from the Senior Supervisor if exceptional circumstances necessitate someone being absent for any portion of the CS Training.

Eligibility

Participants are REQUIRED to have completed an EFT Externship and be *willing to participate in exercises and role plays*.

Learning Goals

The goal of Core Skills Training is to take the EFT framework learned in reading EFT literature and in the EFT Externship and practice applying the EFT Model in working with couples, individuals and families. EFT can only be learned experientially and so CS training provides the opportunity to work in a small group with 2, 3, or 4 people and a leader for each group. There is a maximum of 16 participants for each CS Training.

Training occurs on the following levels:

1. Instruction and review of the EFT model.
2. Demonstration of skills through video recording.
3. Practice of skills through exercises and role plays.
4. Individual feedback on EFT skills development through case presentation (CS 5)
5. Discussion of cases as it relates to the material presented at the workshop.

CS 1 and 2 will be focused on Stage 1

CS 3 and 4 will be focused on Stage 2 and 3

The Tango will be integrated into all 4 Stages.

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CS Syllabus

Stage 1 - De-escalation / Stabilization

CS 1 - 12 hours

Step 1 - Alliance and Assessment • Brief overview of EFT map

- Assessment phase of treatment
- Applying the attachment frame in conceptualization of couple distress • Building a positive alliance- utilizing micro-interventions of REV- Reflection, Evocative Responding and Validation
- Application of REV in escalated couple sessions- skills of interruption of negative cycle, catching the bullet, refocusing and redirecting, slowing the process, grounding and regulating
- Overview of the EFT tango

Step 2 - Move 1 of the Tango- Identify negative cycle/
attachment issues

- Tracking/reflecting negative cycle

Recommended reading: Johnson, Susan., Attachment Theory in Practice (ATIP):
Chapter 6

Johnson, Susan, The Practice of Emotionally Focused Therapy, Chapters, 1, 5 and 6

Stage 1 - De-escalation / Stabilization continued

CS 2 – 12 Hours

Step 3 - Access underlying attachment emotions • Help partners access and share their emotional vulnerabilities underneath their pattern

- Application of 5 Tango Moves in step 3

- Overview of Magna Arnold's Elements of Emotion
- Overview of Enactments
- Application of Heightening and R.I.S.S.S.C.+S in EFT

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Step 4 - Reframe problem - cycle, attachment needs and fears • Help partners see it's the cycle that keeps them stuck.

- Negative cycle/pattern reflections and reformulations
- Assessing for cycle de-escalation

EFIT – Stage 1 – Stabilization

- Brief overview

Recommended reading: Johnson, Susan., Attachment Theory in Practice (ATIP): Chapter 4

Johnson, Susan, The Practice of Emotionally Focused Therapy, Chapter 7

Stage 2 - Restructuring the Bond

CS 3 - 12 hours

Withdrawer reengagement

Tango Review: Move 2- Assembling Emotion

Step 5 - Access implicit needs, fears, models of self

Step 6 - Promote Acceptance by other

- expand dance
- Withdrawer Re-engagement- Blocks, Access, Process

Step 7 - Structure reach and respond

- withdrawer shares attachment needs
- pursuer responds to create bonding interactions.

Recommended reading: Johnson, Susan., Attachment Theory in Practice: Chapter 7
Johnson, Susan, The Practice of Emotionally Focused Therapy, Chapters 8, 9

Stage 2 - Restructuring the Bond continued / Stage 3 - Consolidation

CS 4 - 12 hours

Pursuer Softening

Step 5 - Access implicit ness, fears, models of self

Step 6 - Promote Acceptance by other(s); expand the dance

Step 7 - Structure a 'reach' and a 'response'; pursuer shares attachment needs, withdrawer responds to create bonding interactions.

EFIT – Stage 2 – Restructuring Attachment – Self and system

- Brief overview

Stage Three – Consolidation

Step 8 - Facilitate new solutions

Step 9 - Consolidate new positions, cycles, stories of secure attachment

- Consolidate therapist's goals and progress

Recommended reading: Johnson, Susan, The Practice of Emotionally Focused Therapy, Chapters 10, 11

Cost:

Regular Rate is \$ 550/each CS. No Early Bird Rates or Student rate in order to meet our expenses.

Registration:

To process registration and payment please go to www.eftedmonston.com and click "Training"

and then click on the “Core Skills Training” icon. NOTE: You are not officially registered until you fee is received and processed.

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Trainers



Robin Williams Blake, RP, DCTP, Robin is a certified Emotionally Focused Therapy (EFT) trainer, supervisor and therapist, a faculty member in the graduate program for Sir Wilfrid Laurier University as well as a guest speaker in their continued education program. In the last few years, Robin has taught EFT at York University in their social work program and was invited by Mount Sinai Hospital to speak at their level two trauma clinic in 2016. He is a former adjunct faculty member at the Living Institute of Existential-Integrative Psychotherapy where he provided training in the EFT model. Robin trains EFT for local centres and communities in Fredericton, Cambridge, Toronto, and York Region. He is a founder of the Toronto Centre for Emotionally Focused Therapy and has been a director for the Centre since 2005. Robin is a registered psychotherapist and has been in private practice in Toronto for 20 years where he sees individuals, couples, and families and well as provides supervision for EFT therapists. Presently, Robin is designing a Core Skills syllabus which he will pilot for WLU in January, 2022 in their graduate program.



Elana Katz, LCSW, LMFT, is a senior faculty member at the Ackerman Institute for the Family where she has taught both advanced family therapy and directed an innovative family mediation program. She has presented nationally and internationally, including frequent visits to the Midwest, South America, and Israel.

Ms. Katz brought Dr. Sue Johnson and EFT training to the New York area and was one of the first therapists in New York to become certified in Emotionally Focused Therapy. Now a certified EFT Supervisor and Trainer, and a founding board member of the New York Center for EFT, she also uses her skills at helping people understand and change their patterns in key relationships to help clients and legal professionals intercept the recurring patterns that shape

high conflict divorce.

She has a particular interest in understanding and addressing the impact of culture, privilege, and oppression on family relationships, and she co-coordinates the Diversity Committee within the International Center for Excellence in EFT. Her private practice is in Manhattan.

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Recommended Reading for Core Skills

Johnson, Susan, M. (2019). The Practice of Emotionally Focused Therapy: Creating Connections (3rd ed.). New York, NY: Routledge.

Johnson, Susan M. (2019). Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families. NY: Guilford Press.

Other Suggested Readings

Guillory, Paul, T. (2022). Emotionally Focused Therapy with African American Couples. New York, NY: Routledge.

Emotionally Focused Family Therapy

Johnson, Susan, M., James Furrow L., Gail Palmer, George Faller, Lisa Palmer Olsen. (2019). Emotionally Focused Family Therapy: Restoring Connection and Promoting Resilience. New York, NY: Routledge.

Emotionally Focused Individual Therapy

Johnson, Susan, M. T. Leanne Campbell (2021). A Primer for Emotionally Focused Individual Therapy (EFIT): Cultivating Fitness and Growth in Every Client. New York, NY: Routledge.

Trauma

Johnson, S. M. (2002). Emotionally focused couple therapy with trauma survivors: Strengthening attachment bonds. New York, NY: Guilford Press.

Other Readings

Johnson, Susan, M. (2008). *Hold Me Tight*. New York, NY: Little Brown & Company

Johnson, Susan, M. (2013). *Love Sense*. New York, NY: Little Brown & Company