

EMOTIONALLY FOCUSED THERAPY FOR INDIVIDUALS

TWO EXCITING WORKSHOPS:

INTRODUCTION 2-DAY

MAY 10TH & 11TH 2018

ADVANCE YOUR SKILLS

(PRE-REQUISITE: 1 OR 2-DAY INTRO)

OCTOBER 29TH & 28TH 2018

More information at

<http://www.talk-therapy.ca/eft-individuals-intro/>

Or call

403-467-7252

\$399.00(early bird ends April 10th 2018)

Sponsored by



Presented by **Veronica Kallos-Lilly**
Ph.D., R. Psych.

As a Certified EFT Trainer with 20 years of experience presenting in a variety of contexts, Veronica is widely sought after to train and consult with therapists in Canada, the United States and Australia. She is also the co-author of "An Emotionally Focused Workbook for Couples: The Two of Us".

**Register soon
Space is Limited**

Are you a therapist looking for a fresh perspective to breathe new life into your work?

Discover Emotionally Focused Therapy (EFT) a short-term approach that applies attachment theory to understanding and helping individuals improve their emotional well-being.

Individual clients present for therapy with a variety of issues, including problematic mood states, feeling stuck in achieving personal goals, or other struggles with work, love and family life. Often there is an explicit interpersonal focus inherent in their therapeutic work, or a problematic dynamic in the relationship with the self that creates a stuck feeling in the individual.

Emotionally Focused Therapy (EFT) helps individuals to connect with their core emotions and needs so that they can feel more secure internally and express themselves authentically in the world.

Throughout both workshops participants can expect illustrative case examples, video excerpts and experiential exercises. A further highlight in the Introductory workshop is a live on-site therapy session by the trainer, dependent on referral of a suitable client.

The Advance Core Skills workshop will include time for some participants to present and receive feedback on their cases as well as plenty of opportunity to practice core skills and interventions.

Learning Goals and Objectives

Following these workshops, participants will be able to:

- ◆ Use attachment theory to formulate their clients' issues
- ◆ Track negative internal and interpersonal patterns
- ◆ Deepen your work with emotions as a powerful agent of therapeutic change
- ◆ Practice key EFT interventions used to facilitate change