



EFT Edmonton Community

Bringing Emotionally Focused Therapy to Alberta

EMOTIONALLY FOCUSED THERAPY

CORE SKILLS TRAINING EDMONTON

Core Skills training consists of five two-day trainings that focus on the skills needed for proficiency in the EFT model. The trainings provide an in-depth study of each of the three change events through instruction, live case consultations, experiential exercises and group supervision according to ICCEFT guidelines, in a safe, supportive and creative environments. Core skills training is a small and specialized group learning experience where participants will benefit from very focused support and training.

REGISTER NOW... ONLY 16
SPOTS AVAILABLE
TO REGISTER:
WWW.EFTEDMONTON.COM



GAIL PALMER



DR. DAVID FAIRWEATHER

DATES:

JUNE 1& 2, 2018
SEPT 7 & 8, 2018
NOV 2 & 3, 2018
JAN 18 & 19, 2019
FEB 22 & 23, 2019



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EFT- CORE SKILLS TRAINING INFO

What to Expect: In this small group experience, participants will focus on developing a deeper clinical understanding of the EFT model and the related skills. Through observing and discussing the work of the facilitators and group members, and with the use of role plays, the three stages and nine steps are covered in detail. Participants will also have the opportunity to enrich their EFT conceptualizations and skills through the sharing of their work through their preferred video format within a supportive and safe learning environment.

Participants will learn to:

- Use an attachment framework
- Track and deepen emotion in the here and now
- Create bonding events
- Practice the interventions that create change in EFT

Prerequisites: Participants attending the core skills training will have attended the 4 day EFT Externship training.

Location: Armstrongs' Counselling Services, 10027- 166 Street, Edmonton, AB

Payment Options:

- 1) full amount 2450.00 via paypal at www.eftedmonton.com
- 2) \$490/weekend. Five post-dated cheques in the amount of \$490 are required to be sent to Pam Algar (1974 Glenmore Ave, Sherwood Park, T8A 2G5) at the time of registration to hold your spot. Please make cheques payable to *EFT Edmonton Community* and post- dated to the following dates: May 1, 2018, Aug. 1, 2018, Sept. 3, 2018, Nov. 1, 2018, and Jan. 2, 2019.

NOTE: *Due to the nature of this training, a commitment to attend all weekends is required and a financial commitment is also necessary. No refunds will be issued unless a substitute participant is found. In the event that the training is cancelled due to low registration, a full refund will be provided.*

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CORE SKILLS FACILITATORS



Gail Palmer is one of the founding members of the Ottawa Couple and Family Institute and co-director of the International Centre for Excellence in Emotionally Focused Therapy and is Chair of the Education Committee. For over twenty years, Gail has trained and supervised therapists and students in Emotionally Focused Therapy and has conducted Externships, Core Skills Trainings and workshops on a number of EFT topics across Canada, the United States and Europe. Working with families is a particular interest to Gail and she has developed the application of the model to families with both presenting and writing on EFFT. She is co-author of *Becoming an Emotionally Focused Couple Therapist: The Workbook*. Gail has her Masters in Social Work, is a Registered Marriage and Family Therapist in Canada and an approved Supervisor with the American Association of Marriage and Family Therapy. She is a couple and family therapy lecturer at the School of Social Work at Carleton University and St. Paul's University in Ottawa.



Dr. David Fairweather is co-founder and director of the Vancouver Island Centre for EFT, and Campbell & Fairweather Psychology Group in Nanaimo, B.C. His passion for emotion in psychotherapy dates back to his doctoral years during which he published widely in the area of psychotherapy process research, with a particular focus on how exemplary, distinguished therapists promote and use strong feeling in psychotherapy sessions. From 1996-2006, in addition to maintaining a private practice, David worked as a psychologist and supervising psychologist within the federal correctional system. Trained by Dr. Sue Johnson, co-ordinator of EFT, in the early through mid-1990s, David has maintained a dedicated interest in EFT for over two decades. Known for his empathic style and therapeutic use of laughter and humour, David helps couples move away from rigid negative patterns that keep them stuck, and toward more authentic emotional contact, thus opening up space for partners to find new possibilities and awareness, and to create satisfying and fulfilling new ways-of-being together. During his past 18 years in private practice in Nanaimo, David has specialized in providing EFT to couples, as well as collaborating in the development of training materials including DVDs, and also serving as an EFT trainer, mentor, and supervisor of other mental health professionals in Canada and the U.S.



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Murray Armstrong has been a Certified EFT Therapist for 5 years and a Certified EFT Supervisor for 2 years. He established an EFT Community in Edmonton in 2014 which was officially recognized by ICEEFT in 2016. His passion for EFT has come from the tremendous benefits he has seen for his clients and for himself personally. He will continue to be an ardent student and teacher of EFT for the rest of his career.

If you have any questions, please contact Dr. Sherry Antonucci at sherryantonucci@gmail.com or 780-328-3879.

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