



# EFT Edmonton Community

Bringing Emotionally Focused Therapy to Alberta

## Four Day Externship in Emotionally Focused Therapy

**November 14 - 17, 2019**  
**Thursday - Sunday, 9:00 am to 5:30 pm**

**Emotionally Focused Therapy (EFT) for Couples** is the fastest growing evidenced-based approach to treating couple distress in the world. Developed by Dr. Sue Johnson, the EFT Model is based on the Science of Emotions, Attachment Theory, Humanistic Psychology and Family Systems Theory. EFT helps couples move from distress in their relationship to a safer, more loving and fulfilling relationship. “In my 40 plus years of doing marital therapy, I have never been able to help highly conflicted couples move from disconnection to a deep, loving bond so effectively as when I learned EFT.” (Murray Armstrong)

### Emotionally Focused Therapy offers:

1. **A Method Validated by Empirical Research:** You can have confidence in a method that has over 30 years of scientific research attesting to its high success rate. Over 90% of couples improve their level of satisfaction in the relationship after completing EFT. Between 70 to 73% of couples recover on standard measures of marital distress and the relapse rate is very low.
2. **An Attachment Framework:** EFT is based on a comprehensive and well-researched theory of adult love that helps you to formulate the couple’s presenting issues through an attachment lens to get to the ‘heart’ of the matter and to work with a clear target in sight:  
- a secure emotional bond.
3. **A Comprehensive Roadmap to Heal Distressed Relationships:** EFT is a healing process that produces lasting results in nine steps, divided into three stages. The stages are:
  - a. **Stage 1: Cycle De-escalation** focuses on helping couples unhook from negative patterns of conflict and distancing, ease tension, and diffuse power struggles. The frequency and intensity of conflict decline markedly, creating safety for the Second Stage of therapy.
  - b. **Stage 2: Restructuring Interactional Positions and Patterns** focuses on creating deeper emotional intimacy by structuring new interactions that shape attachment security. During Stage 2 partners engage with their attachment emotions and needs in a manner that creates closeness and enhances

responsiveness to each other. The new ways of interacting are integrated in Stage 3.

- c. **Stage 3: Consolidation** where partners resolve long-standing issues in their relationship, create a clear narrative of moving from distress to security and prepare to end therapy.
4. **Grounded Therapeutic Methods that Work with even the Most Challenging Couples:** The empirically validated interventions and change events of EFT enable you to overcome hurdles known to impede the effectiveness of other therapies. For instance, research finds EFT to be highly effective with couples who present with poor prognostic indicators such as couples ready to separate or partners lacking awareness of their feelings.
5. **Effective Interventions for Breaking Through Relationship and Therapeutic Impasses:** Intervention techniques are specifically designed to break through highly stuck relationship impasses (e.g. both partners have given up trying to be heard) or attachment injuries (e.g. affairs).

### **General Objectives - Participants will learn to:**

1. Identify the 3 stages and 9 steps of Emotionally Focused Therapy
2. See marital distress from an attachment perspective
3. Help couples recognize and de-escalate problematic patterns of interaction
4. Help couples access the underlying attachment fears and needs that drive these negative patterns
5. Help couples create new emotional responses to old patterns
6. Shape key, new interactions and bonding events that result in permanent changes
7. Help couples repair attachment injuries
8. Overcome therapeutic impasses.

### **Overview of Externship**

#### **Day 1**

- The Field of Couple Therapy: The Place of EFT
- Theory of Relationships - Adult Attachment Theory – A Map for Change
- Basics of the EFT Model - Experiential & Systemic
- Theory of Change -Working with Emotion
- Overview of the process of change - Stages and Steps

#### **Day 2**

- Stage 1: Assessment, Alliance, Identifying the Cycle, Steps 1 & 2
- Steps 3 & 4
- Discussion & Role- Plays
- Live or Video Session

### **Day 3**

- Overview of EFT Interventions
- Change Events - Stage 2
- Live or Video Session

### **Day 4**

- Live or Video Session
- Therapeutic Impasses
- Attachment injuries and Forgiveness Process
- Becoming an EFT Therapist

### **Participants will learn through:**

1. Presentations of theory and clinical skills
2. Practice exercises
3. Video recordings of EFT with couples
4. Observation of live interviews
5. Presentation of case examples and clinical issues.

### **Who Can Attend This Externship?**

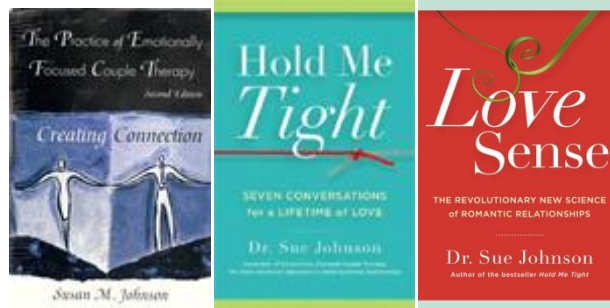
EFT Externships and Advanced Core Skills trainings are designed for mental health professionals and trainees. Participants are required to note their professional affiliation on registration. To be clear, you must have a Master's or PhD in an accredited Counselling Program. If you are not clear if you qualify, please contact Murray Armstrong at [dmarm@telus.net](mailto:dmarm@telus.net).

### **What Training Follows the Externship?**

The Externship is a prerequisite for Core Skills Training which is a 60 hour, small group Training offered over 5, 2-Day workshops. The Externship and Core Skills are prerequisites for EFT Therapist Certification.

## Preparation for the Externship:

Before coming to the Externship, participants are strongly encouraged to read *The Practice of Emotionally Focused Couple Therapy: Creating connections* (2004), *Hold Me Tight: Seven Conversations for a Lifetime of Love*, and/or *Love Sense* all by Dr. Sue Johnson.



## The Externship Leader:

**Jim Thomas, LMFT**  
**ICEEFT Certified Therapist, Supervisor and Trainer**



Jim Thomas, EFT Trainer, is a licensed marriage and family therapist with 28 years of clinical, supervisor and training experience. He has worked in a variety of settings such as residential treatment, day treatment and in-home therapy and with a wide array of presenting problems including trauma, addiction and shame. In these settings, Jim learned important tools and lessons about working with families facing the ravages of addiction. He brings a unique attachment lens to intervention and recovery work. Jim has shared these ideas across the United States, in Europe and Canada. Director of the Colorado Center for EFT, Jim also maintains an active private practice. Jim notes that, “Couples therapy so often is in that overlap of adverse childhood experiences, traumas, isolation, injuries to a couples bond, emotional pain and shame. E.F.T. excels in these areas, offering a chance for people to come back to connection with the most important person in their life.”

## **Assisting the Leader:**

Murray Armstrong, MSW, RSW  
ICEEFT Certified Therapist and  
Supervisor



## **Certification:**

This Externship is the first step toward certification as an EFT Therapist. Once you register, you will get a letter explaining the next step toward certification which is Core Skills Training.

## **Cost:**

\$875

## **Registration:**

To process registration and payment go to: [www.eftedmonton.com](http://www.eftedmonton.com) and click “Training/Events”.  
NOTE: You are not officially registered until you fee is received and processed.

## **Cancellation Policy**

Cancellations received in writing 14 or more days prior to this training event a full refund minus a \$50.00 administration fee will be issued. Cancellation within 14 days of the event will not be refunded unless a substitute participant is found.

Substitutions: A colleague may attend in your place, at no extra cost; however, notification to the event organizer/coordinator ([sherryantonucci@gmail.com](mailto:sherryantonucci@gmail.com)) must be provided prior to the event in order to correct our records and minimize confusion at registration.

In the event this training is cancelled due to low registration, a full refund will be issued.

**Location:**

The Externship will be held at: Hilton Garden Inn West Edmonton  
17610 Stony Plain Rd NW  
Edmonton, AB,  
T5S 1A2

**For More Information**

Contact: *Sherry Antonucci* at [sherryantonucci@gmail.com](mailto:sherryantonucci@gmail.com) , 780 328-3879



**International Center for Excellence in Emotionally Focused Therapy**