



Connecting Couples and EFT Therapists

# The Greater Toronto EFT Community

## NEWSLETTER

February, 2015

Vol.1.1

*For mental health practitioners in the Greater Toronto Area  
interested in Emotionally Focused Therapy*

**Welcome to the premiere issue of the GTA  
EFT newsletter!**

We are Robin Hellendoorn and Robin Williams  
Blake, co-founders of the GTA EFT Community.

Since 2001, we've been proudly bringing  
Emotionally Focused Therapy training events to  
the Greater Toronto Area. 2015 is going to be an  
exciting year, and we want to keep you abreast of  
EFT local events. These will include Externships,  
Advanced Core Skills Training, Hold Me Tight  
retreats, supervision groups, and more.  
Two Externships in two different languages are  
planned for June. Dr. Sue Johnson and Gail Palmer  
of ICEEFT will team up for the second time here  
in Toronto and present a 4 day EFT Externship in  
English.

*Remember to tell your  
colleagues about the EFT  
externship led by Sue Johnson  
and Gail Palmer coming to  
Toronto June 1-4.*



**Robin  
Williams  
Blake**



**Robin  
Hellendoorn**

Participants will learn EFT from the ground up  
through a combination of lecture, videotape,  
observation of live sessions, and exercises. Also in  
June, EFT trainer Dr. TY Wong M.D. from Grace  
Health Centre will be teaching an Externship in  
Chinese (Mandarin and Cantonese).

For years now, our community website  
[www.greatertorontoeft.com](http://www.greatertorontoeft.com) has been helping create an  
EFT presence here in the GTA. It is our hope this  
newsletter will deepen existing relationships among  
EFT'ers and forge new connections with practitioners  
beginning their EFT journey. So spread the word  
about EFT and we'll see you at the next GTA EFT  
community event!

Best Wishes, Robin and Robin  
[eftgta@yahoo.com](mailto:eftgta@yahoo.com)



## Sue Sighting!

Toronto, November, 2014

Two day EFT Training Hosted by Michael Kerman of Leading Edge Seminars



### New to EFT? Feeling Overwhelmed?

Finding it hard to remember the stages, let alone the steps? Then there's all those interventions to keep straight too: reflections, validations, deepening, conjectures. And who can remember what RISSCC stands for?

EVERYONE who's made it a project to master the art, science, technique, and essence of EFT therapy has felt overwhelmed too. You are not alone!

EFT trainer Becca Jorgensen recently interviewed Lori Schade about her research on therapist warmth. Lori found that therapist warmth, especially with the husband in heterosexual couples, can measurably impact couple progress in treatment. You can listen to the interview (it's free) here: [www.rebeccajorgensen.com/talk-time](http://www.rebeccajorgensen.com/talk-time)

Becca and Lori also put together a helpful three hour training package, available for purchase : [www.trieft.org/events/therapist-warmth-1](http://www.trieft.org/events/therapist-warmth-1). It's full of immediately applicable hints and tips. Both new and seasoned therapists will appreciate this training.

### Did You Know?

EFT has a strong world-wide presence. It's our goal to have a vibrant community here in the Greater Toronto Area!

At the end of 2014:

ICEEFT has 2500 members and 36 EFT Centres and Communities.

Of the 37 EFT trainers, two are connected to the GTA EFT Community – Gail Palmer and TY Wong.

There are over 300 certified EFT therapists worldwide; 12 are in the GTA (anticipating that number to grow soon-stay tuned).

### Quote of the Month

*“Romantic love is not the least bit illogical or random. It is the continuation of an ordered and wise recipe for survival. We now have a map that can guide us in creating, healing and sustaining love. This is a consummate breakthrough.”*

*Sue Johnson*

# GTA-EFT Upcoming Events

**Externship: June 1-4. Sue Johnson & Gail Palmer**

[www.greatertorontoeft.com/for\\_therapists/toronto\\_externship\\_2015.html](http://www.greatertorontoeft.com/for_therapists/toronto_externship_2015.html)

**EFT, Addictions, & Couples Therapy: June 4-5. M. Barnett & J. Thomas**  
[www.leadingedgeseminars.org](http://www.leadingedgeseminars.org)

**Externship: June 22-25. Tat-Ying Wong (in Cantonese and Mandarin)**  
[www.gracehealthcentre.ca/counselling](http://www.gracehealthcentre.ca/counselling)

**Core Skills 2015/16: Dates to be determined. Robin Hellendoorn**  
[rhellendoorn@gmail.com](mailto:rhellendoorn@gmail.com)

**EFT Video Sunday Matinee: June 28. Hosted by Irene Oudyk-Suk**  
[www.greatertorontoeft.com/for\\_therapists/local\\_trainings.html](http://www.greatertorontoeft.com/for_therapists/local_trainings.html)  
Sept. & Nov. dates to be determined.

**Hold Me Tight Couples Retreat: April 24-26, Nov. 27-29**  
[www.couplesinstepretreats.com](http://www.couplesinstepretreats.com)

## For Rent/Sublease

Professionally designed, decorated, soundproof, window office with great view in downtown Toronto available on/after March 1. Full or regular part-time options (e.g. Tues. & Thurs.) [Catherine Wood](mailto:CatherineWood@416.926.7216), 416.926.7216 [catherinewoodphd@gmail.com](mailto:catherinewoodphd@gmail.com)

Clinical space to rent in newly renovated, unique & collaborative, mental health service unit. North Toronto. Avail. August 1. Now interviewing

compassionate & collaborative health care professionals that fit our vision. [Larry Borins](mailto:LarryBorins@larryborins@gmail.com), [larryborins@gmail.com](mailto:larryborins@gmail.com)

[Allan Findlay](#) at New Insights Counselling , 110 Eglinton Ave W. seeking a part-time hourly EFT couples and family therapist. This position will appeal to a therapist working full or part-time in an organization but would like more clinical hours, with the marketing and administrative aspects of running a practice taken care of: [allan@newinsights.ca](mailto:allan@newinsights.ca)

## Greater Toronto EFT Community Newsletter Editorial Board

**Robin Hellendoorn  
Robin Williams Blake**



**Irene Oudyk-Suk  
Chief Editor**

**Planning to attend an EFT event in a location away from Toronto? Tell us about it!**

**Taking an EFT on-line webinar or group? We'd like to know about that too.**

**Next publication date: April 15. Have your EFT related announcements to [irene@couplesinstep.com](mailto:irene@couplesinstep.com) by April 1.**

**Announcements are limited to ICEEFT members.**