



Connecting Couples and EFT Therapists

The Greater Toronto EFT Community

NEWSLETTER

November, 2016 Vol. 2.4

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

From the Robins'

As we move past apple picking and pumpkin carving and into the colder months, we'd like to shine a light on the successes and events of the community over this past season and announce a few upcoming events.

The GTA EFT community facilitated the Attachment Injury Resolution Model workshop with ICEEFT trainer Lorrie Brubacher on October 28th and 29th. It was attended by 35 local EFTers and a few out-of-town clinicians from as far as Newfoundland. This marked the GTA EFT's second fall workshop; like the Stage Two workshop of last year, it was well-received.

The Creating Connections conference sponsored by National Marriage Seminars and ICEEFT in September proved very successful. For those of you who could not attend the Washington conference, we have included pictures and comments from a few Toronto EFTers who had the pleasure of attending.

Sue Johnson and Janina Fisher are in Hamilton over November 28th and 29th sharing their knowledge of Attachment Trauma and the Brain. If you would like to attend, it's not too late to sign-up! Please visit the Greater Toronto EFT Community's training page for more information.



**Robin
Williams Blake**



**Robin
Hellendoorn**

There are three Core skills trainings happening in the GTA starting this fall. While two are full, please contact EFT Certified Supervisor Lisa Skelding if you are in the Oakville/Burlington area and interested in signing up.

Finally, GTA EFT is announcing the 4th EFT Externship here in Toronto with Sue Johnson and Gail Palmer. This training is scheduled for June 2017. If you know of any interested practitioners, please direct them to the GTA EFT training page.

As we say farewell to fall and approach the holiday season, we wish you well and hope to see you out at a local EFT event.

Robin and Robin
Co-founders of The Greater Toronto EFT Community
[eftpata@yahoo.com](mailto:eftgta@yahoo.com)

Recently Certified Steven Giles, MSW, RSW

Stephen's clinical experience spans 27 years and two Canadian cities. His background includes; working with youth in the Vancouver downtown east side, addiction day treatment group therapy for adults, as well working in Toronto as a Social Worker in the University Health Network Hospital (UHN) where he practiced in the area of chronic illness. Stephen left UHN 11 years ago to lecture at Humber College and U of T and to open a private practice. His sole practice focus is now on EFT Couples Therapy and Individual therapy for adults. When not in his office you can't find him, because he is with his wonderful wife, son and golden retriever paddling around Northern Ontario.

Robin Hellendoorn, Stephen's supervisor says, "Stephen was very determined and worked hard to learn the EFT model. He came for supervision after every couple session which really helped to progress his work quickly. Stephen is a very caring therapist. His couples are so lucky to have him."



You can learn more about Steven from his [website](#).

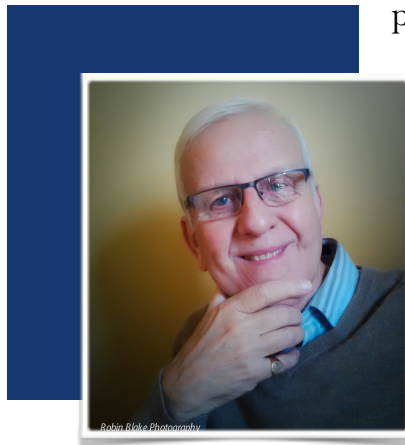
Congratulations
Steven

Attachment Injury Resolution Model

Submitted by [Bob Kerr](#)
Certified EFT Therapist

On October 28 and 29, 2016, in Toronto, ICEEFT Certified Trainer, Lorrie Brubacher raised the level of participant's comprehension regarding the Attachment Injury Resolution Model (AIRM).

Lorrie helped the participants to determine when and how the therapist evokes the injury and begins to make the emotional impact of the injury explicit. In other words she helped us to understand that you have to speak directly about the pain of the incident so the couple can face it and work through it. Some in attendance reflected on it as discussing "the elephant in the room" or "poking the bear" at the same time as the therapist creates a safe environment for the injured and offending partners. Lorrie helped the



participants walk through the process and demonstrated the healing method by using the eight- step model. She did so with presentations of the EFT theory, showing excellent videos of her work and using role plays in smaller and larger groups. The videos and case presentations which some participants presented for consultation were complex and challenging, and Lorrie skillfully enacted the effectiveness of the model.

The two day training was primarily composed of therapist skilled in EFT. The event refreshed these skills and moved all of us forward by deepening and heightening our abilities to work with couples struggling with an unresolved wound in their relationship.

This workshop that was extremely beneficial and well worth the time was organized Robin Williams Blake and Robin Hellendoorn on behave of the Greater Toronto EFT Community.

Submitted by Allan Findlay

Certified EFT therapist
EFT supervisor-in-training

I came away from the recent Attachment Injury Resolution Model (AIRM) with a much deeper understanding and increased confidence in, when, and how to apply the model. Lorrie Brubacher provided an excellent explanation of how this model fits within the EFT framework. Lorrie presented the research background and a clear definition of what an attachment injury is.



Lorrie did a wonderful job of demonstrating how to track, validate, and prepare couples in stage I for the stage II work, using AIRM. In my opinion, the best part of the training was the way Lorrie helped us integrate the conceptual and experiential learning of the AIRM steps through watching her present her masterful work with a couple in a video, and then having us role-play and practice the steps ourselves. Lorrie made it a very worthwhile experience to learn and apply the model in our work.



**Weren't there?
See who was, and
ask them how
AIRM impacted
them**



EFFT (the extra F for family, of course)



Interested in doing EFT with families but not sure where to begin?

Wendy Gage, certified EFT therapist and Jessica Zeyl, EFT trained therapist will be holding two one-day workshops in January and March. These workshops will develop participants' understanding of the differences between EFT and EFFT and how EFT interventions are adapted to families.

The first workshop will focus on steps 1 and 2, how to frame the child's individual

distress in a family context and how to engage parents in the process.

The second workshop will focus on steps 3 and 4, working with the family subsystems and working through parent blocks to being responsive to their child.

Attendance at a previous EFFT training is not a mandatory requirement for participation in these workshops.

See box below for further details.



Jessica Zeyl



Wendy Gage

What: EFFT workshop

When: attend one or both
January 27, 2017
March 27, 2017

Cost: \$113 each

Register: wendy.gage@drcnoble.com
jessica@jessicazeyl.com

Venue: Toronto
further details coming

Another Core Skills Training Opportunity Burlington

Core Skills Advanced Training consists of four two-day workshops. These workshops provide an in- depth study of each of the EFT steps. Each day will contain instruction and group supervision of EFT work according to the guidelines set out by the International Centre for Excellence in EFT. Each weekend provides 12 hours of training which includes didactic presentations, practical instruction, experiential exercises, and video demonstrations. When you register you are communicating your intention to attend all four weekends. Training is available to 16 participants.



**ICEEFT Trainer
Gail Palmer**

Dates:
February 3-4
May 19-20,
June 2-3
September 9-10



Facilitator
Lisa Skelding
EFT Supervisor



Brochure with further details on [GTA EFT website](#)

EFT Sunday Video Matinee

November 27, 12 -2 pm, \$15
2180 Bayview, Toronto

Hosted by
Irene Oudyk-Suk
EFT supervisor

[Go here for flyer. Please](#)
[RSVP by email](#)

Next EFT Video Matinee:
February 26, 2016

Working Successfully with Same Sex Couples

This video set has 2 live sessions with two same sex couples. At this EFT matinee we'll look at the session with a delightful male same sex couple. Both patterns have an avoidant attachment style so it's a withdraw-withdraw couple. Important feelings are rarely expressed until there is a huge and difficult explosive event.

Not only will be witness EFT therapy with a same sex couple, we'll also get a close look at a withdraw-withdraw couple.



Join us. Veteran EFT video watchers, occasional EFT video watchers, and first time EFT video watchers—everyone welcome.

EFT Hold Me Tight
Couples Retreats

Offered regularly through out the year. Various GTA
locations

Send your couples. Attend with your partner.

Locations and more information.



Attachment, Trauma
and the Brain

November, 28-29, 2016
Hamilton

Dr. Janina Fisher

Dr. Sue Johnson

Brochure on GTAEFT website



EFT Externship

June 5-8, 2017

ICEEFT trainers

Gail Palmer

Sue Johnson

Brochure on GTAEFT website



A number of Ontario EFT'ers travelled to Washington, DC in September to attend the Creating Connections Conference. Here are reflections from three attendees, followed by a photo essay put together by our own GTAEFT
Robin Blake!



Wendy Bulthuis

From September 22 – 24, 2016 I attended the Creating Connections Conference in Washington DC. The celebration of Sue Johnson and her work at the opening session on Thursday night started the conference on a note that was different from any conference I have attended before. As I listened to Sue deliver her opening address my experience was one of gratitude for this space to celebrate what we are learning about the power of human connection.

Following Sue's opening presentation we were privileged to hear a number of expert neuroscientists share and explain the on-going work that relates to attachment. From Dr. Jim Coan's contagious excitement about the complexity and simplicity of how we regulate one another to Dr. Dan Siegel's ability to utilize systems thinking to move from the personal to the universal. From Dr. Marco Iacoboni's explanation of mirror neurons and how our "top-down" brain processes sometimes interfere with the bottom-up process that demonstrates how we are wired for empathy. These and other scientific talks challenged my brain! The science is exciting – it validates and enriches the foundation from which we work with people.

Along with expert scientists we heard from leading clinicians working in the area of trauma, couples work, child/adolescent and family. These clinicians brought warmth, human-ness and insight into work with our clients. The striking feature about all of them was the absolute respect for the way that people make sense of their experiences and the invitation for clients to touch their own softer emotions.

One month later, I am still feeling the "bioenergetic resources" from the 1000 plus attendees at the event – and feel like I can remember and draw from that energy in my own work!



Elana Lerman

Attending the Creating Connections Conference in Washington was a double treat for me!! I got to be with my extended family who live in D.C. and share some of these amazing lectures with them!!!! CC 2016 provided me the opportunity to not only meet the people behind the research but also make more sense of its application in our practice of EFT. It was delightful and refreshing to hear about the “marriage” of science and attachment and be enriched by the wealth of knowledge, talent and excitement of both presenters and participants alike. The tribute to Sue was tear provoking; you could follow in the video clips shown of her life how she walks the talk...so tender, so real.

I would definitely recommend this seminar in the future! Don't miss connecting with your Canadian peers there, and also with those around the world who share the same view!!!

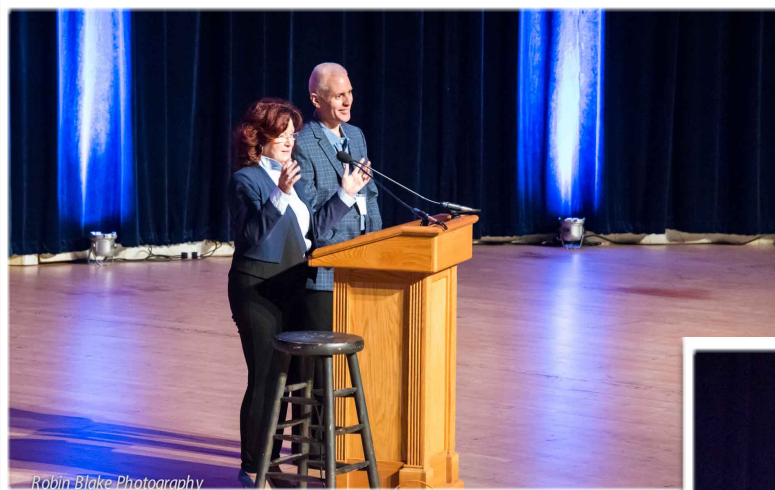


Mary Joan Brinson

I was fortunate to attend the Creating Connections Conference in Washington, D.C. What an exhilarating experience! It created an exquisite blend of both the art and science of the work we do with our couples. It was fascinating to hear directly from the experts of the brain research they have completed that influences and impacts our work.

From an EFT perspective, it was like being in Hollywood and seeing all the stars. I have watched many training tapes and participated in many on-line training opportunities with various EFT trainers, and many of them were there. I felt like I knew them since I have spent so much time watching and learning from them ~ albeit from afar.

It was a very rich and stimulating conference.



Founder and CEO of National Marriage Seminars, Chris Cambas and Founding director of ICEEFT, Dr. Sue Johnson.

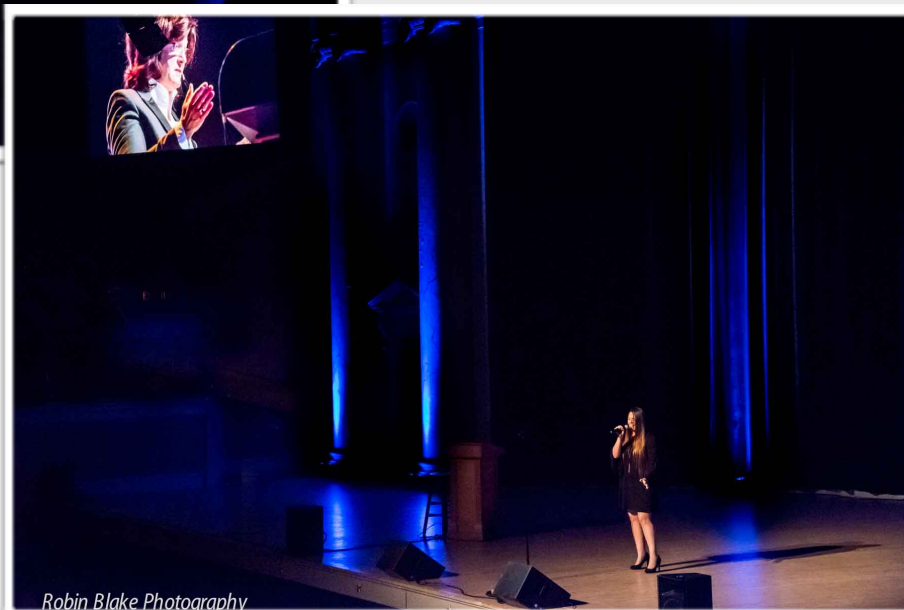
*Opening Ceremonies:
M.C. Tommy 'Urban D' Kyllonen
Lead Pastor, Author and Hip Hop artist.*

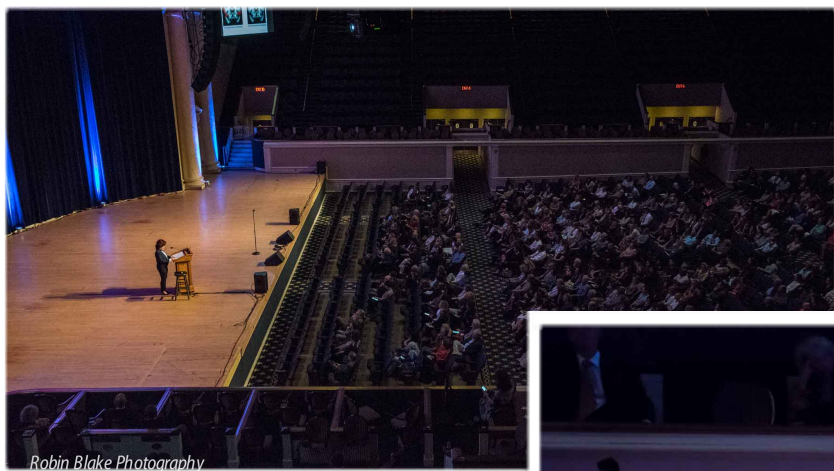


*Performance by singer/songwriter
Beckah Shae*



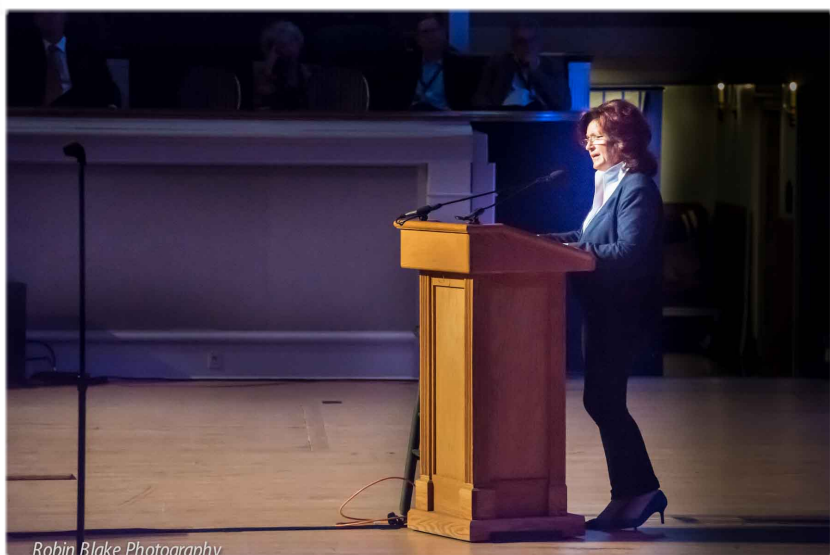
*Special Video Tribute to
Dr. Sue Johnson*





Robin Blake Photography

Opening Plenary by
Dr. Sue Johnson



Robin Blake Photography



Robin Blake Photography



Robin Blake Photography



Robin Blake Photography



*Chris Cambas, Dr. Jeffrey Simpson, Dr. Daniel Siegel,
Dr. Marco Iacoboni and Dr. James Coan*



*Interview with Dr David Barlow conducted
by Dr Sue Johnson*



Workshop by Dr. Dan Hughes

Plenary by Dr. Marco Iacoboni



*Dr. James Coan and
Dr. Sue Johnson*



Robin Blake Photography

Plenary by Dr. Jeffry Simpson



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Workshop with Janina Fisher



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Plenary by Dr. Daniel Siegel

Plenary by Dr. James Coan



Robin Blake Photography

Workshop by Dr. Louis Cozolino



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Workshop by Dr. Guy Diamond

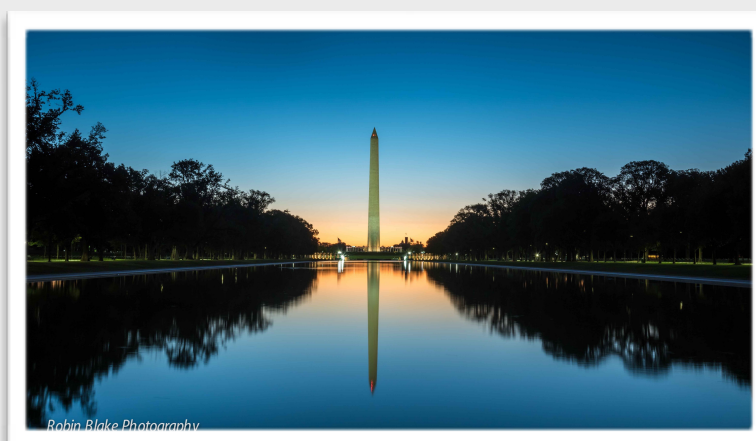


Workshop by Dr. Zindel Segal



National Marriage Seminars Team

*Jennifer Jones, Exec Vice President, Cyndie Petrus, Exec Assistant, Chris Cambas, CEO,
Lori Cambas, COO, Natalie West Southward, MA, LMHC*



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: February 15, 2017
Have your EFT related announcements to Irene Oudyk-Suk by February 1.

Announcements are limited to ICEEFT members.

Is your practice located in or near north west North York? Are you in or have you completed core skills? Is EFT certification your goal? Do you need client couples?

At Couples In Step I receive many inquiries each month, more than I can possibly see. Perhaps we can work together somehow?

Contact me and let's talk.
Irene Oudyk-Suk