



Connecting Couples and EFT Therapists

The Greater Toronto EFT Community

Toronto's Emotionally Focused Therapy Newsletter

April 2018 Vol. 4.1

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

From the Robins'

Dear Toronto EFT Colleagues,

Spring is here and we're super excited to share the incredible lineup of EFT trainings being offered in the Greater Toronto Area this year.

ICEEFT Trainer George Faller comes to Toronto!

Don't miss George's two day training *Cracking the Code of Love in Couples and Families* hosted by Leading Edge Seminars in May. There is still a seat for you at this workshop. Contact [Leading Edge Seminars](#).

ICEEFT Trainer Gail Palmer returns to the GTA with her Emotionally Focused Family Therapy Training Workshop in Burlington. Please contact [Lisa Skelding](#) for more information on this amazing training event.

Team Johnson and Palmer back for their 4th EFT Externship!



**Robin
Williams
Blake**

**Robin
Hellendoorn**



The GTA EFT is hosting their 4th Externship with ICEEFT trainers Sue Johnson and Gail Palmer on May 30th to June 2nd, 2018. [Registration is open!](#) Tell your colleagues so they can start their EFT journey.

Exciting News!

ICEEFT trainer's Leanne Campbell and Kathryn Rheem come to Toronto to present their Emotionally Focused Therapy and Trauma training this fall. [Please register](#) by July 1st so we can start planning this event.

This edition of the GTA EFT newsletter is filled with other gems, too many to list here. Make sure you read it from top to bottom so you don't miss out on any important updates.

Keep in mind, you can get details about local EFT events at any time by visiting the GTA EFT website
- *Toronto's Home Base for EFT!!!*

As the days get longer and the temperatures rise we wish everyone a happy and safe spring and we hope to see you out at an EFT Event!

Robin and Robin
eftgta@yahoo.com

Cracking the Code of Love in Couples and Families

with ICEEFT trainer George Faller



**For more
information or to
register contact
Leading Edge
Seminars.**

George Faller, LMFT, is a retired Lieutenant of the NYC Fire Department, a Licensed Marriage and Family Therapist in New York and Connecticut, and an Approved Supervisor for AAMFT. He is the founder and president of the New York Center for EFT (nyceft.org). As an EFT Trainer, George teaches at the Ackerman Institute for the Family in NYC, is a board member of the Porter Cason Institute for the Family at Tulane University, and is the director of training at the Center for Hope and Renewal in Greenwich, CT. George also works as a marriage consultant and conference leader to the US Military, FDNY, and many Wall Street executives in addition to training therapists across the U.S. and abroad. Specializing in trauma, Family EFT, and self-of-the-therapist issues, George is committed to bringing EFT to underserved populations and pushing the leading edge of EFT. George has been a featured guest on MSNBC Nightly News "People Making a Difference" with Brian Williams. He is co-author of *Sacred Stress: A Radically Different Approach to Using Life's Challenges for Positive Change*.

Thursday, May 10, and Friday May
11, 2018
Multi-Faith Centre/Koffler House
569 Spadina Ave.
9 am to 4:40 pm

Did you know????

Local ICEEFT Members get a free listing on the Greater Toronto EFT Community Website?

Contact us today for more information.



Toronto 4-Day EFT Externship

May 30 - June 2, 2018

9 am - 5 pm

YMCA Toronto



**With ICEEFT
Trainer's
Sue Johnson
and
Gail Palmer**



Dr. Sue Johnson is an author, clinical psychologist, researcher, professor, popular presenter and speaker and a leading innovator in the field of couple therapy. Sue is the primary developer of Emotionally Focused Couples Therapy (EFT), which has demonstrated its effectiveness in over 25 years of peer-reviewed clinical research. Sue Johnson is founding Director of the International Centre for Excellence in Emotionally Focused Therapy and Distinguished Research Professor at Alliant University in San Diego, California, as well as Professor Emeritus, Clinical Psychology, at the University of Ottawa, Canada. Sue trains counsellors in EFT worldwide and consults to the 60 international institutes and affiliated centres who practice EFT.

Gail is one of the Founding Members of the Ottawa Couple and Family Institute and Co-Director of the International Centre of Excellence in Emotionally Focused Therapy. She holds a Masters degree in Social Work and is a Registered Marriage and Family Therapist in Canada. Over the past 30 years, Gail has worked closely with Dr. Sue Johnson, creator of Emotionally Focused Therapy, and is an experienced supervisor and trainer in EFT. She currently offers workshops, externships and core skills trainings to mental health professionals in a variety of settings across the world. For the past decade, she has been one of the lead EFT trainers who has developed and expanded on Sue Johnson's EFFT method. Gail is an adjunct faculty member at Wilfrid Laurier University in Waterloo, Canada and a sessional lecturer at Oxford University, Oxford, England.

[Fore more information or to register](#)



Emotionally Focused Family Therapy Training

What is EFFT?

EFFT is an attachment based intervention which conceptualizes family difficulties as attachment dilemmas. For example, children's misbehaviour can be understood as bids for connection that become scrambled and misread by parents who are caught in their own reactive behaviours and emotions. The EFFT therapist implements systemic and experiential interventions to de-escalate the family's negative interactional patterns that reinforce attachment insecurity and activates inherent parental desire to caretake their children by processing parental blocks. By structuring enactments that help children receive comfort and support from their parent, the EFFT therapist works to restore family bonds that foster resilience for children.

This workshop will include didactic content, video demonstrations of family sessions and practice exercises of EFFT interventions and skills.

With ICEEFT Trainer Gail Palmer



Gail is one of the Founding Members of the Ottawa Couple and Family Institute and Co-Director of the International Centre of Excellence in Emotionally Focused Therapy. Over the past 30 years, Gail has worked closely with Dr Sue Johnson, creator of Emotionally Focused Therapy, and is an experienced supervisor and trainer in EFT. She chairs the ICEEFT Education Committee and is responsible for mentoring and training EFT trainers internationally. Gail is an adjunct faculty member at Wilfrid Laurier University in Waterloo, Canada and a sessional lecturer at Oxford University, Oxford, England.

Gail has a particular interest in applying the model to work with families. For the past decade, Gail has been one of the lead EFT trainers who have developed and expanded on Sue Johnson's EFFT method as described in Johnson, S.M. (2004) *The Practice of Emotionally Focused Couple Therapy: Creating Connection*. New York, NY: Brunner Routledge. This work has included EFFT trainings across North America, Europe and Australia/New Zealand, presentations at EFT summits, workshops at the Networker and AAMFT, publications in the EFFT workbook and casebook, articles in professional journals and the ICEEFT newsletter. Professionally, Gail's primary passion is to help therapists who are both new to EFT and trained in EFT, to bring the powerful interventions and skills of this model to the family therapy room.

Friday May 25th (12 to 6 pm) and Saturday May 26th (9 to 4 pm)
\$450

McMaster University,
Ron Joyce Centre
4350 South Service Road
Burlington, ON
[Register here](#)

New Core Skills Training offered in Cambridge

with ICEEFT Trainer Gail Palmer and
Trainer-in-training Robin Williams Blake

Starting September, 2018



Module One: September 28 & 29

Steps 1-2 Assessment

Module Two: November 16 & 17

Steps 3-4 De-Escalation

Module Three: January 11 & 12

Steps 5-7 Withdrawer

Re-Engagement

Module Four: April 5 & 6

Steps 5-7 Pursuer Softening



Cambridge borders Brantford and Kitchener-Waterloo and is only
an hour's drive from Toronto or London.

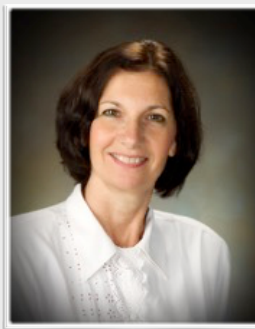
Consider growing your EFT skills in this relaxing atmosphere and
beautiful surroundings.

Download [registration form](#). Need more information? Contact [Debbie Wang](#)

Together in EFT

with ICEEFT Certified
Supervisor
Elana Goldin-Lerman,

elana.lerman@gmail.com
or call 416 725-4817



A Peer Supervision Group
Movie Matinee

May 27th, 2018
1:30 to 4:30 pm

250 Yonge Street
Eaton Centre
Suite 2201



Connecting Couples and EFT Therapists

The Greater Toronto EFT Community

Two Day Emotionally Focused Therapy and Trauma Training in Toronto



ICEEFT trainers Kathryn Rheem and Leanne Campbell



Kathryn Rheem, Director of the Washington Baltimore Centre for Emotionally Focused Therapy (WBCEFT) for the last seven years, has trained hundreds of mental health clinicians in EFT nationally and internationally. She has been a student of EFT since 2002, has been using this empirically-validated approach exclusively in private practice since 2005, and continues to study and learn the model daily. Along with her mentor Dr. Sue Johnson, the originator of EFT, Kathryn's best teachers of this humanistic, attachment-based model are the couples she works with weekly in private practice. [Learn more about Kathryn](#)

Leanne Campbell is co-director of the Vancouver Island Centre for EFT and Campbell & Fairweather Psychology Group, and is an Honorary Research Associate of Vancouver Island University. Trained by Dr. Sue Johnson in the early 1990s, she has continued to focus on trauma, grief, and couple and family therapy since that time. In addition to teaching and training in these areas, and working with hundreds of couples and families over the years, she also specializes in providing psychological assessments, as well as psychotherapy and crisis intervention services to client populations including active military and veterans and their families. [Learn more about Leanne](#)

The focus of this two-day training in the application of EFT is to work to help the trauma survivor reach open-heartedly and the partner responds vulnerably. This training emphasizes three key features in working with emotional echoes of trauma: clinical assessment and identification of various personal and relationship factors that impact clinical decision-making, key EFT interventions central to working with emotion both intrapsychically and interpersonally, and the how of pacing intrapsychic and interpersonal work.

**When: Friday October 12 - Saturday October 13, 2018
9 am to 5pm**

**Where: YWCA , 87 Elm Street, Toronto M5G 0A8
Nancy Auditorium**

**Early Bird \$425+HST by July 1st. Full Fee \$450+HST
[More information and to register](#)**



Report on the first HMT®LMG facilitator training in Chinese in North America (Toronto)

ICEEFT trainer Tat-Ying Wong



We completed the first Hold Me Tight®Let Me Go Facilitator training in Chinese in N. America for professional and lay helpers who work with families with adolescents on February 19 and 20. EFT International Trainer, Dr. Tat-Ying Wong, had just finished training the social workers and clinical psychologist in the Social Welfare Department and also professionals who worked with families with adolescents in

NGOs and faith communities in Hong Kong in the previous month.

During the 2 mornings of the Toronto training, we reviewed the principles of Emotionally Focused Family Therapy and its application to HMT®LMG. We showed powerful and moving videos of families with adolescents struggling with depression, anxiety, ADHD, addictions, incarceration and suicide sharing about their experience with EFFT.

One adolescent from a single parent family shared how his chest tightened when he saw his mother and his heart was filled with rage prior to EFFT. After less than 10 sessions of EFFT, his heart was filled with love again and he was able to tell his mother “I love you” and give her a big hug at the end of his sharing. This brought tears to all the participants.



The newly published Chinese edition of the HMT®LMG Family Relationship Enhancement and Education Program was introduced. Participants were equipped with tips, tools and resources to start their own HMT®LMG Family Relationship Enhancement and Education groups in Mandarin or Cantonese. We were very privileged to have 2 Chinese families with younger and older adolescents come in for 8 hours over the two afternoons to help with the live demonstrations of all the exercises from Conversation 1 to 5 in HMT®LMG. The participants experienced how the powerful HMT®LMG tools helped parents and adolescents reconnect and rebuild trust in their relationship. They were continually amazed at how the safety created by the EFT trainer helped adolescents who were mute at home openly speak about their deepest fears and hurts.

We thank the 6 volunteers who helped with administration, sale of resources, food, audio visual equipment and recording the live demonstrations in making this event a success. Videos of the live demonstrations with Chinese families with adolescents will be available as an add-on to the basic HMT®LMG Program in Chinese after we add the Chinese subtitles. Participants felt this was the most meaningful way to spend Family Day, learning how to help Chinese parents connect with their adolescent children. The next Toronto EFT training in Chinese is the 4 Day Core Skills Training 1 & 2 on June 18 to 21 of 2018. The course outline and registration form can be accessed at www.gracehealthcentre.ca/counselling under what's new. For information, please contact efttorontotraining@gmail.com



Did you know???

When you finish the Core Skills training and 8 hours of individual supervision your status can change from an 'E' for Externship to an 'A' for additional training on your online listing?

Contact us today for more information.

Congratulations to the participants of the 14th Toronto EFT Core Skills Series with ICEEFT trainer Gail Palmer



Congratulations Jag Arora, Irene Marful, Miho Takai, Fern Banner, Liz Phillips, Rob Peach, Gagan Vasudeva, John Foulkes, Robyn Bolivar, Lisa Harriott, Sonia Pahwa, Roxanne. Caleb Gunning. Shiva Safari and Lindsav Ross.

Here's what participant Dr. Jag Arora said
about the core skills training.



"I did not realize how grateful I was for having done the core skills weekends until last week when one of my clients had a suicidal "meltdown" and then the next day was screaming and fighting with her partner all day. She came in with her partner whom I had never met. After hearing the story I only had 25 minutes left to help them.

Before doing the core skills, I would have been a bit overwhelmed, unsure of which intervention could be effective under such time pressure. After doing the core skills, I remembered do relentless empathy, help them see the cycle, hone in on the emotion in the attachment frame and work towards enactments. For the first time with couples, I knew what direction to take."

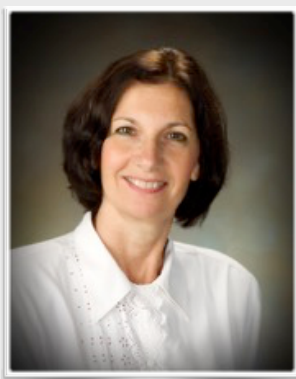
The Toronto Core Skills would not be successful without your support!

Every year, Certified EFT therapists and supervisors come to the Core Skills training weekends to help participants with role plays. Every year the feed back from the participants is the same.

"Please thank the helpers for their compassionate and generous support!"

Here's what the helpers had to say about this years Core Skills.

ICEEFT Supervisor Elana Goldin-Lerman



What a treat! As a helper, not only do we get the opportunity to enhance our own skills in this model through repetition, but also have the great opportunity to assist other therapists learn this model and experience it inside out. It is indeed a privilege to see how accessible, responsive and engaged the therapists are as they embed themselves in the process of deepening their knowledge and expand their breath of experience during role-plays.

ICEEFT Supervisor Irene Oudyk-Suk



I recently attended a few hours of Core Skills 4 (pursuer softening) as a role play helper. Because I was busy with the GTAEFT newsletter I hadn't attended in that role for a few years.

Core Skills training has become richer, deeper and more structured since the two Core Skills sequences I took between 2008-2010. The EFT Tango, for example, hadn't been developed yet as a way of moving through EFT session-by-session. It feels good to assist others in their learning EFT and to come away with a deeper understanding myself of EFT.

ICEEFT Supervisor Herman Chow



I have helped out in a number of Core Skills Training. It is always exciting to see up and coming EFT therapists learning the art of EFT. It warms my heart to see that they are eager to learn and are humbled to be helped. I also have the privilege to supervise some of them after Core Skills and continue to see them grow in their skills in EFT. I am glad to be a part of their journey. Often their curiosity and enthusiasm are contagious for my own EFT learning. There is always more I am learning as I helped out in the role play.

ICEEFT Supervisor Allan Findlay



Learning EFT has been such a wonderful experience because it has helped me grow as a person and as a therapist. The model provides a road map and our EFT colleagues give emotional support to become more effective. Having the chance to help therapists at Core Skills gives me another chance to re-experience the delight of learning and re-learning. Repetition really helps! What I particularly enjoy is the enthusiasm and those 'Oh.....now I really get it!' moments of deep learning that come through the experiential elements of the role plays

Thank you Elana, Irene, Herman and Allan for your continued support!!!

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.



Are you an EFT therapist who has wondered about facilitating a Hold Me Tight® retreat yourself? Send me your questions and I or another Hold Me Tight® retreat facilitator will answer them in future GTAEFT newsletters.

Do you facilitate Hold Me Tight® retreats in the GTA? Robin Williams Blake has asked me (Irene Oudyk-Suk) to be the point person for this part of the EFTGTA newsletter. If you're interested in contributing to this corner, please send me an email.

Hold Me Tight® is a registered trademark to Sue Johnson.

The **NEW** Greater Toronto EFT Community Newsletter Editorial Board



Chief Editor

Robin Williams Blake
ICEEFT Certified
Supervisor
Trainer-in-Training



Contributor

Robin
Hellendoorn
ICEEFT
Certified
Supervisor



Contributor

Irene Oudyk-Suk
ICEEFT
Certified
Supervisor



Contributor

Allan Findlay
ICEEFT
Certified
Supervisor

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: July 1st, 2018

Have your EFT related announcements to Robin Williams Blake
by June 15th, 2018.

The Greater Toronto EFT Community EFT's home base in Toronto!

