

Emotionally Focused Family Therapy (EFFT) Training

FRI May 25(12-6pm) & SAT 26(9-4pm), 2018

McMaster University Burlington, Ontario Campus

ICEEFT Certified EFT Trainer: Gail Palmer

Cost: \$450 –space is available for only 40 participants

To Register: contact Lisa Skelding lskelding@cogeco.ca

Emotionally Focused Family Therapy: Two-day workshop

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.

Objectives for Workshop

By the end of the workshop, participants will:

1. Conceptualize the family system and the problems families encounter from an attachment perspective.
2. Identify key stages and steps in the EFFT process of change
3. Identify common blocks that disrupt effective attachment and caregiving responses in the family
4. Label and practice EFFT interventions that restructure the interaction between family members in the direction of emotional engagement, accessibility, and responsiveness.