



Schedule for Training Program

Registration at 8:30 am May 30, 2018.

Wednesday May 30th - 9 to 5pm - Sue Johnson

Morning

Introduction to EFT: Nature of couple distress, attachment theory
EFT stages and steps - Overview

Afternoon

Empathy - the therapist's stance
Skills training - video demonstrations

Thursday May 31st - 9 to 5pm - Gail Palmer/Sue Johnson

Morning - **Gail Palmer**

EFT Assessment
EFT Steps 1 & 2
EFT Steps 3 and 4 and Cycle de-escalation

Afternoon - **Sue Johnson**

Live Couple Demonstration and Processing

Friday June 1st - 9 to 5pm - Sue Johnson/Gail Palmer

Morning - **Sue Johnson**

EFT Interventions - Working with emotion and interaction
w/ experiential exercises
EFT Steps 5-7 - Change events
Skills training - video demonstrations

Afternoon - **Gail Palmer**

Live Couple Demonstration and Processing

Saturday June 2nd - 9 to 5pm — Gail Palmer

Morning

Steps 8-9 – Consolidation and new solutions

Afternoon

EFT and working with trauma and attachment injuries
Becoming an EFT therapist – Skills training and video demonstration

Recommended Reading:

The Practice of Emotionally Focused Couple Therapy: Creating Connection (Johnson, 2004) and ***Becoming an Emotionally Focused Couple Therapist: The Workbook*** (Johnson et al., 2005). Both books can be obtained from Cavershams Booksellers, Toronto, Amazon or from ICEFFT. Training DVDs can be purchased from Cavershams in Toronto or from ICEFFT. www.iceeft.com

Cavershams Booksellers will be on site on Thursday and Friday