

TCEFT



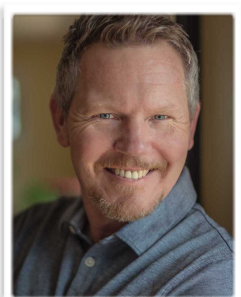
Toronto Centre
for **Emotionally Focused Therapy**

Toronto's Emotionally Focused Therapy Newsletter

Nov. 2018 Vol. 4.2



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



**Robin
Williams
Blake**



**Robin
Hellendoorn**

Dear EFT Colleagues,

It's been an exciting year on the Toronto EFT scene. With 2018 soon ending, it's time for us to reflect back on what's happened this past year, and to share with you scheduled local trainings and events. We appreciate the value of your training dollars; as such, we hope to provide you with ample notice to plan accordingly. Please read on to discover what you can look forward to in 2019.

Sue Johnson is coming to the ROM!

For one night only, Sue Johnson will deliver *What Every Couples Needs to Know* to the general public at the Royal Ontario Museum (ROM). This first-time event promises to be extremely informative. Please read all about it below and share openly with your

clients. Sue has been our guiding light for many years, and we would love to show our appreciation by giving back to her. At only 2.5 weeks away, please help us make this an event to remember on December 6th (standing room only!) Promo Code for clients and therapists to receive a \$10 discount is SUE10. Don't hesitate to contact us if you need a flyer for your office!

Using the Wisdom of EFT to Overcome Clinical Impasses in Couple Therapy

Sue returns to Leading Edge Seminars on December 7th for this one day workshop where she demonstrates getting past clinical impasses using the EFT model..

***The 2019 Toronto 4-day EFT Externship
with Sue Johnson and Gail Palmer***

Sue and Gail team up again in May/June of 2019 and return to Toronto for this training. Please tell your colleagues so they can start their EFT journey.

***2019 EFT Fall Workshop on EFT and
Intimacy!***

October 11/12 2019 will feature the next specialty EFT workshop. *Sex as a Safe Adventure: Connecting Sexually and Emotionally Through EFT* presented by ICEEFT Trainer Zoya Simakhodskaya and ICEEFT Supervisor Michael Moran. Read about it below.

**Core Skills Training - One in English and
one in Chinese!**

Please read below if you are looking to continue your EFT training.

Spoiler Alert!

2020 Fall specialty workshop...Emotionally Focused Therapy for individuals. ICEEFT Trainer, dates and location to be determined.

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

With the holiday season around the corner, we wish everyone a safe and happy one surrounded by family and friends.

In 2019...we hope to see you out at an EFT Event!

Robin and Robin
Directors of the Toronto Centre for EFT

eftgta@yahoo.com

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**Toronto Centre
for Emotionally Focused Therapy**

**Looking
Forward**

Upcoming EFT Events and Trainings!



What Every Couple Needs To Know

Spend an evening at the ROM with Sue Johnson and discover how the science of bonding can help you resolve the dramas that leave us lonely in love and shape the loving connection that makes us stronger and more alive. In a world of fast hook-ups and cynicism about love, we all need a map to heartfelt connection.

Sue Johnson is a best-selling author, clinical psychologist, researcher and a leading innovator in the field of couple therapy. Appointed as a Member of the Order of Canada in recognition of her work, she is the primary developer of Emotionally Focused Couples and Family Therapy (EFT), which has demonstrated its effectiveness in over 30 years of peer-reviewed clinical research.

Location:

Royal Ontario Museum
Signy and Cléopée Eaton
Theatre
100 Queen's Park, Toronto

Cost:

Earlybird (up to Nov 15)
\$55 + HST
Regular Rate (after Nov 15)
\$60 + HST

Full description and
registration at
leadingedgeseminars.org

Date: Thursday December 6th, 2018. 7:30 to 9:30 pm. Doors open at 7pm.

Learn more and register at www.leadingedgeseminars.org



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Toronto Centre
for **Emotionally Focused Therapy**

LEADING EDGE SEMINARS

Case Studies with Sue Johnson

Using the Wisdom of EFT to Overcome Clinical Impasses in Couples Therapy

Join EFT-cofounder Sue Johnson as she works through difficult cases and clinical impasses presented by senior EFT therapists. The workshop begins with an update on the latest thinking about EFT, and then moves into the application of EFT with distressed couples using videotapes of real-life sessions. Video vignettes of therapists in action and transcripts will provide concrete examples of real-life dilemmas commonly faced by couples therapists. You will learn how to identify critical decision-making junctures while therapy is in session, specific techniques that Sue employs in order to facilitate a “corrective emotional experience”, and how to match treatment to your assessment of the couple’s emotional state. Visit leadingedgeseminars.org for full details.



Leading Edge Seminars invites you to
Case Studies with Sue Johnson: Using
the Wisdom of EFT to Overcome Clinical
Impasses in Couples Therapy
On Friday, December 7, 2018
9:00 am to 4:40 pm
YWCA Toronto (87 Elm Street, Toronto)



Toronto 4-Day EFT Externship

May 29 - June 1, 2019
9 am - 5 pm



**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.

For more information or to register



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Toronto Centre
for **Emotionally Focused Therapy**

The TCEFT proudly supports the following upcoming trainings facilitated by the:

York Region EFT Community

A community network for EFT Therapists
located in York Region and Simcoe County



Save
The
Date!

October 11/12, 2019

Sexuality and EFT Workshop

**Sex as a Safe Adventure: Helping Couples
Connect Sexually and Emotionally Through
Emotionally Focused Therapy**

Zoya Simakhodskaya, Ph.D. is a licensed psychologist and certified EFT Therapist, Supervisor and Trainer. She is a founding member, Executive Director and Vice President on the Board of Directors of NYCEFT. Zoya is also a Founder and Director of Center for Psychological and Interpersonal Development dedicated to high quality individual and couples therapy and EFT training. Zoya has a full-time practice in Chelsea, NY with adults and couples, specializing in cross-cultural and bilingual population. ([see more](#)).



Michael Moran, LCSW is a Certified EFT Therapist and Supervisor and an AASECT Certified Sex Therapist with a full-time practice in NYC treating adults and couples. He has extensive training in the “Inner Bonding” modality of healing created by Drs. Margaret Paul and Erika Chopich. As an AASECT Certified Sex Therapist he is highly skilled at integrating treatment of sexual issues as they present in couple’s therapy. Michael is also an Adjunct Professor at Rutgers University where he teaches graduate courses in Marriage & Family Therapy as well as LGBTQ Issues in Contemporary Society at Rutgers University. ([see more](#))

Registration opening Soon!

For more information please contact
ICEEFT Supervisor and Cofounder of the YREFT **Elana Goldin-Lerman**.

Welcome to the
**York Region
EFT Community**
A community network for EFT Therapists
located in York Region and Simcoe County



New Core Skills Training in 2019 with Sunday/Monday scheduling.

with ICEEFT Trainer Robin Williams Blake

If you have been unable to attend a core skills in the past because of the typical Friday/Saturday scheduling, this one's for you!



First Weekend - Jan. 20/21, Second Weekend - Mar. 3/4,
Third Weekend - Apr. 21/22, Fourth Weekend - May 26/27,
2019

For more information contact

Elana Goldin-Lerman

ICEEFT Supervisor

Cofounder of the York Region EFT Community.



Grow your EFT skills by attending an EFT CS Training!

Toronto Core Skills Training in Chinese in 2019

with ICEEFT Certified Trainer
Dr. Tat-Yin Wong

The next EFT training in the Toronto is
the 4 day Core Skills - Modules 3 and 4.

Dates: Tuesday February 19th to Friday 22nd



The course syllabus and registration form can be accessed
at www.gracehealthcentre.ca/counselling under what's new.

Enquiries can be sent to efttorontotraining@gmail.com

Participants are required to have completed the 4 day Externship, Core Skills 1 and 2 and also have a couple or family case to present.

Emotionally Focused Therapy One Day Workshops

**with ICEEFT Certified Trainer and Supervisor
Robin Williams Blake**

A live session and 2 video tape case consultations at each workshop. Auditors welcome.

Everyone learns when we have the courage to show our work!

Dates and Location

Sat. December 1, 2018 9:30 to 3:30 pm

Sat. January 6, 2019 9:30 to 3:30 pm

3080 Yonge Street Suite 5016, Toronto, ON

For more information contact **Robin Williams Blake**



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Toronto Centre
for **Emotionally Focused Therapy**

In review!

Past EFT Events and Trainings!

The Emotionally Focused Therapy and Trauma Workshop was a huge success!

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for Emotionally Focused Therapy

Thank you ICEEFT trainers Dr Kathryn Rheem from Washington and and Dr. Leanne Campbell from Nanimo B.C. for an amazing Workshop!

The focus of this two-day training was on the application of EFT to work to help the trauma survivor reach open-heartedly and the partner responds vulnerably. This training emphasized 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.



Here's what participant Dr. Jag Arora said about the workshop!

Kathryn and Leanne are both very genuine, impressive speakers as well as excellent role models in many ways. The two days were enjoyable as well as informative....another training well worth doing! The workshop left me with a strong felt sense of how to approach and work with trauma couples differently!



Dr. Kathryn Rheem and Dr. Leanne Campbell with co-facilitators and co-founders of the Toronto TCEFT Robin Williams Blake and Robin Hellendoorn



This was an ICEEFT
Approved Workshop



Chinese Training on Healing Trauma with Emotionally Focused Therapy!

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Toronto Centre
for Emotionally Focused Therapy

with ICEEFT Certified Trainer
Dr. Tat-Yin Wong



We completed a 2 day training in Chinese on Healing Trauma with EFT on October 22 and 23. This training was attended by 45 therapists, social workers, pastoral counsellors, and physicians working in the Chinese community. During the first morning, we discussed the impact of trauma, especially Adverse Childhood Experiences, using Polyvagal theory to understand the brain's response to trauma, how trauma affected relationships and the application of the stages and moves in EFT to trauma work. We had a live couple case with the husband being a survivor of many years of sexual abuse who coped by numbing his pain with alcohol. This couple shared their remarkable journey from stage 1 to stage 3, overcoming shame and addiction. They even stayed to answer questions from the participants. We finished the first day with practicing the use of RISSSC and attunement with attention to non-verbals. We started the second day with a discussion on understanding trauma from an attachment perspective, how EFT was suited for healing trauma with its dual focus on building secure connections and an integrated and coherent sense of self, and the role and self-care of the therapist. In the afternoon, we had another live case with a single parent mom with an ASD child. This Mandarin speaking lady had an ACE score of 9/10 and was already in stage 2 of EFT. She was able to regulate her distress from getting lost on the way due to what was likely an episode of dissociation. The participants were impressed as they watched Dr. Wong worked with the therapist-client, client-attachment figure, client internal parts cycles, assembled her emotions, and choreographed imagine encounters to build secure connections with her attachment figures, her son and an empowered sense of self. For the remainder of the afternoon, each group presented a role play illustrating attunement, the use of empathic reflection, validation, and each of the moves in the EFT tango based on the live case.

Tat-Ying Wong, MD, MTS, MDiv, RMFT





This year's Toronto Externship Team!

ICEEFT CERTIFIED TRAINERS



Sue
Johnson

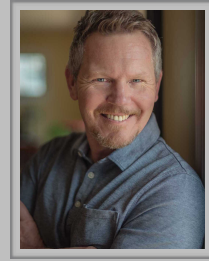


Gail
Palmer

EXTERNSHIP ORGANIZERS



Robin
Hellendoorn



Robin
Blake



Mitch
Smolkin

EXTERNSHIP PRESENTERS



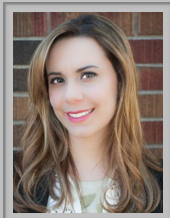
Jessica
Zehl

EFT AMBASSADOR WRANGLER



Irene
Oudyk-Suk

EFT AMBASSADORS



Sabrina
Fruci



Kristen
Cassady



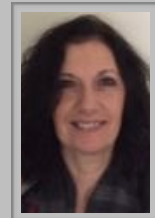
Mariola



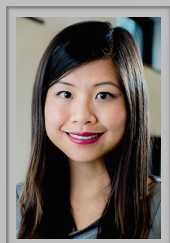
Jodi
Rouah



Naomi
Yano



Elana
Goldin-
Lerman



Shirley
Hung



Mary
Luard



Asher



Pantea



Amanda
Green



Sonia
Pahwa



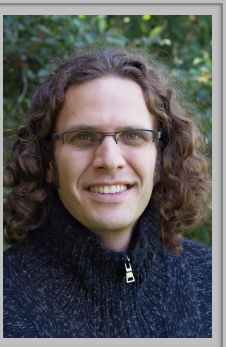
What some of our team said about this year's Externship.



Jessica Zeyl - Externship Presenter

I love bringing couples to the externship for live sessions as the experience is enhancing for everyone. The participants gain an experience of a live session, the couple gets a session with a master therapist and I continue to grow in my skills. This year Gail expertly navigated a step 5 intervention the more withdrawing partner. One of my favourite moments of the session is when the more pursuing partner held her partner's hands as her partner asked, "you mean you're not going to run away from me?" and she steadfastly answered, "no, I love you"

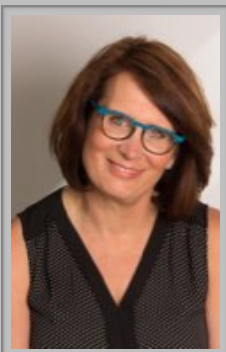
jessicazeyl.com
counsellingtorontoteens.com



Mitch Smolkin - Externship Presenter

This is my fourth time doing a live with Sue. I was so excited to bring this particular couple because they have worked so hard and are so motivated and to have a chance to have Sue help them deepen and solidify their work was something I couldn't resist. I was particularly impressed by Sue's enactment around the female partner's fatigue and disbelief and risking having the male partner take a shot at supporting her in that very difficult place. Last time I attended an entire externship was twelve years ago in Ottawa. What began as just another training transformed into a memorable before and after professional and personal pivot. I am grateful.

www.mitchellsmolkin.com



Irene Oudyk-Suk - Externship's Ambassador Wrangler

I helped out at the entire May 30 - June 2 Toronto Externship having been given the role of "*Helper Wrangler*" by Robin Williams Blake.

Last time I attended an entire externship was twelve years ago in Ottawa. What began as just another training transformed into a memorable before and after professional and personal pivot. I am grateful.

I found myself comparing 2006 and 2018. Sue was inspirational in 2006 and still is. But Gail—she has become a phenomenal teacher! That's on top of my recollection that already in 2006 I enjoyed learning from Gail. Concepts are more clearly presented, and often even experiential (instead of didactic).

EFT's future is bright--with these gifted women as teachers.

www.couplesinstep.com



TCEFT



Toronto Centre
for **Emotionally Focused Therapy**
Celebrates...



It's member's successes!

The GTA EFT's most recent ICEEFT Certified Supervisor

Mitch Smolkin, MA (Counselling Psychology), RP



For more
information about
Mitch go to: <http://mitchellsmolkin.com>

The GTA EFT would like to congratulate Mitch Smolkin on becoming an ICEEFT Certified EFT Supervisor.

Here's what ICEEFT Trainer, Marlene Best said about Mitch

EFT has been a wonderful fit for Mitch, whose natural inclination is to dive deeply into attachment-laden affect and to bravely stay where clients fear to go. His supervision style mirrors his therapeutic style: he holds his supervisees safely with his gentle heartfelt expertise, leading them skilfully from behind in their exploration of both the model itself and their internal responses to learning a new way of being with couples and themselves. Mitch is an active member of the Toronto EFT Community. The community is now even stronger with Mitch as a supervisory resource. Big congrats, Mitch! You now have yet a new gift to offer the world! Celebrate this achievement long and well!!!

Congratulations Mitch!!!

The TCEFT would like to Congratulate Certified EFT Therapist and Supervisor



Debbie received her PhD degree with the Award of Outstanding Graduate Work from Wilfrid Laurier University in June. Please click the link to view her entire dissertation on

**"THE HOLD ME TIGHT PROGRAM FOR COUPLES
BECOMING PARENTS: A MIXED METHODS
STUDY" (2018).**

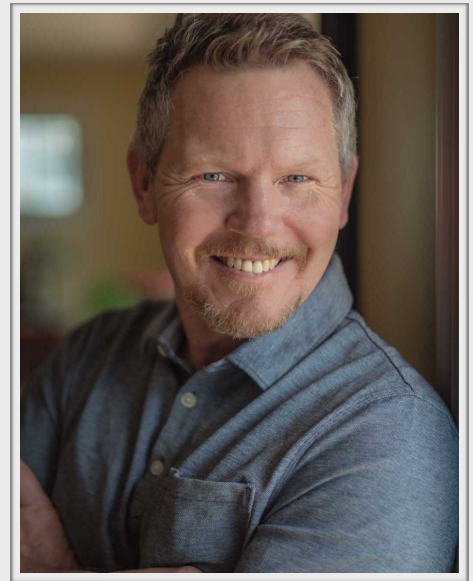
Congratulations Debbie!!!

The Greater Toronto EFT Community is growing up!

Welcome to the new Toronto Centre for EFT!

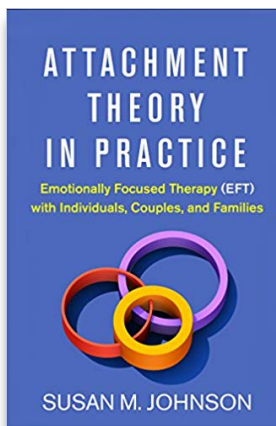
Dear Toronto Community,

In 2007, Robin Hellendoorn and I created the Greater Toronto EFT Community. Our mission was threefold – to create a community where clinicians could find EFT training, a place where EFT practitioners could find other EFTers for support, and a resource where individuals, couples and families could find an EFT therapist for their therapeutic needs. Today the community website has over 60 members listed and has become a valuable resource for clients seeking therapy locally. Recently, I had the honour of becoming an ICEEFT Certified trainer and with ICEEFT's support, I am pleased to announce that the Greater Toronto EFT Community is transitioning into the Toronto Centre for EFT. (www.tceft.ca). This process will take a few more months to complete - we will keep you abreast of any changes that will impact you. We want to reassure you that our aforementioned mission will remain strong as we continue to raise awareness of the efficacy of Emotionally Focused Therapy to clients and practitioners alike.



In an effort to be accessible, responsive and emotionally engaged...

Sincerely,
Robin Williams Blake, RP
ICEEFT Trainer



TCEFT



Toronto Centre
for **Emotionally Focused Therapy**

Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families

Drawing on cutting-edge research on adult attachment--and providing an innovative roadmap for clinical practice--Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of Emotionally Focused Therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.

- REVIEWS -

"A lucid treatise on psychotherapy that will prove useful to students as well as experienced practitioners. Drawing deftly from the wisdom of such pioneers as John Bowlby, Carl Rogers, and Harry Stack Sullivan--and from significant empirical research in emotional and interpersonal phenomena--Johnson has written an outstanding work that will have an impact on our field for a great many years."--Irvin Yalom, MD, Professor Emeritus of Psychiatry, Stanford University

"This book is a magnum opus that finally gives therapists a practical and very readable guide to using EFT principles across psychotherapy modalities. Johnson has made a valuable contribution that can guide the therapist toward a theoretically integrated and powerful method of doing therapy with a wide variety of clinical cases. A 'must read.'"--John M. Gottman, PhD, The Gottman Institute, Seattle, Washington

"Johnson, one of the world's leading psychotherapists, has drilled down through research and years of clinical practice to describe the growing consensus on the crucial role of emotion regulation and interpersonal processes in psychotherapy, using attachment theory as a theoretical guide. Every therapist and therapist-in-training should be aware of this important perspective on what they do."--David H. Barlow, PhD, ABPP, Professor Emeritus of Psychology and Psychiatry and Founder, Center for Anxiety and Related Disorders, Boston University

[**READ MORE HERE!**](#)

[**PREORDER NOW!**](#)



CAVERSHAMbooksellers.com
north america's largest mental health bookstore

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Reaching out!



Wanted!

The Ottawa and Couple Institute is seeking a Emotionally Focused Family Therapist. The position is currently part-time, however a willingness to work evenings and weekends would increase the office space available. Applicants need to have experience in working with families, have attended an EFT externship, and ideally core skills. If interested, please contact Gail Palmer at gailpalmer53@hotmail.com.

Wanted!



EFT therapist who is available to take referrals wanted full-time for an office in central Mississauga.
Please contact Naomi Yano for more information.
info@naomiyano.com or 905-615-1244.

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

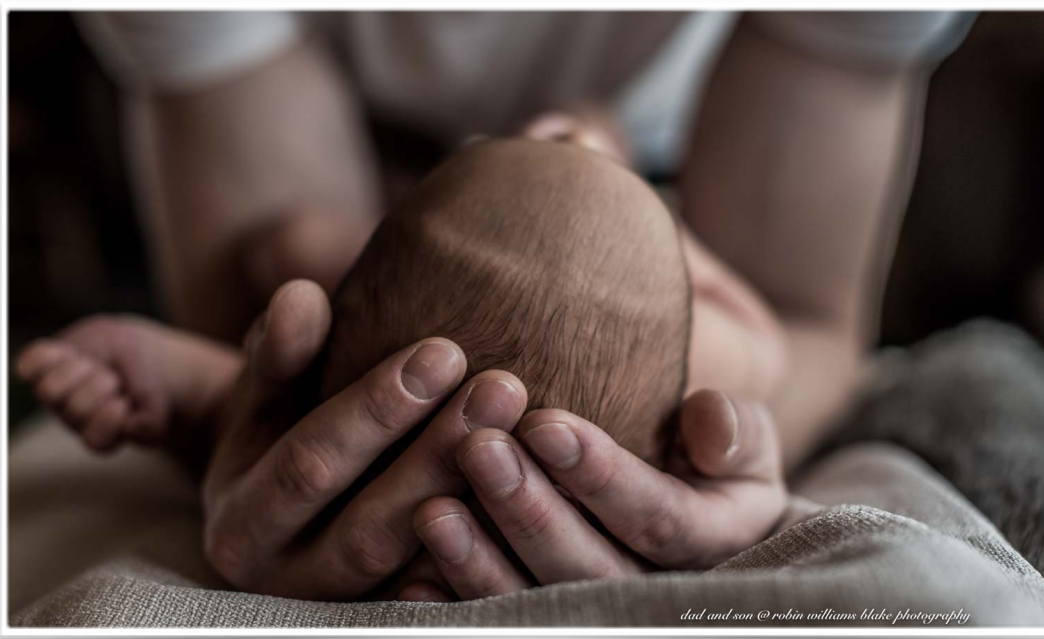
questions and I or another Hold Me Tight® retreat facilitator will answer them in future GTAEFT newsletters.

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.

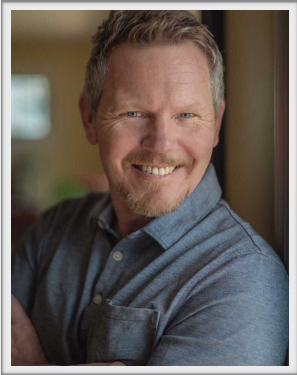


A NEW TCEFT Newsletter Feature: A Special Attachment Photo



Submit your photos to have them featured here!

The **NEW** Toronto Centre for EFT Newsletter Editorial Board



Chief Editor

Robin Williams Blake
ICEEFT Certified
Supervisor
Trainer



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: February 15th, 2019

**Have your EFT related announcements to Robin Williams Blake
by January 15, 2019.**

The Toronto Centre for Emotionally Focused Therapy

