



Connecting Couples and EFT Therapists

The Greater Toronto EFT Community

NEWSLETTER

September, 2017

Vol. 3.3

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

From the Robins'

Welcome EFT colleagues

We are excited to share with you the latest GTA EFT news – what's been happening and what you can look forward to this fall and beyond.

ICEEFT Trainers Sue Johnson and Gail Palmer will team up once again in May 2018 for the 4th Toronto Externship.

Also, Toronto-based ICEEFT trainer Ty Wong is holding an EFT Externship in Chinese (Cantonese and Mandarin) this October. This is the 2nd EFT Externship in Chinese to take place in Toronto.

ICEEFT Trainer Gail Palmer wrapped up the 2016/17 Core Skills at the end of May, and we are pleased to announce two new Core Skills being offered this fall (one in Cambridge and one in Toronto).



**Robin
Williams Blake**



**Robin
Hellendoorn**

Also this fall, October 21-22, ICEEFT trainers Nancy and Paul Aiken bring a series of workshops on EFFT for families with teens including the Hold Me Tight®/Let Me Go workshop for parents and teens. If you work with families and teens this series is not to be missed.

This edition of our newsletter also has a special Hold Me Tight® feature organized by ICEEFT Supervisor Irene Oudyk-Suk. Check it out if these retreats are of interest to you.

North of the city, ICEEFT Supervisor Elana Goldin-Lerman, cofounder of the York Region EFT Community, is having a video night. Grab a

stay
connected
with
EFTGTA

colleague and some popcorn and watch training DVDs with Elana and your EFT colleagues.

The 4th EFT Summit from October 12th to 14th is quickly approaching. It will be a rich experience with amazing speakers including Sue Johnson, Gabor Mate, Louis Castonguay, Jeffry Simpson, John Townsend and Kenny Sanderfer. Don't hesitate...sign up today!

Remember, you can get more details about the EFT happenings in our community by visiting the [GTAEFT website](http://GTAEFT.com). Encourage your colleagues to start their EFT journey by referring them to our website too!

Wishing you all a fantastic and fun fall and we hope to see you out at an EFT event!

Robin and Robin eftgta@yahoo.com

Hold Me Tight® Retreats

Irene Oudyk-Suk, RSW, ICEEFT Supervisor

Leverage your EFT therapy! Send your couples to a Hold Me Tight® retreat.

I know. You've mentioned it to your couples; you've thought about attending a Hold Me Tight® yourself with your partner, and then there's that "BUT."

The "BUT" goes like this "I don't think so, my partner (we) don't really like the idea of a group..."

I first started noticing Hold Me Tight® workshops in 2011. My partner had the same "But..." when I brought it up. However, when I framed it in terms of "It's a business expense" and "It'll help me professionally," he graciously accompanied me to a San Diego Hold Me Tight®. He was pleasantly surprised how possible it was to keep our relationship private within a group setting (I've shared his comment about privacy with my couples when they say, "But...").

My surprise came the first time I facilitated a Hold Me Tight® in 2012. I was blown away by the impact on couples. These days, after facilitating more than 15 Hold Me Tight®'s, my surprise has turned to admiration for the versatility of a Hold Me Tight® retreat.

Many couples are led into an experiential encounter of attachment with their partner as they move through a Hold Me Tight® weekend. For myself and my helper therapists this is gratifying to witness and facilitate.

Hold Me Tight® facilitators may have other EFT therapists join them as helper therapists



**Joan
Marsman**

**Irene
Oudyk-Suk**

**Elana
Lerman**

**Robin
Blake**

Not all couples are ready to engage experientially. Such couples take away an intellectual understanding of attachment and emotion that

underpins a later foray into therapy (many couples do call me afterwards to ask my help in finding an EFT therapist).

My most profound respect for a Hold Me Tight® retreat/workshop, though, is reserved for how the format, structure and material work together to hold and assist couples who are even in deep distress.

The back and forth between the gathering area and the couple stations; evocative videos; plus the solid presentation of scientific findings flow together to provide distressed couples with containment, hope, understanding of attachment, and sometimes in the midst of their distress, even an experience of closeness and bonding they haven't had in a long, long time.

At each first session with a couple I recommend they consider a Hold Me Tight® retreat sometime during their work with me. Many don't follow through on my recommendation. Those who do, without exception, name the experience as a positive part of their EFT journey.

So, leverage your EFT therapy. Send your couples to a Hold Me Tight® retreat. Attend yourself, as a helper therapist, or with your partner. You won't regret it.

[Irene's website](#)



Bringing Hold Me Tight® to Health Care Settings, and to Far Away Lands

Editor's note: *Mary Luard Molnar, RSW, RP, ICEEFT certified therapist, regularly offers community Hold Me Tight® retreats in the Kitchener area. But she hasn't stopped there. Read on...*

Family Health Team: In Spring 2017, I proposed and piloted the first ever Ontario Hold Me Tight® retreat in a Family Health Team setting. I've repeated this now a number of times. The Hold Me Tight® takes place in four blocks of 4 hours over 4 weekends. There is no cost to participants.

The most challenging aspect was getting enough participant couples. Once they attended the first weekend, each couple was IN for the remaining three. Even on Easter weekend they were all there waiting at the door...

Feedback from participants was overwhelming positive. I was most surprised by the feedback that participant couples didn't think Hold Me Tight® over one weekend would be as impactful as over 4 weeks—they thought the time to digest the volume and intensity of the material in between.

Vietnam: Facilitating a Hold Me Tight® retreat in Vietnam with professionals and an interpreter was very special. I hope that it contributed to EFT taking root in a country where therapy is unfamiliar and couples therapy even more unfamiliar.

[Mary's website](#)



Where are Hold Me Tight® Retreats Held?

Our Toronto EFT website has a **dedicated page** for the Hold Me Tight® retreats held either in our area or by therapists from our area leading a retreat elsewhere.



Sabrina and Wendy
website

Hold Me Tight® retreats are held in other parts of Ontario as well. For example Wendy Bulhuis RSW, ICEEFT Certified Therapist and Sabrina Fruci RSW, hold fall and spring Hold Me Tight® workshops in Niagra.

Like most Hold Me Tight® facilitators, Wendy and Sabrina have tweaked their presentation significantly from their very first weekend! Most recently, they have included several opportunities for mindful practices along with the existing exercises to allow participants a chance to go deeper into their own experiences.

You can go outside of Ontario for a Hold Me Tight® retreat as well. A complete listing of Hold Me Tight® retreats around the world are listed on the **ICEEFT website**.

Hold Me Tight®/Let Me Go

Here in Richmond Hill, Ontario!

Modelled on the Hold Me Tight® retreat for couples this is a workshop for parents and teens. Facilitated by Dr. Paul and Nancy Aiken the originators of Hold Me Tight®/Let Me Go.



When: Saturday October 21, 5:30 - 10 pm for parents continuing Sunday October 22, 10-6 pm for parents with their teens

More details and to register

**Toronto facilitators: Jessica Zeyl ,
Wendy Gage**



For EFT therapists: Refer your family and attend as an observer to learn first hand how to facilitate a Hold Me Tight®/Let Me Go workshop.

EFFT (the extra F for family)
Oh Yes, We Do!
We Work with Families Too!



How To Facilitate a Hold Me Tight®/Let Me Go Teen Family Workshop

When:
Friday, October 20,
10am - 5:30 pm

This training will demonstrate the ins and outs of how to conduct a Hold Me Tight®/Let Me Go program as well as teach basic EFFT principles.

More Safety at Last: Healing a Traumatized Family

A time for your clinical questions about EFFT. A good portion of the day will also be given over to the presentation of a specific case: a couple discovers a dissociated trauma in one partner's history that was dysregulating the marriage and rippling down to the three children. Through video clips and discussion with the treating therapists you'll journey with a family as they show and tell how tuning into attachment healed their family.

When:
Saturday, October 21,
10 am - 3 pm



Presenters: Drs. Nancy and Paul Aiken

Attend one or both days.
[Details and registration](#)

Location: Richmond Hill
Organized by Jessica Zeyl and Wendy Gage



EFT for the Chinese Speaking Community: Continuing to Flourish



**ICEEFT trainer
Dr. Tat-Yin Wong**



**Trainings in Chinese
Mandarin and Cantonese**

**Grace Health Centre
for more information**

Hold Me Tight/Let Me Go beginning September 9, 2017

Externship: October 23-26, 2017

Healing Broken Bonds in Families: February 19-20, 2018

Many more...



**Participants of the first EFT Externship in Chinese
outside of Asia held in Toronto on June 22-25, 2015.**



Connecting Couples and EFT Therapists

The Greater Toronto EFT Community

Toronto 4-Day EFT Externship

**With ICEEFT Trainers
Sue Johnson and Gail Gamer**



**Date: MAY 30 to JUNE 2, 2018, 9am - 5 pm
Venue: YMCA Toronto**

[Find out more!](#)



Learn the basic concepts and theory of Emotionally Focused Therapy for Couples - the best validated and the fastest growing model of couples therapy.

Expand your knowledge of the new science of Love.

Begin your own process of becoming a Certified EFT Therapist.

It takes a Community to put on an Externship!

Meet our 2017 EFT Externship Team.

ICEEFT CERTIFIED TRAINERS

EXTERNSHIP ORGANIZERS



ROBIN
HELLEENDOORN



ROBIN
BLAKE



SUE JOHNSON



GAIL PALMER

EXTERNSHIP PRESENTERS



MITCH
SMOLKIN



JESSICA
ZEYL

EFT AMBASSADORS

HERMAN CHOW



CAROL COWAN-LEVINE



ELANA GOLDIN-LERMAN



PATRICIA COFFEY



ASHER DREISE



SHIRLEY HUNG

KRISTINA KYSER



TED LECKIE



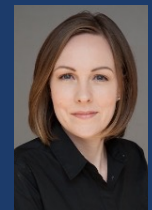
MARIOLA MALASINSKI



MARY LUARD



ULIYANA MARKOVA



ALLISON NEWTON

IRENE OUDYK-SUK



PANTEA RAFTI



POLLY SKYES



LINDA PELTON



JODI ROUAH



ANNE MARIE SHEWFELT

Find out more
about a
therapist by
clicking on their
name.



MAH OSTAD



SALLY WRIGHT



JIM SQUIRE



NAOMI YANO

Thank you to an amazing team!

Day Two
Ambassadors
with Sue Johnson
and Gail Palmer



Live session presenter Jessica Zeyl with Sue Johnson and Gail Palmer



Live session
presenter Mitch
Smolkin with Sue
Johnson



Robin Williams Blake, Sue Johnson, Robin Hellendoorn and Gail Palmer



Our June 2017 Workshop on Emotionally Focused Family Therapy with Stepfamilies was a huge success!



Facilitated by
Wendy Gage and
Jessica Zeyl

ICEEFT Trainer
Gail Palmer



Shirley Hung



“This training helped me appreciate the delicate and complex work of family therapy. The concept of multiple layers of losses from an attachment lens in stepfamilies transforms my work with stepfamilies . I also learned deeply, how EFFT works to help parents give children a sense of being 'felt', through presence, accessibility and responsiveness. Gail was very passionate and insightful about working with families and step-families. I really appreciated her authenticity in sharing her personal experiences.”



“Stepfamilies are everywhere so of course they show up in our practices. Understanding from an attachment frame that all step families start from a place of loss, and having insight into the competing attachments between new spouses and existing children, has been incredibly useful to me. Gail Palmer was the perfect person to lead this workshop. Her tremendous experience with families and her deeply empathetic stance shined through the entire workshop. Her support not only left me with a model and map of how to do this work but also the confidence to actually do the work.”

Ted Leckie

Core Skills Cambridge 2017-2018



Gail Palmer
ICEEFT trainer

Module One: September 15 & 16
Steps 1-2 Assessment (Lorrie)

Module Two: November 3 & 4
Steps 3-4 De-Escalation (Lorrie)

Module Three: January 26 & 27
Steps 5-7 Withdrawer Re-Engagement (Gail)

Module Four: March 23 & 24
Steps 5-7 Pursuer Softening (Gail)



Lorrie Brubacher
ICEEFT trainer

Contact Debbie for more information

Core Skills Toronto 2017-2018



Gail Palmer
ICEEFT trainer

Module One: October 20 & 21
Steps 1-2 Assessment

Module Two: December 1 & 2
Steps 3-4 De-Escalation

Module Three: January 19 & 20
Steps 5-7 Withdrawer Re-Engagement

Module Four: March 9 & 10
Steps 5-7 Pursuer Softening

Contact for more information

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.



4th International EFT Summit 2017

NEW DIRECTIONS IN
SCIENCE
AND
PSYCHOTHERAPY:

LEADING AND LEARNING WITH EFT

[Find out More!](#)

DATE: Oct. 12- 14, 2017

Location:
Sheraton Hotel & Marina, San Diego, CA

FOR MORE INFO :
EFTSUMMIT.COM

MAIN SPEAKERS:



DR. SUE JOHNSON



DR. GABOR MATÉ



DR. JEFF SIMPSON



DR. LOUIS CASTONGUAY

Presented By

Int'l Centre for excellence in EFT



with



and



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

Announcements are limited to ICEEFT members.