



Connecting Couples and EFT Therapists

The Greater Toronto EFT Community

NEWSLETTER

April, 2015

Vol.1.2

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

From the Robins'

Welcome to the second issue of the GTA EFT newsletter!

We are pleased that our premiere issue was so well received. Since its release our subscriber list added 40 GTA health practitioners.

Toronto is bursting at the seams with EFT trainings this year. Here's just a synopsis, with more details on the next pages.

Gail Palmer, ICEEFT trainer, wraps up the 2014/15 Advanced Core Skills at the end of May. The next Core Skills starts in

September. If you're interested register soon. This training will fill quickly.

June is a busy month for EFT training opportunities. It begins with ICEEFT trainers Sue Johnson and Gail Palmer, teaming up for the second time at an EFT 4 day Externship hosted by the GTA EFT Community. This is shaping up to be the largest Externship in Toronto to date.

For the first time in Toronto, ICEEFT Trainers Michael Barnett and Jim Thomas bring their valuable "EFT, Addiction and Couples Therapy" workshop to Leading Edge Seminars June 4-5. Sue Johnson will join Michael and James as a panelist on the second day. This training is not to be missed!

Toronto-based ICEEFT trainer Ty Wong is holding an EFT Externship in Chinese (Cantonese and Mandarin) June 22-25. This is the first ever EFT Externship in Chinese outside of Asia.

Just before the snow flies, on November 21-22, the GTA EFT community hosts



**Robin
Williams
Blake**

**Robin
Hellendoorn**



ICEEFT trainers Marlene Best and Kathryn Rheems as they present: “Stage Two Change Events Training – Getting Clearer, Going Deeper”.

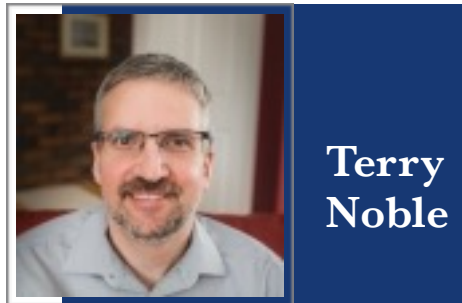
Such an incredible line-up! Help us spread the word about these amazing EFT trainings. We want to grow a rich, vibrant EFT community in the Greater Toronto Area.

Happy Spring. Hope to see you at an EFT event!

Robin and Robin
eftgta@yahoo.com

Recently certified Terry Noble

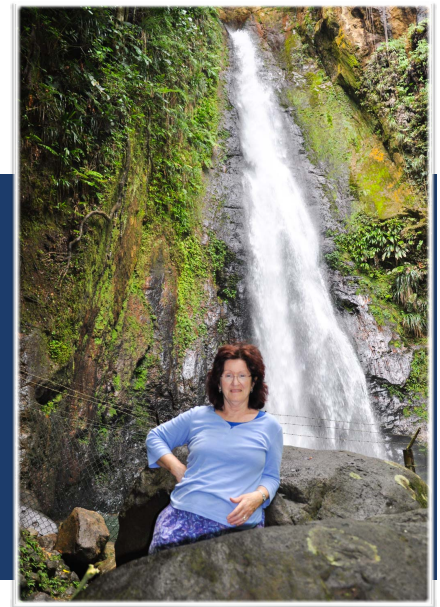
Terry Noble RMFT is an AAMFT Clinical Fellow. He has a Master of Divinity degree from the University of Toronto and studied couples counselling and family therapy at Wilfrid Laurier, the University of Guelph, and the Philadelphia Child and Family Therapy Training Centre.



[Terry's private practice](#) is in Peterborough, ON. where the majority of his clients are couples.

Sue Sighting

Last month, while not EFTing, Sue was spotted at Syndicate Falls in the rain forest in Dominica. She took a little time out for EFT to write a blog post changing the music in the dance of love.



Terry says, "I'm so grateful for the Toronto EFT community. For those of us practicing in smaller cities it is vital to have a larger community to go to for training, supervision and ongoing support. I've established a number of ongoing collegial relationships as a result of my Core Skills training in Toronto."

Recently certified Herman Chow

Herman Chow, D.Min, RMFT is an AAMFT clinical fellow and approved supervisor.



Herman splits his time counselling clients (in his Mississauga and Markham [private practice](#)), supervising counsellors, and teaching at Tyndale University College and Seminary and University of Guelph. He was formerly a Family Life Educator at Family Service of Peel.

Congratulations Herman and Terry!

Toronto EFT Externships: in English *and* Chinese

In English

ICEEFT trainers Sue Johnson and Gail Palmer team up for the second time in Toronto for a 4 day English EFT Externship



Sue Johnson

– the first level training in EFT! Participants will obtain a clear understanding of the basic experiential and systemic concepts of the Emotionally Focused approach to couples therapy. Externships include observation of live

sessions, presentations of theory, skills training exercises, and discussion of specific cases. This externship is recommended to all professionals who counsel couples including psychiatrists, psychologists, family physicians,



Gail Palmer

social workers, psychotherapists, psychiatric nurses, counselors, pastor and clergy, and students training in these professions.

In Chinese

The first EFT Externship in Chinese (Cantonese and Mandarin) outside of Asia will be held June 22-25 in Toronto.

With over 537,000 Chinese in the GTA and only 2 Chinese speaking ICEEFT certified EFT therapists to serve them, there is a huge need to train more Chinese helping professionals in effective couple's therapy.

Chinese couples face numerous stressors as they immigrate, adapt to a new culture and work environment, learn a new language and lifestyle, try to cope with adolescent westernized children, elderly parents and in laws who are dependent on them practically and emotionally. Marital distress, separation, divorce, extra marital affairs, depression and anxiety are high among both Cantonese and Mandarin speaking Chinese couples.

There are many shut-in Chinese adolescents who don't leave home, attend school, or work. They're addicted to the internet, a pseudo-attachment filling the void left by insecure attachment with parents. Attachment, systems and experientially based interventions, such as EFT, are ideal in repairing these attachment bonds, restoring the secure base and safe haven adolescents need in order to leave home.

Dr. Tat-Ying Wong is one of two Chinese speaking ICEEFT international trainers. Dr.

June 1-4, 2015 9am to 5:30pm
Oakham House, Ryerson
University
Cost: \$925 + HST
[More Information here](#)

***EFT'ers: we need your help
for the English Externship***

- **Registration (3 helpers)**
- **Support for participants in the AM (10 helpers)**
- **Role plays (15 helpers)**
- **2 Couples for live sessions (contact Robin Williams Blake before approaching couples)**

Helpers may attend all or part of the training and the meet'n-greet book signing with Sue on Tuesday, 5:30 to 7pm.
contact Robin Williams Blake

Wong has been providing annual Externships and Core Skills trainings in Hong Kong since 2010.

It is crucial for helping professionals who provide counselling to Chinese couples and families to learn EFT in Chinese. We invite all Chinese speaking helping professionals, including counsellors, marriage and family therapists, psychotherapists, social workers, psychologists, physicians, psychiatrists, clergy and lay pastors, to this Externship. Help spread the word!

Check out Dr. Wong's

**Hold Me Tight hand
dance videos on [YouTube](#)**



**June 22-25, 2015
Richmond Hill
Christian Community
Church
More information:
[Grace Health Centre](#)**

EFT, Addictions, and Couples Therapy



James Thomas



Michael Barnett

Through lecture, video, discussion, and experiential activities, ICEEFT trainers Michael Barnett and Jim Thomas will apply an attachment-based focus to all stages of addiction treatment. They will use EFT tools to manage precontemplation (in which addicts and families live on the merry-go-round of addiction, denial, and blame), contemplation, and the process of actually reducing use while re-engaging with loved ones.

Stage Two Change Events: Getting Clearer, Going Deeper



Kathryn Rheem



Marlene Best

ICEEFT trainers Marlene Best and Kathryn Rheem explore Stage 2 change events (withdrawer re-engagement and pursuer softening) with the skills needed to help couples re-structure their bonds. Through teaching, videos, and exercises, you will learn to heighten each partner's emotions, when to incorporate "parts" work including view of self and view of other, and help partners complete the risk, reach, and response vital to successfully shifting interactional patterns. Completing both change events is a challenge so self-of-the-therapist issues will also be explored.

**June 4-5, 2015; 9am -4:30pm
[Leading Edge Seminars](#)
87 Elm St., Toronto**

**November 21-22, 2015; 9am - 4:30 pm
[trainings page on GTAEFT website](#)
3080 Yonge St., Toronto**

The Advanced Core Skills 2014/15 group just finished
their 3rd weekend focusing on reengaging the
withdrawer.

Led by ICEEFT Trainer/Supervisor Gail Palmer



Gail Palmer and participants Wendy Gage and Natalia Buchok roleplay the EFT process.

Advanced Core Skills Trainer
Gail Palmer and facilitators
Robin Hellendoorn and Robin
Williams Blake

“EFT is the approach I have longed for in working with couples and families ... I’ve always felt that there had to be a kinder, gentler and more healing way to work. But oh boy! It’s hard when you’re beginning! So many nuances .. so much to integrate ... such an art to learn! Core Skills has provided such an enriching platform to learn this model from the outside in and vice versa. The small group setting means lots of time to ask questions, really amazing feedback, and terrific role play — all with a bunch of like minded therapists and incredible trainer in Gail Palmer and seasoned EFT therapists to guide the way. With each weekend that passes, I feel more and more comfortable with my own skill and have grown in my confidence working with the model.”

- Wendy Gage, MSW, RSW

2015/16 Toronto Advanced Core Skills
Sept. 25-26, Nov. 27-28, Jan.22-23, Apr. 29-30
Limited to 16 participants
[send an email](#)

EFT Training Videos — Sunday Matinee

Shaping Secure Connection: Stages 1 and 2 of Emotionally Focused Couple Therapy

This is ICEEFT's most recent training video featuring Marlene Best and Sue Johnson.



June 28, 2015; 12 -2 pm, \$10
2180 Bayview, Toronto

Hosted by
Irene Oudyk-
Suk, MSW, RSW
Certified EFT
therapist



Go to this page
to download
flyer which has location, TTC
directions and parking
information.
Please email your RSVP to
Irene

We'll watch part 1 of this 2 part video. We'll see how stage 1 of EFT helps partners come together and contain the negative dance that constantly triggers their attachment vulnerabilities and leaves them in emotional starvation.



There'll be a case presentation, a live session and then a discussion between Sue and Marlene as they review the session and outline how the case is typical of Stage 1. During the live session we'll see subtitle comments on interventions as they occur.

CAN-SPAM ACT

Please help us get into compliance!

Confirm Your Subscription to this newsletter

Have you heard of it? It's a law that sets rules for commercial email, establishes requirements for commercial messages, gives recipients the right to not receive unsolicited email, and spells out tough penalties for violations. It went into effect July 1, 2014 with for a 2 year period of time before penalties are applied. You can find more information about the [Can-Spam act here](#).

The Greater Toronto EFT community is wanting to get into compliance with this law. It would be so helpful to us if you would take just a few minutes to go [here and sign up for the this newsletter](#) (look for the brownish box and sign up there) and then click on the link that arrives in your email.

The Language of *EFT* Word Search #1



Have fun and test your EFT Knowledge at the same time. Download this puzzle as a [PDF](#) or play the interactional version on line by [clicking here](#).

Created by Robin Williams Blake
Certified EFT Therapist and Supervisor

I N A D E Q U A T E F E A R O F F A I L U R E C R
E Y B B E Z C T D T A T T A C H M E N T Z T R X P
K D Q D V D I A L O G U E S I R F K Z R F H G R V
L I V F V I T F Z R X A V A X N B I A L C R V L W
U S P O S I T I V E A L L I A N C E L T D E A C S
Q C W K C Y U N H W A O E H D F V G O A S E L X J
M L O I B S O E X B C N A I R D U F N R U J I J N
M O H N P U R S U E W I T H D R A W E I E O D H R
E S U U J E F J E M O T I O N S Q F U C J H A W K
K E S I V E G M B U L L E T Y T S K N E O N T M N
X F G O S E C S L O V E S E N S E I L E H B I Y A
W Q X T D S W T W F N G W T J B P V O F N O O N H
A C O Z X A M N U A L I Q W B F M Y V T S W N H E
E P I H F Q U K B R V E J C O P Q W A D O L B Q B
S V O I C B A F P X E J H E X E I M B P N B D I M
T D R E P E A T Z M I F R K F V L V L T K Y R Z X
Z B L A M E R S O F T H E N I N G W E E D U A A R

1. EFT's important theory.
2. Affirming intervention in EFT.
3. They can be secondary or primary.
4. Catching the _____.
5. Number of steps in EFT.
6. Creator of Emotionally Focused Therapy.
7. EFT therapists create this with both partners.
8. The three 'Ds' - Deepen, distill, _____.
9. EFT's home base.
10. Two common underlying emotions that withdrawers often feel.
11. Most common negative cycle.
12. What the 'R' in RISSSC stands for.
13. Finding the Raw _____.
14. Father of Attachment Theory.
15. An important change event in stage 2 of EFT.
16. Number of stages in EFT.
17. Demon _____.
18. Intervention in EFT - Empathic _____.
19. Two common underlying emotions that pursuers often feel.
20. Sue's most recent book.

Quote of the Month

Attachment lives deep in primordial pathways in the brain. And Johnson's impressive work at commandeering this brain system to rehabilitate failing partnerships is an important contribution to those lost in the thicket of unhappy pair-bonding.

Helen Fisher

Feb. 7, 2014 New York Times Sunday Book Review

For Rent

We are seeking an energetic and skilled psychotherapist to join our progressive mental wellness centre for youth, adults, couples and families.

We are a newly formed collaborative and creative community of interdisciplinary professionals in mid-town Toronto. We emphasize evidence-based therapeutic approaches such as CBT, Mindfulness and Emotionally Focused Couples Therapy and have on site psychiatric assessment and follow up. We offer a supportive work environment in a newly-renovated clinic designed to evoke calm and wellness.

If you are interested in being a part of the professional community, by renting office space full time or part-time please email: larryborins@gmail.com

EFT Hold Me Tight Couples Retreats

Offered regularly through out the year in Toronto (The February retreat is at the Millcroft Inn in Caledon).

Facilitator: Irene Oudyk-Suk MSW, RSW
Certified EFT Therapist and Supervisor

Send your couples.
Attend with your partner.
Consider being a Roving therapist.

More information
at the [Couples In
Step Retreats
website](#)



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: July 15. Have your EFT related announcements to [Irene Oudyk-Suk](#) by July 1.

Announcements are limited to ICEEFT members.