



Connecting Couples and EFT Therapists

# The Greater Toronto EFT Community

## NEWSLETTER

August, 2016

Vol. 2.3

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

### From the Robins'

Summer in the GTA - we hope everyone is having a great one!

We couldn't possibly launch into our regular announcements without first congratulating Sue Johnson, lead developer of Emotionally Focused Therapy, our mentor, and colleague, for receiving an appointment to the Order of Canada by the Governor General this past Canada Day. The Order of Canada is the centrepiece of Canada's honour system. The highest civilian honour recognizing an individual's lifetime of outstanding achievement, dedication to the community, and service to the nation. Sue receives this recognition for her 35 year commitment to developing the EFT model, which has had an outstanding impact on the field of marriage and family therapy. Congratulations Sue!! We are so excited for you!

As we move into the last few weeks of summer, it's time to review the EFT trainings offered locally this fall. Our EFT community is growing, and



**Robin  
Williams Blake**



**Robin  
Hellendoorn**

with it an increase in need for trainings and other EFT support. More and more local clinicians are becoming certified, first as therapists and then as supervisors. In this newsletter we feature 11 local supervisors who have worked so hard to become certified or who are working towards the EFT supervisor certification. For those of you seeking a supervisor for individual or group supervision, we hope you will find these introductions helpful.

For the first time in Toronto, we have two Core Skills Trainings starting up this fall. If you are interested, please visit the training page on the EFT GTA site to secure your spot.

We are excited to bring Lorrie Brubacher to town

to offer the EFT Attachment Injury Resolution Model (AIRM) training in October. Registration is currently open. If your work involves couples struggling through an attachment injury, this event is a must-attend.

Irene Oudyk-Suk will host her popular Movie Matinee on November 27<sup>th</sup>. Don't miss this opportunity to meet with other EFT therapists to

watch an EFT training tape and engage in a lively discussion facilitated by Irene.

To the growing EFT community here in the GTA, we wish you a safe and fun final few weeks of summer and we hope to see you all out at an EFT event this fall!

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

Over thirty therapists from around the Greater Toronto Area gained new expertise during the Emotionally Focused Family Therapy Training from ICEEFT Trainer Gail Palmer on June 9, 2016 and June 10, 2016. The model for translating EFT to family work has been developed by Gail along with ICEEFT trainers James Furrow, Lisa Palmer-Olsen and George Faller.



you ... I don't need you ... I need you ... I don't need you." The father moved flexibly with her changing needs demonstrating the essence of a secure parent who can attune to their child's fluctuating needs as they develop. The famous "Still Face Experiment" is shown only this time therapists are asked to do it with each other and process first hand what it's like **not** to be responded to. Gail reminds us that with family relationships it's not mutual and that parents meet children's needs but parents do not turn to children for their needs to be met. When parents are hurt they learn to turn to each other and the therapist aids in forming a caregiver alliance. *Major change events are noted in that we see the caregiver system is engaged, then we see that the child receives the parent's caregiving.* We are taught that we start with parents, not the withdrawer as with couples EFT so that the child can reach to the parent during key moments.

Day One focused on the importance of attachment and the major differences between EFT and EFFT. Gail started with a captivating video of an enchanting preschooler traversing monkey bars with her father as she says, "I need

Participants were honoured on the second day to view Gail's live session with a withdrawn adolescent boy, his mother and his grandmother. Gail met with the mother and grandmother first to demonstrate how to create a caregiver alliance,



guiding the mother to turn to her own mother for support. This aspect of EFFT is vital as a strong caregiver alliance has been shown to predict favourable child mental health outcomes. Gail then met with the teen and engaged him in a discussion of how he feels living in his family as he said he puts his feelings, "fifty feet under." He shares that if he didn't to that with his feelings, it would be a flood. During the family session, as Gail ensures that the caregivers are responsive and empathetic she has the teen share that he feels like a failure. With incredible sensitivity, his mother shares she does not fully understand that, but that she wants to know. During the therapist feedback, he and his family are reminded by one of the participants that floods have a purpose in nature to nourish the land.

Patricia Coffey who attended the training had this to say: "What a wonderful course - so inspiring to learn and see how effectively and quickly EFFT can move family members into a place of

closeness; It was moving to witness Gail's live session where a son opened up to his mom and grandmother and to see their faces of loving response; I'm so excited to be using EFFT with families, and hope to see it grow here in Toronto."

Jessica Zeyl and I (Wendy Gage) started this training with our hopes for the GTA: that we would see the

inception of a community of therapists joined in their passion for building secure families with EFFT. As with after EFT Externships, we heard therapists saying, "More!," asking questions about getting deeper into the model, wanting to dissect the steps and stages as they apply to families, and wanting to know how EFFT differs from other models. Please stay tuned in the Fall for future GTA EFFT events! All therapists interested in EFFT are welcome, even if you did not have a chance to attend this very special training.



**Gail Palmer**  
EFFT trainer



**Jessica Zeyl**  
Event facilitator



**Wendy Gage**  
Event facilitator

**Psst! Don't want to wait till next year for Core Skills?  
Here's your chance.**



**Trainer: Paul  
Greenman, Ph.D., C. Psych.**

**Location: Markham**

**Dates: Oct 21-22, Dec 2-3,  
Feb 3-4, Mar 31-Apr 1**

**Facilitator: Elana Goldin-Lerman  
EFT Supervisor-in-Training  
Contact Elana**



**Trainer: Normand  
Gingras, Ph.D., C. Psych.**

**C O N G R A T U L A T I O N S !**

**DR. SUE JOHNSON**

**== awarded ==**

**ORDER OF CANADA**



**Outstanding Achievement  
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and  
Service to the Nation**

# Introducing Toronto EFT Supervisors and Supervisors-in-Training

## Wendy Trainor MSW, RSW

I remember well sitting in the Externship in Ottawa and feeling how much the EFT model fit with my previous Gestalt training and my client-centred approach to therapy. I also remember the challenges of putting in practice what I had learned! I was fortunate to belong to a small supervision group. We struggled and learned together. We supported each other through the process of becoming certified. This process was augmented by individual supervision.

I offer both group and individual supervision. My supervisees bring a wealth of experience and perspectives that enrich the learning



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process. Each person identifies their "growing edge" for supervision as well as specific questions as we look at each video. Self-of-the-therapist issues are addressed when individuals experience blocks in working with their clients.

Our process is guided by the Steps and Stages in the EFT model. Therapists gain confidence in identifying their couples' cycles, creating enactments

and helping their clients connect with and express their emotions. Mutual respect and support create an atmosphere where all can learn and grow.

I am a BESTCO supervisor and since 2001 have been an AAMFT Supervisor.

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## Allan Findlay, MSW, RSW

I have always derived a great deal of pleasure from learning how to provide therapy effectively. Throughout my career, as a clinical supervisor, as a university field instructor and currently as an EFT Supervisor in Training, I strive to stay current to developments in effective therapy approaches, improve my knowledge and skills through training, my own supervision and reading. I have been interested in EFT for over 15 years, completed the Extern in 2010, Core Skills in 2011 and Certification in 2012. I have been part of a monthly EFT supervision group since 2013.



**Supervisor-in-Training  
Allan Findlay**  
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I enjoy enriching my learning from helping others to learn. EFT provides a wonderful map. As an EFT Supervisor in Training, the ICEEFT supervisory framework guides me. My relationship with you is supportive and safe to share videotapes of your work, validating your efforts to learn and

to take risks. I help you with your thinking about the model and provide resources that will deepen your understanding. We will reflect on your experience with your clients and the

supervisory experience, while also noticing when your 'use of self' is effective and when you may experience blocks. I look forward to learning along with you.



## Herman Chow, D.Min, RP, RMFT

I am passionate about EFT because I see couples transforming in my office and moving towards intimate connection. I enjoy helping therapists learn the art of EFT.

I am a registered psychotherapist and a marriage and family therapist with many years of counselling, supervising, and teaching experience. I am an AAMFT Clinical Fellow and Approved Supervisor. I am an adjunct professor of counselling at Tyndale Seminary and at the University of Guelph. I have a vibrant private practice in Markham and Mississauga.



**Supervisor-in-Training**  
**Hermon Chow**  
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I offer 2 types of supervision: individual supervision (consisting of 1 or 2 people) and group supervision (consisting of 3-4 people).

Your clinical supervision with me will count towards supervision hours for:

1. Certified EFT Therapist with International Centre for Excellence in Emotionally Focused Therapy (ICEEFT)
2. Registered Psychotherapist with College of Registered Psychotherapists of Ontario (CRPO)
3. Clinical membership with American Association for Marriage and Family Therapy (AAMFT).

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## Elana Goldin-Lerman, MA, RP, RSW, RMFT

Congrats!! You have completed your externship and/or Core Skills. Whether you are interested in EFT certification or want to further develop and enhance your EFT skills, here are some options I can offer you.

**Individual Supervision:**  
Together we will review your tape and you will be asked to reflect on the process and your practice of EFT. You will receive feedback, instruction and encouragement as you continue learning and practicing the steps, stages and skills of EFT. If Dyadic Supervision is preferred, a two-hour session to accommodate both individuals will take place.

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**Group Supervision:** This type of supervision provides you a great opportunity to connect with other EFT'ers who are learning and practicing EFT. Within a team spirit, tapes will be viewed, role-plays will be encouraged, master EFT tapes discussed and feedback will be given to help you learn and expand your EFT skills and practice.

**Case Consultation:** Even when your couple will not agree to be taped, I can still discuss the case with you give you the feedback and support you need.

Telephone, in person and online options available.

## Robin Hellendoorn, RP

I know what helped me while learning EFT. A supervisor who helped me understand the dynamics between the couple, their attachment styles and how their pasts might be affecting the relationship in the present; what EFT step we were in, improving my skill with the EFT interventions and increasing my capacity for empathy with each client. This is what I strive to give each of my supervisees in a supportive, non-judging manner with lots of validation for the skills and abilities the supervisee is developing. It is so difficult to show our work to someone else when we are learning. It takes courage. The only way we can do this is to feel completely safe that we are

not being judged. To me, to give feedback non-judgmentally, is the most important quality I strive to develop in myself as a therapist and supervisor so that my clients and supervisees get the opportunity to grow and develop. Meeting each time you see a couple in the beginning stages is

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optimal for learning. I prefer supervisees use video rather than case consultation but both are acceptable. I have been supervising EFT therapists since 2010.

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## Margarete Juliana, RP, RMFT

Hi, I am Margarete Juliana of Heart 2 Heart Counseling. I am located in Richmond Hill close to Major Mackenzie and Yonge. I have been a certified Emotionally Focused Couples Therapist since

January 2014. I love this model. About 70% of my practice is devoted to couple therapy.



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Region 10 years ago, and later worked one year at Southlake Regional Hospital's Eating Disorders Day program as a family and individual therapist. I started private practice in 2008 part-time and full-time in 2009. I have had the benefit of many excellent supervisors, including Robin Williams

Blake, Robin Hellendorn, Lorrie Brubacher and Rebecca Jorgenson. I see the main goal of developing as an Emotionally Focused therapist for couples is to feel confident about helping your couples

achieve a loving bond and strong secure connection. I would love to work with you towards this goal. Please feel free to contact me to find out more about my supervisory approach, scheduling, fees, and more.

I enjoy supporting other practitioners as they work to understand and implement EFT for couples. I started my career at Addiction Services of York

## Mitch Smolkin, RP

I have twice brought couples to the Toronto externship for live sessions with Sue Johnson.

I have published and presented internationally on intergenerational trauma. I am an advanced candidate at the Ontario

Association of Jungian Analysts, a PhD equivalent training program in psychodynamic psychotherapy.

I was part of the psychiatric crisis team in the Toronto East General Emergency room and interned in their outpatient schizophrenia clinic.

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In my writing, I am concerned with how contemporary romantic relationships require a greater degree of self-reflexivity than ever before and as such, my thesis focuses on how current research into the neurobiology of emotion intersects with the evolution of consciousness and our capacity to examine and process the human experience.

I am particularly interested and have extensive clinical experience in how substance abuse and childhood trauma impact the capacity to engage in meaningful loving relationships and I offer supervision in

these areas as well as general EFT couples therapy for those looking to either strengthen their practice and/or work towards certification.

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## Lisa Skelding, MSW, RSW

I am a BESTCO registered Sex Therapist. I have a special interest in working with couples whom have experienced cancer.

I often help out in one of the GTA Core Skills groups as a role play facilitator. I offer Individual or dyadic EFT supervision in my Oakville

office. Alternatively, I can travel to your office if in the areas of Mississauga, Oakville, Burlington, Hamilton, Collingwood or

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Muskoka. I also offer Internet/telephonic based Supervision.

If you have completed the EFT 4 day Couple Externship and want to know how you can

become either proficient as an EFT couple therapist or are working towards becoming certified in Emotionally Focused Therapy with

the ICEEFT then please contact me.



## Robin Williams Blake, RP

When I met Sue Johnson in 2000 at the Leading Edge Seminar and decided to learn her model, I had no idea it would become such a well-researched, powerful and effective way of working with couples. I certainly do now! Many years later, I strive to pass on my experiences and knowledge to those I consult with. I have learned from the best. Although I've never participated in 1:1 supervision with Sue, I have spent a great deal of time attending her trainings and watching her tapes.

Trainers are absolutely correct when they say, "if you want to learn EFT, you have to watch



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Sue." Sue is EFT! My primary EFT supervisor is Gail Palmer. Gail is also EFT amazing! She has her own style and presence and she embodies the model as well.

My strength as a supervisor -- after working with therapists for 6 years -- is helping others to fully identify the steps and stages of the model

and to put the system into practice. We must see the map Sue gives us clearly! Each step is different

and EFT

builds from the ground up. In my opinion, this is where therapists need the most help. I offer individual and group supervision at my home or office. *Set up a group and I will come to you!*

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## Irene Oudyk-Suk, MA, MSW, RSW

I have been certified as a supervisor for about three years but I have not done a lot of supervision!

I have dabbled into EFT supervisory waters over the years in training courses with Lisa Palmer-Olson, Jim Thomas, Marlene Best and Debi Scimeca-Diaz. Each time I have felt so eager to jump in deeper. Other interests kept me out of the supervisory pool. But this year I am ready to dive in.

I'll only be offering individual or dyadic supervision and I'd really like that to be face-to-face in my North York office. I'll want you to bring video tapes of your work

to our supervision sessions. I'll be video taping our supervision sessions as I plan to be concurrently enrolled in a supervision course. You'll be nervous about showing your tapes to me, and I'll be nervous about showing my work with you to my training group!

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## Debbie Wang, MSW, PhD (cand)

I am a newly certified supervisor based in Cambridge, Ontario. Leading by example and authenticity is integral in my practice as a clinical social worker and an EFT supervisor.

I am fluent in both English and Mandarin.

I have been helping Gail Palmer and Dr. Tat Ying Wong with numerous EFT training over the years both in Waterloo Region and in Toronto.

I took a slow and focused approach to becoming an EFT supervisor. My motto with supervisees who want to fast track towards mastering EFT is: "Show up fully, exactly

where you are, and that is the fastest way to get where you want to go."

I started a monthly EFT Circle of Support group in Cambridge last year to help nurture and facilitate the ongoing learning and practice of EFT of many EFTers in south-western Ontario.



**Supervisor  
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I am currently pursuing my PhD study at Wilfrid Laurier University. My dissertation research is using a mixed method to see the effectiveness of a modified version of Hold Me Tight® program for couples who are becoming first-time parents. See elsewhere in this newsletter.

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## EFT Sunday Video Matinee

**November 27, 12 -2 pm, \$15  
2180 Bayview, Toronto**

**Hosted by  
Irene Oudyk-Suk, MSW, RSW**

**Go to this page to download  
flyer which has location, TTC  
directions and parking  
information.**

**Please RSVP by email**

### **Working Successfully with Same Sex Couples**

This video set has 2 live sessions with two same sex couples. At this EFT matinee we'll look at the session with a delightful male same sex couple. Both patterns have an avoidant attachment style so it's a withdraw-withdraw couple. Important feelings are rarely expressed until there is a huge and difficult explosive event.

Not only will we witness EFT therapy with a same sex couple, we'll also get a close look at a withdraw-withdraw couple.



Join us. Veteran EFT video watchers, occasional EFT video watchers, and first time EFT video watchers—everyone welcome.

# Attachment Injury Training

## A note from Lorrie Brubacher, trainer

I consider Ontario as my home. I lived in the Kitchener-Waterloo area through my university years. I still fly into Toronto to visit family. I am thrilled to present the ***Forgiveness Process in Couple Therapy with EFT's Attachment Injury Resolution Model (AIRM)!***

Past participants in AIRM workshops have appreciated the clarity of the presentation. Video excerpts from the training program increased their confidence and focus. Especially helpful was learning how to work with Attachment injuries in Stage 1 and how to use the particular interventions through each of the steps of the empirically validated AIRM. They valued my flexibility and clarity in responding to questions from the group and the opportunity to apply the interventions and steps of the AIRM model in role plays with one another. Particularly valued was receiving guidance to carefully set up and direct the enactments of the repair process.

You may wish to come to the workshop, focused on a couple in your caseload, for whom an unresolved attachment injury is blocking their repair process. I hope one or two of you can present a case where a couple, struggling with an attachment injury has de-escalated, and if

## EFT'S ATTACHMENT INJURY RESOLUTION MODEL (AIRM) TRAINING



With ICEEFT Trainer  
Lorrie Brubacher, M.Ed., LMFT (NC) RMFT

Following the workshop participants will be able to:

1. Clearly define what an "Attachment Injury" is and recognize markers of a relationship attachment injury blocking a couple from safe connection.
2. Explicitly track and validate an attachment injury in the negative cycle in Stage One.
3. Prepare a couple for the Stage Two Attachment Injury Resolution process.
4. Apply the tasks and interventions of each step in the process for resolving

Lorrie Brubacher is the Founder and Director of the Carolina Center for EFT. She practices therapy and provides EFT Training and Supervision in her two homes - North Carolina and Winnipeg, Canada. For over 20 years she taught university counselling courses in Canada and worked in private practice. Lorrie is an AAMFT Approved Supervisor, has published with Dr. Sue Johnson in the *Handbook of Family Therapy* (2016) and has several chapters in press. She has also published in the *Journal of Marriage and Family Therapy*. In addition to teaching EFT Externships and Core Skills she provides training in Emotionally Focused Individual Therapy and Attachment Injury Repair.

When: October 28/29, 2016 9 to 5pm

Where: YWCA - 87 Elm Street.

Nancy Auditorium

Fee: \$400 + HST

Prereq: Completion of EFT Externship

For more information contact:  
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the injured partner is the pursuer, that you have withdrawer re-engagement. I will then invite you to role play your case with a colleague and I will do a "live role play session" with one or two "couples." I look forward to your contributions.

Past participants have valued differentiating the sudden snap of shattered trust from an attachment injury from the gradual erosion of trust from a negative cycle. Check out this article: [Working with Attachment Injury in Stage One](#) which first appeared in The ICEEFT EFT Community News. The article will help you determine if your couple's impasse is indeed an attachment injury for which the AIRM is relevant.

## Training Outline & Registration



## Toronto: Proud Home of the FIRST EFT Core Skills in Chinese Outside of Asia!



**Dr. Tat-Ying Wong, M.D., RMFT**  
ICEEFT Certified  
EFT Supervisor &  
International Trainer



EFT trainer Dr. Tat-Ying Wong completed the first ICEEFT certified EFT trainings in Chinese outside of Asia in June with 14 Chinese psychotherapists, social workers, mental health workers, marriage and family therapists and clergy.

Debbie Wang, a Mandarin speaking EFT Supervisor, and Herman Chow, a Cantonese speaking EFT Supervisor in Training, assisted. Sophia, the first certified Chinese speaking female GTA EFT arranged excellent facilities in a local Chinese faith community with delicious meals and snacks. This was the first time we used the Chinese translation of the standardized Core Skills Curriculum Gail Palmer compiled. Thanks Gail. And we're so grateful to Sue who developed this model for relationships that transcends culture.

Participants Ben and Agatha video taped all the demonstrations and role plays and made them available to other participants for review. The role plays were amazingly real and showed Dr.

Wong working with a highly escalated couple, a trauma couple, and a very shutdown withdrawer and an extreme pursuer. Three of these role plays were in Cantonese, one in Mandarin. Participants appreciated the culturally sensitive EFT language. Participants have already formed a monthly support group for continued EFT leaning.

Dr. Wong is working on the first Cantonese EFT training video based on a Hong Kong couple recovering from an extra marital affair. This video and transcript will have subtitles along the bottom and interventions along the top.

We look forward to having EFT certified therapists able to serve the GTA Chinese community (numbering over 537,000 in 2012). We are privileged to be part of the dynamic Greater Toronto EFT Community led by the two Robins with the newsletter edited by Irene.

**FREE: Beginning October 2016 (September group is full)**

**Hold Me Tight® Program for Couples Becoming Parents**

# Hold Me Tight®

for Couples Becoming Parents



Interview

16-Hour Program over 2 Saturdays

During September & October 2016



Follow-up

## Requirements for Couples Participation



You are in a committed relationship and are living with each other at least 1 year



You are expecting your first child (by birth not adoption)



You and your partner have no other child(ren) from previous relationships



You will be within 30 weeks of pregnancy at the beginning of the program



You and your partner can both commit to attend the 2 eight-hour sessions and 2 interviews

## Contact



Researcher: Debbie Wang, PhD Social Work Candidate, Wilfrid Laurier University



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[www.research.debbiewang.com](http://www.research.debbiewang.com)



FREE relationship enhancement program



A copy of the Hold Me Tight book by Dr. Sue Johnson



Nutritious refreshments are provided during the program



Debbie Wang, researcher at Wilfrid Laurier University is recruiting couples expecting their first baby to participate in this FREE relationship program. Enrolment taking place now; space is limited.

More information: [CBC news article](#), [Debbie's research page](#)

Please! spread the word through [Facebook](#)

# CREATING CONNECTIONS 2016

NEW FRONTIERS IN SCIENCE & PSYCHOTHERAPY

THURSDAY, SEPTEMBER 22 - SATURDAY, SEPTEMBER 24, 2016

WASHINGTON, D.C.

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Dr. Sue Johnson



Dr. Dan Siegel



Dr. James Coan



Dr. Marco Iacoboni



Dr. Jeffrey Simpson



Dr. David Barlow



Dr. Sandra  
Palvio



Dr. Louis  
Cozolino



Dr. Daniel  
Hughes



Dr. Guy  
Diamond



Dr. Janina  
Fisher



Dr. Zindel V.  
Segal

## 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.](#)







**Sue Sighting:  
with Gail Palmer**

**Toronto Externship,  
June 2016**

Is your practice located in or near north west North York? Are you in or have you completed core skills? Is EFT certification your goal? Do you need client couples?

At Couples In Step I receive many inquiries each month, more than I can possibly see. Perhaps we can work together somehow?

Contact me and let's talk.  
Irene Oudyk-Suk

**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: November 15, 2016. Have your EFT related announcements to Irene Oudyk-Suk by November 1st.**

**Announcements are limited to ICEEFT members.**