



Connecting Couples and EFT Therapists

The Greater Toronto EFT Community

NEWSLETTER

December, 2017 Vol. 3.4

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

From the Robins'

Dear Toronto EFT Colleagues,

With just a couple of weeks left of 2017, we'd like to circle back to what's been happening in local EFT news and share what is planned for 2018.

How wonderful it was to see a handful of Toronto colleagues this fall at the EFT Summit in San Diego. With phenomenal plenary speakers led by Sue Johnson, it was a rich and incredible experience. Included in this newsletter are some of the photos taken at the event. Enjoy!

Nancy and Paul Aiken's Hold Me Tight/Let Me Go training was an awesome experience for those who took part. Thank you Nancy and Paul for coming to Toronto and sharing your expertise and talent in working with these families.

Next year's big news!

The GTA EFT is hosting their 4th Externship with Sue Johnson and Gail Palmer on May 30 to



**Robin
Williams Blake**



**Robin
Hellendoorn**

June 2nd, 2018. Registration is open and early bird is in effect for those that are paid in full by April 1st. Do not hesitate!

ICCEFT Trainer Kathryn Rheem is returning to Toronto! Kathryn pleased Toronto clinicians two years ago when she teamed up with Marlene Best. She returns in the fall of 2018 to hold her EFT and Trauma Workshop on October on 12th and 13th. Please read all about it here.

North of the city, ICEEFT Supervisor Elana Goldin-Lerman, cofounder of the York Region EFT Community, is continuing her Movie Matinee on January 14th and March 27th. Grab a colleague and watch a training DVD with Elana.

Keep in mind you can get details about local EFT at any time by visiting the GTAEFT website. Encourage your colleagues to start their EFT journey by signing up for our newsletter and attending a training.

As we move into the holiday season we wish you and your families safe and happy gatherings and adventures.

All the best in 2018 and we hope to see you out at an EFT Event!

Robin and Robin
eftgta@yahoo.com

GTAEFT's Newest Supervisor



**Allan Findlay, RSW,
ICEEFT supervisor**

Allan holds a Master's degree in Social Work in Ontario and is in private practice in Toronto. He has worked with troubled adolescents, teens and families in his career and over the past many years has turned his focused to working with couples with EFT.

[Allan's Website](#)

Congratulations Allan!

From Robin Hellendoorn, ICEEFT Supervisor: On behalf of ICEEFT and the Greater Toronto EFT Community it is my great pleasure to announce that Allan Findlay is the GTAEFT's newest Certified EFT Supervisor.

Allan has worked hard and diligently to become an EFT Supervisor. Anyone who knows Allan, knows he is sensitive and caring and takes his work as an EFT Therapist and Supervisor very seriously. I have experienced him as open and reflective and he strives to make a safe learning environment for his supervisees.

We are lucky to have Allan in our Toronto EFT community.

And from Allison Lee, ICEEFT Trainer: "Warm congratulations Allan, from me on behalf of ICEEFT as you are now a Certified EFT Supervisor! I greatly enjoyed reviewing your work and reading your philosophy of supervision. Your role play provided words for your supervisee and you modelled how to intervene really well. I thought you created a great learning environment. You will - I am sure - be much in demand in Toronto."



Hold Me Tight/Let Me Go

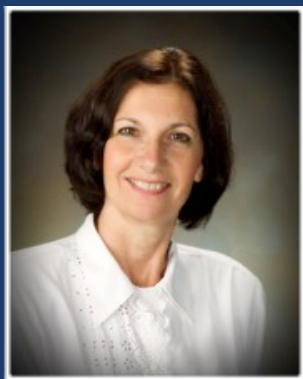
Drs. Paul and Nancy Aiken



On Oct. 20th and 21st, 30 family therapists gathered at the York Centre for Children, Youth and Families to learn from Drs. Nancy and Paul Aiken about how to lead Hold Me Tight/Let Me Go and how to effectively use EFFT with families with trauma histories. We were grateful for how they generously gave of themselves and imparted their knowledge and wisdom to us. It was a wonderful two days of advancing skills and of shared vulnerable experience together.

Nancy and Paul and the planning team then welcomed five families with teens for an experience of Hold Me Tight/Let Me Go on Oct. 21st and 22nd. Nancy and Paul offered a welcoming environment for these five families and brought them through many exercises to help the families create safety, understanding and new experiences together. It was incredible to witness the transformation that happened in these families through this event.

We are grateful to Nancy and Paul for their investment in Ontario's EFFT therapists and families. - Jessica Zeyl Workshop Facilitator and EFT Therapist



Elana Goldin-Lerman,
Certified EFT Supervisor

Together in EFT A Peer Supervision Group Movie Matinee

January 14th, 2018
March 27th, 2018
1:30 to 4:30 pm

250 Yonge Street
Eaton Centre
Suite 2201

elana.lerman@gmail.com
or call her 416 725-4817

Core Skills at McMaster — Hamilton



The above participants recently completed the first Core Skills Training at McMaster University with Gail Palmer. Congratulations. The location and facilities were excellent. Participants came from both Canada and the USA. The one and only Gail Palmer made learning and practicing EFT wonderful!

Gail will be back at back at the McMaster University Burlington Campus May 25-26, 2018 for an Emotionally Focused Family Therapy Training (EEFT). Contact [Lisa Skelding](#)

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.](#)



EFT in the Chinese Speaking Community



The EFT Rap in Chinese

At a recent EFT Externship for the Chinese community in Toronto (taught in both Cantonese and Mandarin) participants watched two live sessions. One couple taught participants about using EFT with an extremely shut down husband. The other featured a couple with trauma: trauma within the relationship and trauma in each partner's family of origin. Participants were moved by EFT's power to heal and transform deep shame.



EFT Externship participants

A record number of therapists joined ICEEFT as life long members at the conclusion of the Chinese EFT training.

More EFT trainings are planned for 2018: Core Skills, Healing Broken Bonds in Families, and Hold Me Tight/Let Me Go.

Tat-Ying Wong,
ICEEFT Trainer



Panel on the challenges and joys of learning EFT

Trainings in Chinese
Mandarin and Cantonese

Grace Health Centre
for more [information](#)

Thank you Irene

I (Robin Williams Blake) would like to take this opportunity to thank Irene Oudyk-Suk who has been the Chief Editor for the GTAEFT Newsletter for 3 years - a total of 12 editions. At this time she is stepping down from this voluntary position. Irene has dedicated many hours of service to this role. She and I have worked closely together. I would like to thank her from the bottom of my heart for her passion and dedication to growing EFT in Toronto through this newsletter.

Thank you, Irene!



Irene Oudyk-Suk, RSW has been a certified EFT therapist since 2009 and EFT supervisor since 2012. She has been regularly offering Hold Me Tight retreats since 2011. Irene is also certified in EMDR and in Sex Therapy.

[Irene's website](#)



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The Greater Toronto EFT Community

Toronto 4-Day EFT Externship



**ICEEFT Trainers
Sue Johnson
Gail Palmer**

**May 30 - June 2, 2018
9 am - 5 pm
YMCA Toronto**

[More information and to register](#)



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



Expand your knowledge of the new science of Love.

Begin your journey to becoming a Certified EFT Therapist.





Connecting Couples and EFT Therapists

The Greater Toronto EFT Community

Two Day EFT and Trauma Training in Toronto

ICEEFT trainer Kathryn Rheem, ED.D., LMFT

When: Friday October 12 - Saturday October 13, 2018
9 am to 5pm

Where: YWCA , 87 Elm Street, Toronto M5G 0A8
Nancy Auditorium

Early Bird \$425+HST by April 1st, 2018. Full Fee \$450+HST

Registration opens January 1st, 2018
[More information and to register](#)



The focus of this two-day training in the application of EFT with trauma survivor couples, is to work to help the trauma survivor reach open-heartedly and the partner to respond vulnerably. This training emphasizes three key features in working with emotional echoes: clinical assessment and identification of various personal and relationship factors that impact clinical decision-making, key EFT interventions central to working with emotion both intra psychically and interpersonally, and the how of pacing intra psychic and interpersonal work.

Participants will be able to:

1. Work with trauma with couples, with attention to heightening and/or containing emotion, and working within the 'therapeutic window' both individually and relationally.
2. Work with emotion 'moment-to- moment' with the overall goal of facilitating bonding and trauma resolution, and positively and durably shifting affect regulation capacities, as well as models of self and other.
3. Understand the impact of trauma from an attachment perspective, with attention to developmental factors, and with regard to mental health assessment and intervention more generally.



EFT Summit 2017 San Diego

4th International EFT Summit

Opening Plenary Sue Johnson,
Founder of ICEEFT



Gail Palmer, ICEEFT Director
introducing
Sue Johnson



Plenary Speaker
Louis Castonguay, Ph.D



Plenary Speaker
Jeffrey Simpson, Ph.D



Plenary Speaker
Gabor Mate, M.D.

**Attachment and Spirituality
Panel**

**Dr. John Townsend
Dr. Sue Johnson
Kenny Sanderfer, LMFT**



**Where Attachment Science is Headed
Panel**

**Gabor Maté, M.D., Dr. Jeff Simpson,
Dr. Sue Johnson, & Dr. Louis Castonguay**



**middle: Gail Palmer,
John Douglas, ICEEFT
ends: Rebecca Jorgensen
Scott Woolley, TRI EFT Alliant**



Sue Jonson's Keynote Address



Janet Goodhoofd, MSW, RSW
Oakville
Sharon Howson Jan, MSW, RSW
London, ON



Bonnie Wong
Tat-Ting Wong,
Toronto ICEEFT Trainer



Mitch Smolkin, RP
EFT Certified Therapist,
Supervisor-in-training
Toronto

Summit Photos
by Robin Williams Blake,
Toronto EFT Supervisor,
Trainer-in-training



**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: April 1, 2017
Have your EFT related announcements to
Robin Blake by March 15, 2017.

**Announcements are limited to ICEEFT
members.**