



Connecting Couples and EFT Therapists

The Greater Toronto EFT Community

NEWSLETTER

July, 2015

Vol.1.3

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

From the Robins'

Welcome to the third edition of the Toronto EFT Community newsletter. June was jam packed with local EFT trainings. Before we exchange our admin hats for sun visors and take the rest of the summer off, we want to tell you about our recent EFT events and alert you to the upcoming fall EFT training opportunities.

As a result of the two externships that took place in Toronto last month, ICEEFT has over 50 new members; most of those new EFT'ers are interested in



**Robin
Williams Blake**



**Robin
Hellendoorn**

Welcome new GTAEFT members!

joining the GTA community and have signed up to receive this newsletter. Welcome new EFT colleagues!

Finally, we want to thank Irene Oudyk-Suk for all her hard work in pulling this newsletter together.

Best wishes. Have a safe, fun summer!
Robin and Robin

**Coming to Toronto this summer
Hold Me Tight/Let Me Go
A Workshop for Families with Teens
More Information below**

English Toronto 2015 Externship

The June 1-4, 2015 Toronto EFT Externship hosted by the Greater Toronto Community, was a huge success!

Sue Johnson and Gail Palmer inspired 105 mental health practitioners who came from as far as Johannesburg, SA. Participants loved watching Sue and Gail's work with couples during the live sessions. Many passed on their appreciation to the whole GTA EFT community for their attentiveness and support. Participants have already signed up for the Advanced Core Skills with Gail here in Toronto this fall.



and offer additional support for the participants: Thank you Alan Groveman, Elizabeth Brown, Catherine Wood, Irene

Oudyk-Suk, Wendy Trainor, Elana Goldin-Lerman, Natasha Wakefield, Naomi Yano, Margarete Juliana, Kate Pugh, Susan O'Shaughnessey, Wendy Gage, Larry Borins, Jodi Rouah, Michael MacDonald, Marilyn Minden and Rotem Regev.

A special thanks goes out to Jessica Zeyl and Mitch Smolkin for their huge contribution to the training. Also thank you to all of the EFT supervisors and therapists who gave up their time to come



Gail, Sue, and externship participants stayed for a meet-and-greet at the end of the second day. Such fun to mingle and connect! And thanks to you, Sue, for signing books and posing for photos with participants.



We are pleased to announce Toronto's 2016 EFT Externship with Sue and Gail will take place on May 28th - June 2nd, hosted again by the Greater Toronto EFT Community! If you have colleagues who might be interested, please send them to the [externship page on the the GTA EFT website](#) for more information.

Chinese Toronto 2015 Externship

An EFT Externship in Chinese took place on June 22-25 in Toronto. A total of 50 people successfully completed the training; half of the group were faith-based leaders and the rest were a mixture of mental health workers, social workers, AAMFT therapists, and other professionals.

EFT trainer Dr. Tat-Ying Wong led the Externship and Debbie Wang, certified EFT therapist and supervisor candidate, was on site to assist with the training. Two live sessions featured distressed couples stuck in their cycles for 30-40 years. Through Stage 2 work, they found hope and connection again - a moving experience for all!

The event was well organized and supported by many volunteers; a simultaneous translator was utilized with the entire training

conducted in both Cantonese and Mandarin. There was great enthusiasm in using EFT to serve the Chinese population in the GTA and beyond - support groups were formed and Core Skills training is on the way - a true capacity building event to expand EFT in Canada's cultural communities!



The Addictions Dance

By Michelle Fischler



I had the pleasure of attending the EFT, Addictions and Couples Therapy 2-day workshop in Toronto with Michael Barnett, Jim Thomas and special guest Sue Johnson.

The room looked like a movie set, prepped with camera men and lights, ready to capture the engaging, Michael Barnett and Jim Thomas talk about using EFT with couples experiencing addictions.

I was eager to take the workshop after seeing a flurry of couples struggling with addiction. I wondered “How much substance use is too much to maintain emotional safety in the therapy? “Can I stay within the EFT model or

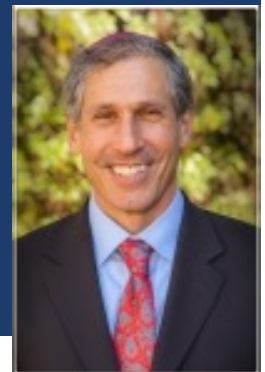
do I need to pull from another framework?”

I felt validated to learn that EFT can be used and that substances can indeed



Michael Barnett
MA, Eds, LPC

James Thomas, LMFT



feel like “an unwanted third party”. The partner turns to the substance rather than to their spouse.

The injured spouse longs for their partner, but the partner instead turns to the substance to regulate their own needs and emotions.

We looked at addiction as an attachment disorder and how to place addiction in the couples’ cycle. For example, If a relapse is to occur, helping the couple externalize it “relapse came for the couple”. Couples can help each other through



Panel Discussion with Michael, Sue, and Jim

this and be the antidote rather than the substance being the go-to.

There are contraindications to seeing couples dealing with addiction but fewer than previously thought. If connection and safety cannot occur

they will be unable to reliably reach and take risks that are so important in EFT.

I feel more confident in my couples and addiction work and highly suggest looking further into Michael and Jim’s model. There’s a training video in the works!

Off to a Good Start: EFT Training Video Matinees

The first Sunday EFT training video matinee held on June 28 attracted 17 enthusiastic therapists wanting to learn more about EFT and wanting to mingle with other EFT therapists!

Irene Oudyk-Suk facilitated this event. She plans to do this three to four times a year.

EFT Training videos show Master EFT therapists

conducting live couple sessions with real couples. They’re a good way to learn EFT and there are many videos available. But to get them all is a big expense and it’s hard to know which ones to purchase. (Training videos can also be a bit like books —they pile up



unwatched.) So the Sunday EFT training video matinee offers EFT’ers an opportunity to watch an EFT training video without first having to purchase it.

Attending an event like this is also a great way to meet and interact with other therapists taking the EFT journey. Mastering EFT is challenging at times. There’s a great benefit in hearing how hear others struggle. And there’s hope and

affirmation in the suggestions others have to offer.

So do consider attending on October 4 and/or December 6.

There’s an announcement elsewhere in this



newsletter or send [Irene an email](#).

York Region Emotionally Focused Therapy Community

Elana Goldin Lerman and Margarete Juliana are excited to announce the creation of the York Region EFT Community!

The purpose of the York Region EFT community is to help increase awareness about the effectiveness of EFT couples

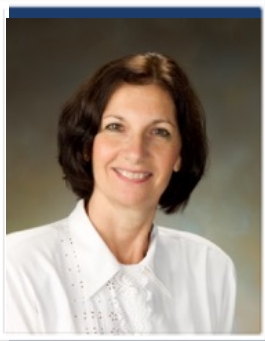
therapy and further promote its effectiveness in transforming relationships.

To this end, the primary focus of our community is to support therapists in advancing their skills in EFT by providing supervision and consultation to therapists, sharing EFT resources, and providing networking and social opportunities among EFT therapists.

Please visit us the [York Region EFT website](http://www.yreft.ca) for more information.

Your ideas and input to help us promote EFT in the York Region are welcome!

Elana and Margarete
info@yreft.ca



Elana Goldin Lerman



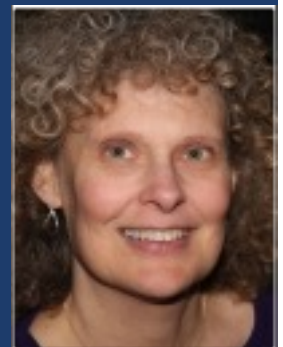
Margarete Juliana

Stage Two Change Events: Getting Clearer, Going Deeper

ICEEFT trainers Marlene Best and Kathryn Rheems 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.



Kathryn Rheems



Marlene Best

November 21-22, 2015; 9 am - 4:30 pm
[register here](#)
3080 Yonge St., Toronto

Hold Me Tight/Let Me Go: A Workshop For Families With Teens

Paul and Nancy Aikin, Certified EFT Trainers and Clinical Psychologists from Davis, CA, will be offering their Hold Me Tight / Let Me Go program for families with teens in Toronto.

Why should this interest EFT therapists?

You're likely familiar with the Hold Me Tight (HMT) program for couples. Extending HMT to a wider audience holds immense potential. Demonstrating to teens the power in safely communicating attachment feelings means increasing their resiliency and ability to be in relationships throughout their lifetime.

Gail Palmer has worked closely with Nancy and Paul on extending the EFT model to families. She states, "This program has Sue's blessing and is being developed to accompany the HMT for couples program. Bringing HMT/LMG to Canada is a next exciting step in the

process of validating the development of the curriculum."

Nancy and Paul have offered this workshop on four previous occasions to twenty families. They describe, "... unanimously

positive feedback, with even teens who described themselves as 'not really wanting to be there' stating at the conclusion of the workshop that they were glad they came and particularly appreciating the opportunity to have

their feelings really truly heard by their parents".

Paul and Nancy are available by [email](#) or Skype to answer any questions you have about this program.

Jessica Zeyl and Terry Noble are handling local arrangements. "We are thrilled

to play a part in bringing these two ICEEFT Trainers to Toronto to offer this great opportunity for families and for EFT therapy. If you have families who would be interested please [contact us](#) for registration forms."

Nancy wrote about HMT/LMG in the Winter 2014/15 and Spring 2015 ICEEFT newsletters editions of the [ICEEFT newsletter](#) (you need to be an ICEEFT member to have access to the newsletter).



August 14-15, 2015
95 Lavinia Ave., Toronto
Download flyer for cost and other details

EFT Sunday Video Matinee

ICEEFT Training DVD # 1: Healing Broken Bonds

**October 4; 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**

This DVD that shows one couple progressing through the change process from a destructive cycle of blame/withdraw to emotional engagement and the creation of a more secure bond. Excerpts from various sessions are re-enacted along with therapist commentary.

Key interventions used in EFT are shown. An excerpt of the first session assessment and the identification of the couples' negative cycle follows. Excerpts from sessions eight and twelve illustrate the process of re-engaging the withdrawn partner in the relationship. A key change event in EFT, softening the more hostile partner, is shown in session 14, and excerpts from session 15 and 17 illustrate how this change is integrated and treatment terminated.

We'll be watching pieces of this two hour DVD. The DVD is taken from real therapy transcripts. These transcripts are illustrated by actors to protect the identity of the couple.

**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 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.



Professionally designed, decorated, soundproofed, new office at a great location in downtown Toronto available on/after August 1st. Part-time options (e.g. Tues. & Thurs.) Catherine Wood, 416.926.7216 [or email](#)

CAN-SPAM ACT

Please help us get into compliance!

Confirm Your Subscription to this newsletter

The Greater Toronto EFT community needs to get into compliance with the Can-Spam Act. Please 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.

What is the Can-Spam Act? 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](#).

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

Announcements are limited to
ICEEFT members.

Office available at the Broadview Therapy Centre - Conveniently located Broadview and Danforth furnished office office available August 1st. Part-time options available (By-the-day). Please contact Joy Gilbert [email](#)