



Connecting Couples and EFT Therapists

# The Greater Toronto EFT Community

## NEWSLETTER

June, 2017

Vol. 3.2

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

### From the Robins'

**Welcome, EFT colleagues to the 10<sup>th</sup>  
edition of the GTAEFT Newsletter!**

With the first day of summer around the corner and temperatures still rising, what lies ahead for us all is a whole new season of picnics, backyard gatherings and trips to the closest body of water. Before we head off for summer fun we wanted to reach out and let you know what's been happening locally with EFT and to inform you of upcoming EFT events.

There are two ground breaking projects underway spreading the effectiveness of the EFT model to different populations. Read about them below.

There is still space left for Gail Palmer's one day training on working



**Robin  
Williams Blake**



**Robin  
Hellendoorn**

with Stepfamilies using the EFFT model taking place on June 2, 2017.

It's not too late to register for Toronto's 4<sup>th</sup> EFT Externship with Certified EFT Trainers Sue Johnson and Gail Palmer: June 5<sup>th</sup> to 8<sup>th</sup>. Team Johnson/Palmer get better each year! If you have a colleague who might want to take this training please let them know there is still space left.

**so much  
happening!**

Immediately following the Externship on June 9<sup>th</sup>, Sue presents a one day workshop for Leading Edge Seminars – Case Studies: Using the Wisdom of EFT to Overcome Clinical Impasses in Couples

Therapy. This training is not to be missed!

There are many online EFT training opportunities. Don't know which one to purchase? Have an in-depth preview of 4 or 5 different ones at the EFT video matinee hosted by Irene Oudyk-Suk on June 25.

On May 13<sup>th</sup> 15 practitioners in the GTA finished up the additional Cores Skills Training here in Toronto with Gail Palmer. Congratulations! If you are interested in taking this training, there are two to choose from starting this fall.

Finally, the 4<sup>th</sup> International Summit – New Directions in Science and Psychotherapy, is taking place in San Diego in October 12<sup>th</sup> to 14<sup>th</sup>. Planning to attend? This event is filling up fast.

And that's it! Have an amazing summer and we hope to see you out at an EFT event.

Robin and Robin  
[eftgta@yahoo.com](mailto:eftgta@yahoo.com)

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## Recently Certified!

### Samir Girguis, RP - EFT Therapist

Congratulations to Samir Girguis on being one of the first Egyptian and Arabic speaking Certified EFT therapist in Canada.

Here's what Certified EFT Trainer Gail Palmer said about Samir's certification video: *"What I liked about your stage two tape was your fearless movement into fears and longings, your focus on the physical reach and embodying the emotional experience and your asking the partner to take the risk and to clearly ask for what the attachment needs."*

**Well done  
Samir!**

*"We are so proud of your accomplishment. You will be a great blessing to your counselling centre and the Arabic speaking community in Toronto!"* Tat-Ying Wong – MD, Certified EFT Trainer.

(CFCS) in Mississauga and provides counselling in the English & Arabic languages to individuals & couples.

Congratulations can be sent to Samir at [stmark62@hotmail.com](mailto:stmark62@hotmail.com)



Samir is an AAMFT Pre-clinical fellow. He works at Cornerstone Family Counselling Services

# Might EFT reduce the risk of Domestic Violence?



**Asher Dreise M.Div., RP** has worked at Catholic Family Services of Peel for the past three year. He is also currently working in Kitchener at the del Rosario Psychology and Psychotherapy Group. He works with individuals experiencing intimate partner violence, depression, anxiety as well as couples in conflict.

**Mariola Malasinski MSW, RSW** has been a therapist for ten years, and a clinical supervisor at Catholic Family Services Peel

**Dufferin for the last three years. She supervises the Walk In Clinic at the Mississauga location, and the Wellness Success program in collaboration with the Region of Peel. She also supervises interns through the Practicum Training Program at CFSPD. Her areas of specialization include survivors of trauma, clients diagnosed with BPD, and couples.**



In the Fall of 2015, we (Asher and Mariola) were informed that we would be participating in the Conjoint Couple Counselling Pilot Project, a project initiated by Family Service Ontario and funded by the Ontario Ministry of Community and Social Services. The project would be using Emotionally Focused Therapy to serve couples experiencing high levels of conflict, and that Sue Johnson, the founder of a therapy we greatly admire, would be providing training and consultation. A number of us had already been learning EFT in the agency; we were drawn towards the connections it created in our couples and we were convinced that this was a model we wanted to invest in. To say the least, we felt

privileged, excited, and honoured to be given the opportunity to learn from Sue herself. However, perhaps we are getting ahead of ourselves – in the words of Sue, “let’s slow things down” and explain the greater context of this story.

This pilot project’s goal was to assess the effectiveness of EFT intervention in reducing the risk of domestic violence. We have programs that are designed to help individuals when there has been violence in relationship, such as the Partner Assault Response program, but these services step in after couple dynamics have escalated to the point of including violence. Could it be possible to use EFT to help couples

de-escalate, re-connect and lower the risk of violence? Violence in relationship is a sensitive topic. One concern that was greatly considered when selecting couples was how to ensure that the therapy was not putting partners at greater risk of being harmed. To this end all couples were assessed individually and together using specific risk assessments to ensure that it was safe to proceed.

The project began in 2015 and ended in early 2017. In total, 98 couples received EFT throughout urban, rural and northern Ontario: Four Family Service agencies were involved: Haldimand-Norfolk REACH (rural site), Thunder Bay Counseling Centre/Catholic Family Development Centre (northern site) and our agency - Catholic Family Services of Peel-Dufferin (urban site). The counsellors who participated received two days of training from Sue Johnson and Gail Palmer. They also received direct consultation from Sue and her team of EFT experts.

To our very pleasant surprise, we were informed that Sue would be working directly with us for the project. Words can hardly describe the excitement and nervous feelings we experienced. Having spent the last year watching her counselling sessions on video and reading her books, we were being given the opportunity to learn directly from her. We collected in the board room for our first consultation over the phone. We dialled in, and anxiously waited for her to respond. Thoughts of self doubt plagued us as time passed. Then a calm, welcoming, friendly voice came on the phone: "Hi guys." Our anxieties and fears melted away as we introduced ourselves and were received warmly by Sue.

We were afraid that we would use supervision as a space to speak about inauthentic struggles that attempt to highlight strength as an indirect way to impress Sue. However, her warmth and openness in our conversations quickly shed this need to impress and allowed for vulnerability and honesty in the struggles we had providing

couples counselling. This must be what validation and unconditional positive regard does: it welcomes us into a space where we can be honest without fear of judgment. We don't need to attack or withdraw; we can just be present with each other. This space of being heard without judgment and fear of how others will react was what the couples who received treatment needed. The pattern of disconnection had overtaken them and they were unable to see anything other than more of what they had already been trying: withdraw out of hurt and pursue out of disconnection.

Throughout the project, all of the EFT consultants were astounding. They went above and beyond offering support and guidance to the practitioners. Phone conversations and emails were encouraged between Sue's team and the clinical team. The therapists involved in the project all reported how supportive they were.

Here we are now; it is like the day after a marathon run. The excitement of the project has died down; the practitioners ran a hard race and are proud to have participated in such a project. The numbers are still being tabulated and findings are yet to be formally released. However, preliminary findings based on data collected by our agency show that couple satisfaction increased and the risk of domestic violence decreased at end of treatment. As a part of the project, there were conference calls with all the therapists involved. Judging from those conversations, these findings are not surprising. EFT has helped couples de-escalate and lowered the risk of violence.

What now, what happens from here? Phase Two of the project is commencing this May. The therapists continue to use EFT at their sites. We at Catholic Family Services of Peel continue to see clients providing quality care to those who need it. We hope to see the results of this project eventually turn into a program that allows couples who are at heightened risk for violence receive the help they need.



# Hold Me Tight® for Chinese Canadian Couples Research Results



**Ottawa ICEEFT Trainer**  
**Dr. Paul Greenman, Ph. D., C. Psych.**



**Toronto ICEEFT Trainer**  
**Dr. Tat-Ying Wong, MD, M.Div., RMFT**

**There is an abundance of EFT training from the basic EFT externship to core skills to speciality trainings available to GTA therapists who offer services to Chinese Canadian couples. The trainings are available in Cantonese and Mandarin. [Details here](#)**

Newly published research by Canadian EFT trainers Dr. Tat-Ying Wong and Professor Paul Greenman in the most recent issue of the Journal of Couple and Relationship Therapy shows that supervised lay group facilitators using an attachment and Emotionally Focused Therapy based group intervention can lead to statistically significant improvements in Chinese Canadian couples in their relationship adjustment, attachment security and family functioning. This study adds weight to the view that attachment is universal since strengthening emotional connection with their partners reduces relationship distress and increases attachment security in Chinese Canadian couples. It is also the first cross cultural Hold Me Tight program outcome study. Couple relationship distress and breakdown are very common all over the world, including once conservative Asian cultures. Unfortunately, these couples face significant barriers to accessing effective interventions due to the lack of local certified couple therapists, stigma and cost of seeking help. “Hold Me Tight” relationship enrichment programs with proven outcome led by supervised lay facilitators removes these access barriers. All couples deserve the best

**The September, 2017 issue of the Greater Toronto EFT Newsletter will feature Hold Me Tight® groups regularly held in the GTA area. Please contact [Irene](#) if you wish for your group to be included.**

help in building a safe connection and providing a secure base for the next generation. Dr. Sue Johnson is right in saying that Hold Me Tight groups can be facilitated by the local barber, post man, bus driver, house wife, teacher or plumber, making this evidence based intervention available to all couples.

## Abstract

### **“Hold Me Tight”: The Generalizability of an Attachment-Based Group Intervention to Chinese Canadian Couples”**

**Tat-Ying Wong, Paul S. Greenman & Valérie Beaudoin**

**p.1-19, Published online: 03 Apr 2017**

***Journal of Couple and Relationship Therapy***

**“Hold Me Tight” (HMT) groups are an adaptation of emotionally focused therapy (EFT) for couples and have emerged out of 30 years of research into the efficacy and process of EFT. The goal of this study was to test the effects of a Chinese-language version of the HMT relationship enrichment program in a sample of Chinese Canadians. Twenty-three men and 23 women (N = 46) in committed couple relationships completed an HMT relationship education program with their partners in Toronto, Ontario, Canada. Results indicated statistically significant improvements in participants' satisfaction with their attachment relationships, in their attachment security, and in their family functioning. The implications of these findings are discussed in light of relevant cross-cultural literature on attachment and couple relationships.**

## **Comments on this new research study**

**“This is Huge!!!”**

**Dr. Sue Johnson**

**Distinguished Research Professor, Alliant University in San Diego, California,  
Professor Emeritus, Clinical Psychology,  
University of Ottawa, Canada.**

**“Empirical evidence on diverse families/couples are so much needed... this is such a great contribution to the EFT literature.”**

**Dr. Ting Liu**

**Assistant Professor, Drexel University**

**“So wonderful to have this study that confirms what we already know experientially, i.e. that Hold Me Tight Workshops are incredibly**

**effective! It's especially fascinating that this is true with different cultural groups from the one where the model was developed and the workshops have typically been offered.”**

**Jill Fischer, LCSW**

**Director and Founder, the New England Center for EFT**

**“The cross cultural relevance of this study is so important for our clinical work and training. It really supports the idea that secure attachment is our basic need as humans and what it's about for couples. What a great contribution!”**

**Dr. Veronica Kallos-Lilly**

**Director and co-Founder, the Vancouver Couple & Family Institute**



The Greater Toronto EFT Community

# Emotionally Focused Family Therapy with Stepfamilies

## *One Day Training Event*

According to the last Canadian census, 12.6% of Canadian families are stepfamilies. As stepfamilies are complex, they can present unique considerations for family therapy. All families are challenged to meet our fundamental needs to belong and stepfamilies have the extra burden to meet this challenge when their family configuration has been born out of loss.

We are offering this training to give practitioners the opportunity to learn how to effectively use Emotionally Focused Family Therapy (EFFT) with stepfamilies. As a Toronto EFFT community, we are thrilled to welcome back Gail Palmer to teach us through instruction, discussion and video presentation how to conceptualize EFFT for stepfamilies, how to apply EFFT to stepfamilies, how to view child distress within a stepfamily context, how to restructure stepfamily interactions and improve stepfamily responsiveness.



Gail Palmer, EFT/EFFT Trainer

Attendance at a previous EFFT training is not necessary to attend this event. We welcome all practitioners who work with families (therapists, social workers, teachers, doctors, nurses, community workers, pastors, etc.).

**June 2, 2017, 9am-4:45pm**

**Wycliffe College, 5 Hoskin Avenue, Toronto**

**\$226.00 HST included**

***For inquiry and registration please email***

***[wendygage@drcnoble.com](mailto:wendygage@drcnoble.com)***

***[jessica@jessicazeyl.com](mailto:jessica@jessicazeyl.com)***

***Or phone: 416-723-3039/416-763-4679***



International Centre  
for Excellence in  
Emotionally Focused Therapy



## The Greater Toronto EFT Community



Join EFT Trainers  
Sue Johnson  
and Gail Palmer



*In Toronto for a 4-day Externship in  
Emotionally Focused Therapy*

**Learn:**

The basic concepts and theory of  
Emotionally Focused Therapy - the  
best validated and 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

June 5-8, 2017

Oakham House

Ryerson University

Tecumseh Auditorium

55 Gould St. Toronto

[www.ryersonstudentcentre.ca](http://www.ryersonstudentcentre.ca)

Early Bird Fee \$930 + HST

(\$990.00 + HST after April 1st)

**For more information or to register visit:**  
[http://www.greatertorontoeft.com/for\\_therapists/](http://www.greatertorontoeft.com/for_therapists/)



For more information about Dr Sue Johnson  
or Gail Palmer visit:

[www.drjsuejohnson.com](http://www.drjsuejohnson.com)

[www.iceeft.com](http://www.iceeft.com)

[www.ocfi.ca](http://www.ocfi.ca)



# Case Studies with Sue Johnson

## Using the Wisdom of EFT to Overcome Clinical Impasses in Couples Therapy

Sue Johnson with Michael Kerman  
(Leading Edge Seminars), April 2016



Date: June 9, 9am - 4 pm  
Venue: YWCA Toronto



More information  
and to register

When you begin to unpack old attachment wounds that are triggered by the dynamic between a couple in distress, watch out!

In this special 1-day training, Sue Johnson will offer suggestions, share insights and demonstrate effective and elegant applications of EFT principles and interventions through case consultation. You will learn ways to effectively, safely and consistently tap into EFT wisdom even when faced with the most challenging couples based on real-life scenarios.

EFT done well looks deceptively simple. This training will give you the chance to watch a master clinician parse complex cases and fine tune EFT strategies to meet individual cases.

# EFT Sunday Video Matinee

Want to continue growing your EFT skills after the EFT externship or Core Skills? Or maybe you've even completed the certification process and still want to continue your EFT growing...

While nothing beats live supervision, EFT peer groups and reviewing tapes of your own sessions, there are also a plethora of excellent EFT online learning opportunities. But which one to get?



Over the years I've purchased quite a few of the EFT on-line training products. I'll share excerpts of some of them with you at the EFT Sunday Video Matinee in June.

If you're unable to come on June 25, I'll do something similar in the fall. The

training products I'll show in the fall will be different from the ones I'll show in June, so you're welcome to come both times!

June 25, 2017 12 -2 pm, \$15  
2180 Bayview, Toronto

**Facilitator: Irene Oudyk-Suk, EFT supervisor**  
**[Flyer here](#)** Please RSVP by **[email](#)**

## 2016-2017 Toronto EFT Core Skills graduates Congratulations!



## 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: September 29 & 30**  
**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**

**DATE:** Oct. 12- 14, 2017

**Location:**  
Sheraton Hotel & Marina, San Diego, CA

**FOR MORE INFO :**  
[EFTSUMMIT.COM](http://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: September 1, 2017  
Have your EFT related announcements  
to Irene Oudyk-Suk by August 15, 2017.**

**Announcements are limited to ICEEFT  
members.**