



Connecting Couples and EFT Therapists

The Greater Toronto EFT Community

NEWSLETTER

March, 2017

Vol. 3.1

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

From the Robins'

Spring may be the most eagerly awaited season. After a winter of cold temperatures, snow, ice and darkness the arrival of spring signals renewal and rejuvenation. It can be a time of beginnings filled with hope and joyfulness. What better time for us to come out of winter hibernation and announce the new EFT trainings in the greater Toronto area this year.

We are doing it again! The GTAEFT is organizing the third EFT Externship with Sue Johnson and Gail Palmer in June. The past two Externships have been a hit! Team Johnson/Palmer get better each year. Please pass on this newsletter to anyone whom you think might be interested in taking this training.

Sue and Gail can't get enough of Toronto! Immediately following the June Externship, Sue stays and presents a one day workshop for Leading Edge Seminars - *Case Studies: Using the Wisdom of EFT to Overcome Clinical Impasses in Couples Therapy*. On Friday, prior to the Externship, Gail presents her one day training in *Emotionally Focused Family Therapy (EFFT)*.

The 4th International EFT Summit – New Directions in Science and Psychotherapy, is taking place in San Diego



**Robin
Williams Blake**



**Robin
Hellendoorn**

in October 12 to 14th. Check out the plenary speakers led by Sue Johnson in the attached flyer and follow it to the Summit web page. This event will fill up fast, if you are planning to attend, don't hesitate – sign up today!

Finally, don't forget Irene Oudyk-Suk's EFT video matinee - an afternoon where practitioners interested in EFT meet to watch training videos to increase their skills working with the EFT model.

There's an African proverb that states, "no matter how long the Winter, Spring is sure to follow." As the weather warms up we hope to see you out at an EFT event!

Robin and Robin
eftgta@yahoo.com

Recently Certified!

Herman Chow D. Min, RP, RMFT - EFT Supervisor

Herman has many years of counselling, supervising, and teaching experience. He is an AAMFT Approved Supervisor and an adjunct professor of counselling at Tyndale Seminary and at the University of Guelph. Herman has a vibrant private practice in Markham and Mississauga. Herman is passionate about EFT because he sees couples transforming in his office and moving towards intimate connection. He enjoys helping therapists learn the art of EFT.



learning and eager for feedback and he used what he learned to continue to grow.”

Gail Palmer, ICEEFT trainer wrote: “I am thinking this is what makes a great teacher, when we remain open to leaning and growing ourselves, and Herman has demonstrated that he has the flexibility and confidence to foster his own continued development. He will be a great teacher!”

Herman – therapists will be lucky to work with you.

[Herman's website](#)

Alison Lee, from ICEEFT, wrote about Herman: “Herman is a strong addition to the Greater Toronto EFT team. He has a great understanding of EFT and is able to disseminate EFT concepts and skills clearly, and in tune with his supervisees' needs. Gail Palmer and I both found Herman to be very open to

**Well done
Herman!**

Recently Certified!

Elana Lerman MA, RP, RSW, RMFT - EFT Supervisor

Elana earned a Bachelor's Degree in International Affairs from George Washington University in Washington D.C., and then pursued a Master's Degree in Organizational Behavior at the Hebrew University of Jerusalem, Israel. Elana also earned certification in Parental Group Counselling at the Adler Institute where she began facilitating parenting groups on site and in Israeli Correctional Facilities.

Elana arrived in Canada to pursue a Master's Degree in Counselling Psychology from The Adler School of Professional Psychology in



Toronto and she also continued her post-graduate studies in the specialized field of Marriage and Family Therapy. She is an AAMFT Approved Supervisor.

**Well done
Elana!**

Alana is fluent in English, Spanish and Hebrew.

Robin Williams Blake, Elana's supervisor says, "Elana has shown incredible dedication in becoming a Certified EFT Supervisor. She has a soft, non-judgemental way of encouraging the best from her supervisees. She leads with supportive feedback which is a gift to her

supervisees. I have had several points of contact with Elana in the Toronto EFT Community when she comes to help at local events. I have a lot of respect for Elana."

Gail Palmer, ICEEFT trainer notes: "Elana knows a lot about EFT as a model of therapy and she also knows the important elements in EFT supervision. She pays close attention and listens carefully to her supervisees and it is apparent her supervisees feel safe and are very open with her. Elana models interventions, uses role-play effectively and keeps the focus on the couple and the development of EFT skills. It is wonderful that Elana is emerging as another EFT leader in Ontario."

[Elana's website](#)

Recently Certified!

Mary Luard, MSW, RSW, RP - EFT Therapist



Mary has a private practice in Kitchener and also works part time on a Family Health Team where she has recently managed to secure support to initiate Hold Me Tight groups for the patient population.


Mary engages regularly in professional voluntary work abroad and is working to bring EFT training to Vietnam. She provides therapy to clients across the age spectrum, working with anxiety, depression, grief and loss, parenting issues, trauma, domestic abuse and addictions. She sees many couples, working with the EFT

model. Mary offers Hold Me Tight retreats in the Waterloo/Wellington area.



Allison Lee, ICEEFT trainer says: "I loved Mary's work, from the first 30 seconds onwards. She is safe, unhurried and basically really awesome at EFT. Mary is a wonderful resource for Kitchener. I am happy to know she is there."

**Well done
Mary!**

[Mary's Website](#)



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
Early Bird Fee \$930 + HST
(\$990.00 + HST after April 1st)

For more information or to register visit:
http://www.greatertorontoeft.com/for_therapists/

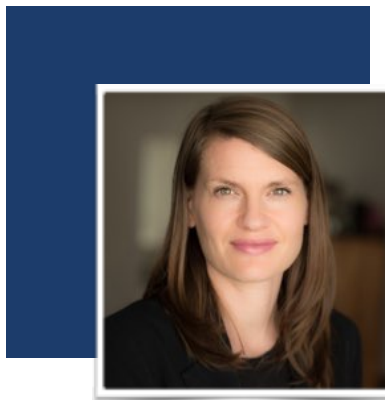


**For more information about Dr Sue Johnson
or Gail Palmer visit:**
www.drsuejohnson.com
www.iceeft.com www.ocfi.ca

Previous Externship Attendees Reflect...

Polly Sykes, RP

One of the key things I took back to my practice from the externship was the idea of seeing the moves that couples make in their cycle through the lens of attachment. This perspective allowed me to better understand and empathize with reactive behaviour in session which I otherwise



have found confusing, overwhelming or frustrating. Even if I did not yet have a firm grasp of all the steps and stages of the model and a finely honed skill-set around using the best interventions at the right time, the externship gave me the foundation from which to develop these skills.

[Polly's website](#)

Amanda Green, MSW, RSW

Participating in the 2016 Toronto EFT Externship has changed my life both personally and professionally. It was inspiring to witness the transcendent power of tuning into emotion, especially in the live sessions.

The training motivated me to embark on the journey of becoming certified in EFT. I have been amazed by how much I learn from watching my



own videotaped sessions. I now have firsthand experience of helping couples to connect by using the EFT approach. It really works!!! The

Externship (and subsequent Core Skills trainings and supervision) have given me a priceless gift: the gift of confidence in my capacity to help couples to come together in love and understanding. I have also started a private practice and am going to a Hold Me Tight workshop with my husband this month in Costa Rica! I am quite thrilled to say that learning EFT will be the focus of the rest of my career.

[Amanda's website](#)

Uliyana Markova, MSc, RP

Attending the EFT Externship in June 2015 exposed me to the Emotionally Focused Therapy concept, connected me with colleagues interested in EFT couples therapy, and set me on a journey of understanding and mastering the EFT approach. Hearing Sue Johnson and Gail Palmer talk about attachment as the powerful force in our relationships was inspirational. Seeing them in live and recorded sessions was educational and comforting. Following the externship, I started working with couples in a more focused way. I continue to learn to align my couple work with the EFT steps.



[Uliyana's website](#)



I had read a few EFT books before the externship. But I was not getting that change comes from the client experience of emotion. I was just helping a client gain insight about a

experience. That is not the objective of EFT. After the externship I realized that I liked orderly sessions. I realized that sitting with emotion and having it go in unknown directions was uncomfortable. I had been using EFT like I was using CBT. That's why I couldn't get anywhere meaningful. So I pushed myself to sit with the client's present experience more. I learned tools to encourage emotional expression, such as identifying where a sensation is felt in the body. Watching Sue and Gail's live demos at the externship helped me see the experiential nature of EFT in action. In the following months I noticed that when I was really present with the client and their experience I wasn't taking notes. These were also the best sessions—I was engaged with my client's experience.

Jim Squire, MDiv, OACCPP

[Jim's website](#)



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

jessica@jessicazeyl.com

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



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

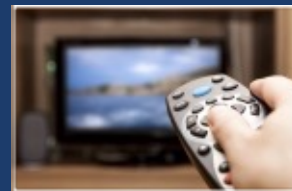
More information
and to register

EFT Sunday Video Matinee

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

We take a training tape, watch it, stop it, discuss it, watch it again...

This June we'll either extend the series we started last time: EFT with same sex couples, or preview of an excellent online EFT Stage One training Irene took earlier this year: (many training choices: preview first) [The Road to De-escalation](#)



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

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

Successful Completion of the 1st Core Skills in Cambridge

A great group of EFTers created such synergy in learning EFT! The first Core Skills Advanced Training in Cambridge was led by Gail Palmer and Marlene Best. With their EFT smiles, all participants put their reflections together upon completion of their final weekend this past February.

Embrace fear. Hopeful. Trust yourself. Feel into it.
Nurture curiosity. Go sloooow. Exhilarating.
Empowering. Revolutionary. Solidifying, clarifying
and building my confidence in using EFT. Vulnerability
is the path to connection. Slow it down, reflect,
validate. I have a map to guide me. Clear direction
with confidence.

Lorrie Brubacher and Gail Palmer will be the trainers for the next Core Skills in Cambridge starting September 2017. Registration is open now. For more information contact [Debbie Wang](#)



**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.



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**

**Module Five: TBA
Participant's Presentations**

Contact for 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

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



Dear GTA EFT Colleague

One of the requirements to be listed on an EFT Community or Centre Website is to be a member of ICEEFT.

**Is Your Membership up to date?
Please contact us at eftgta@yahoo.com
if you have any questions.**

Don't Get Scammed!

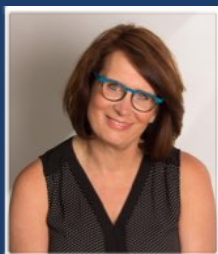
Private practice therapists will sooner or later receive emails that are “too good to be true!” A potential client offers to pay a number of sessions ahead, or a potential client will be arriving in your city from out of town and wants to engage your services during the short time they are in the area.

When in doubt — Check it out.

**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: June 1, 2017
Have your EFT related announcements to Irene Oudyk-Suk by May19, 2017.**

Announcements are limited to ICEEFT members.