



Connecting Couples and EFT Therapists

The Greater Toronto EFT Community

NEWSLETTER

May 15, 2016 Vol. 2.2

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

From the Robins'

There's that saying from the movie Field of Dreams, "if you build it they will come." That certainly seems true for EFT in Toronto as we prepare for our third Externship with Sue Johnson and Gail Palmer. This is the first level training in EFT and it starts May 30th at Oakham House, on the Ryerson University Campus. Presently we have 90 participants and the registrations are still coming in. Of course it helps our numbers when Sue Johnson comes to T.O. and works her magic at Leading Edge Seminars as she did earlier this month. And might I add, she hit it out of the park, which she always does!

On April 30th our 2015/16 core skills training group with Gail Palmer finished up their fourth weekend at Wycliffe College. There was a nice mix of excitement and sadness as Gail handed out the certificates of completion (and a few hugs!)



**Robin
Williams Blake**



**Robin
Hellendoorn**

Gail Palmer returns in June with her Emotionally Focused Family Therapy training (EFFT). This event is not to be missed if you work with, or are interested in working with families using the EFFT model.

We are now taking registrations for Lorrie Brubacher's Attachment Injury Repair Model (EFT AIRM) that is happening this fall. This model was developed by Lorrie Brubacher and Lillian Buchanan to guide you in helping your clients resolve their relationship injuries. Who doesn't need a little help with this?

We love this time of year as the weather

starts to get warmer, the day light lingers a little longer, and neat things start to pop out of the ground. We are feeling quite appreciative and would like to take a moment to thank Sue Johnson for creating this amazing model of therapy that helps us help our couples. Thank you also to Sue's colleagues at ICEEFT and OCFI for their continued contribution to

developing this model that has our back every time we step into our therapy office.

Have a great spring and summer and we hope to see you out at an EFT event.

Robin and Robin
eftgta@yahoo.com

Congratulations Recently Certified Therapists !

Julia Balais PhD, RP, OCT



Julia has been practicing psychotherapy for 14 years and has been working with EFT couples therapy since the time of her first externship in 2006. She is delighted with finally getting her certification!

Julia comes from a career in education. Her Ph.D. thesis, focusing on how people learn,

continues to inform her practice. She has taught at Brock University and belongs to a number of supervision groups.

Robin Hellendoorn, Julia's EFT Supervisor says about Julia: "Julia has an empathetic and intuitive connection with her clients. Her work reflects deep learning and effort to become a skilled EFT therapist helping her clients find ways of deeper communication, compassion and understanding. It's a privilege to consider her a colleague and friend."

Julia's private practice is in the west end of Toronto, near High Park and the subway. You can learn more about Julia [here](#).

Wendy Bulthuis MSW, RSW



Wendy, with previous experience in children's mental health, pediatrics, and family counselling has for the last 8 years had a private practice in St. Catharines where she works with couples and families. She, with a colleague, pioneered

Hold Me Tight® workshops in the Niagara region.

Janet Cleghorn, Wendy's supervisor, comments: "Wendy is warm, immediately with you, gentle & forthright. She has been consistently open in learning from her vulnerabilities, her rigorous self-scrutiny on target with clients, thoughtful, persistent. At first finding herself anxious in evoking her clients' hidden feelings, she experienced an epiphany as her explorations led to couple transformation. Her personal way is absolutely authentic & engaging. As Alison Lee commented, her work is just lovely."

Wendy's [website](#)

**Well done,
Julia & Wendy!**

EFFT (the extra F for family, of course)

Do you love EFT and want to learn how to use it with families?



On June 10th and 11th you can learn just that with Gail Palmer at Wycliffe College. This training is being brought to you by Wendy Gage and Jessica Zeyl who have seen first-hand the amazing transformation that EFFT (the extra F for family, of course) offers families.

"I love EFT work with couples, but I see family work as more significant because it is preventative therapy for the kids in the family. We give them EFFT early on, the family runs with it and then the kids are less likely to need individual or couples therapy later on in life. They get an early course correction experience," Jessica reports.

Wendy adds, "I haven't seen another model of family therapy that can accomplish what this model can. The pathway to parental change honours how difficult parenting can be. We evoke change through empathy and validation, not parent blaming. We model this safe space for growth and development so they can do the same for their children."

Wendy and Jessica are interested in building a community of EFFT therapists in the GTA that support one another in their work with families.

Please consider coming to the training yourself and passing on the word to anyone who works with families. This training is open to people from cross disciplines (social workers, therapists, teachers, OTs, pastors, community workers, etc) who work with families.



Contact: Wendy: [email](#) or call 416-723-3039

Jessica: [email](#) or call 416-763-4679

[Details and registration form](#) on the GTAEFT website

Sue Sighting!



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

Using “Love Sense” and Science to Shape Megawatt Couples Interventions: April 7, 2016

Sue Johnson provided a day of information, research, clinical tales and inspiration to a room of eager therapists wanting to deepen their understanding of EFT. This was Day 1 of a two day training opportunity at Leading Edge Seminars, and it provided an overview of the science of love, an overview of EFT's stages, steps and interventions and of course, the attachment lens which informs this model.

Sue shared stories of her work with couples and provided some opportunities for practice and play for participants to get a taste of how to put some EFT interventions into practice.

When I was considering attending Day 1, I asked my Supervisor Gail Palmer if it

would be worthwhile given the many trainings I have attended, and she simply stated, “I learn from Sue every day.” And it was so worthwhile. Sue shared her passion and experience with the clients with whom she has worked to help illustrate how EFT helps couples understand their emotional disconnection and provides the map to reconnection.

Sue was warm, engaging and as always, a pleasure to learn from.



**Mary Joan Brinson, MSW, RSW
Certified EFT Therapist &
Supervisor-In-Training**

Addressing Stuck Places in EFT Couples Therapy: A Master Class with Dr. Sue Johnson, April 8, 2016

This training was a valuable opportunity to acknowledge and reflect on our stuck places as couple therapists and to learn some ways out of challenging, confusing or frustrating places with our couples.

For me there were three essential take-away's.

First, was the reminder that everyone faces struggles at times in this work. Even the most respected and experienced EFT therapist can get thrown off track. It was reassuring to have the nuanced complexity and inherent challenges of this work normalized. The question is not whether we will get confused or stuck at times, but rather what we will do when this happens.

Second and related, is how essential it is to find our own sense of balance in the therapy room. This means many things; being grounded in ourselves, having an understanding of where we are in the EFT process, taking charge in sessions to contain escalation, and being curious about what is happening when things start to go awry. The tapes we watched

were a reminder of how directive we need to be at times to establish and maintain a secure base in the therapy room. This secure base is needed so that our clients feel safe enough to take risks, but also so that we feel balanced and secure enough to be curious, flexible and attuned as therapists.

Finally, I was reminded of the importance of making use of other EFT therapists for support, guidance and clinical insight. Sue herself described retreating to a trusted colleague's office after particularly challenging sessions to share, to reflect, and to consult. This is what we can offer each other through the incredible network of EFT therapists and supervisors that exist in the GTA. I am grateful for this resource as I continue to find my balance in this exciting but challenging work.



Polly Sykes, M.Ed., RP

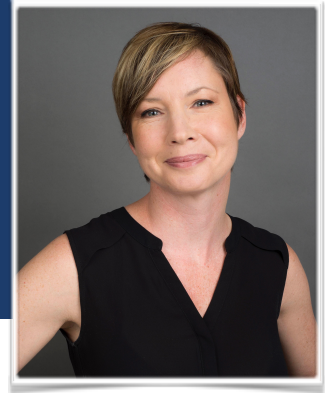
Core Skills, 2015-2016



2015-2016 Core Skills: Participants Comment

Core Skills was an invaluable experience. Gail not only "talks the talk"; she completely embodies the principles of EFT. Her expertise is apparent in every answer she provides, but it is her unwaveringly empathic, warm, nonjudgmental presence that lets us experience and learn EFT from the inside out. It made me a braver and more compassionate person. Thank you.

Kristina Kyser, RP



Imagine where humans are able to be "vulnerable" enough to speak truly from the heart, share feelings such as their deepest fears and express emotions! Does this sound like kinda of strange?

This is possible and I have personally witnessed this EFT emotional-revelation firsthand. With that very new dance - comes a transformation of both change and lasting JOY. Gail Palmer, thanks for your big heart, walking us through the EFT Advanced Core Skills and planting a seed of the EFT knowledge aimed at transforming our lives as therapists, our clients and families but mostly; strengthening communities!

Noah Mugenyi, MDiv, MFT

I found the Core Skills program to be rewarding not only in my work with couples, but with individual clients and also in my personal life.

The most powerful take away for me is this that I'm not exactly sure HOW it works, but it definitely works. AND, it's okay for me to not know the how's of the process, but to simply experience the process. #FeelingGrateful.

Joanne Darrell Herbert, M.Ed., RP, CCC



EFT Sunday Video Matinee

Demystifying the Softening Event

Brent Bradley, PhD

**June 26; 12 -2 pm, \$10
2180 Bayview, Toronto**

**Hosted by
Irene Oudyk-Suk, MSW, RSW
Certified EFT therapist &
supervisor**

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

Please RSVP by email

Blamer softening is a stage 2 bonding event described in detail by Brent Bradley in his seminal article: “Inside Blamer Softening: Maps and Missteps”*.

In this DVD, we'll watch Brent gently and deftly guide a couple through the blamer softening 6-step sequence beginning with his invitation to the pursuer to “imagine what it would like to reach out to your partner with your soft and vulnerable feelings” to the withdrawer’s response of deep

presence, tender support and abiding commitment to provide reassurance and comfort.

Subtitles and voice over commentary helps us “listen in” on the Brent’s in-the-moment thinking and conceptualizing.

Join us! Veteran EFT video watchers and EFT’ers of all training and experience levels are welcome. And if you’ve just completed the EFT externship in June, 2016, you are especially invited!



Core Skills Advanced Training: Cambridge, Starting June, 2016

While ICEEFT Trainer Gail Palmer has regularly been teaching an EFT Externship equivalent course at Wilfrid Laurier University in Waterloo, Southern Ontario EFT keeners have wanted even more training opportunities in their area. Now, for the first time, trainers Marlene Best and Gail, along with EFT therapist Debbie Wang are getting Core Skills Advanced Training off the ground in Cambridge.

Cambridge borders Brantford and Kitchener-Waterloo and is only an hour’s drive from Toronto or London. There are 10 people registered, so there’s still room for a few more. Consider growing your EFT skills in a this relaxing atmosphere and beautiful surroundings.

Contact Debbie. Registration form on the GTAEFT website. Need more information? Contact [Debbie](#).



**Attachment Injury and Repair Model Training
coming to Toronto! See poster below.**

**Training Outline and registration form on the
GTAEFT website**



The Greater Toronto EFT Community

Connecting Couples and EFT Therapists

Presents:

EFT'S ATTACHMENT INJURY REPAIR MODEL (AIRM) TRAINING



With **ICEEFT Trainer**

Lorrie Brubacher, M.Ed., LMFT (NC) RMFT

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.

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

For more information contact:
Robin Hellendoorn or Robin Williams Blake
at
eftgta@yahoo.com



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

Where: YWCA - 87 Elm Street.

Nancy Auditorium

Fee: \$400 + HST

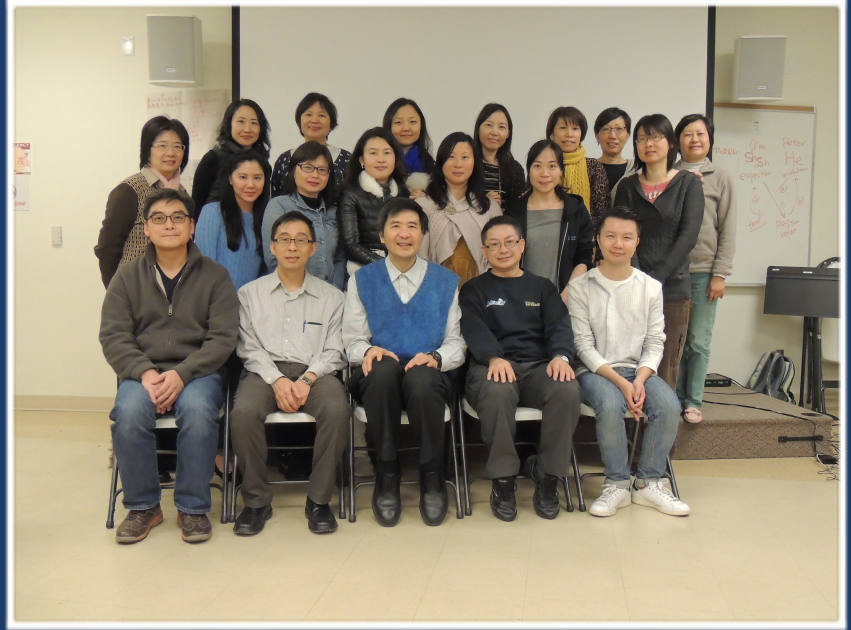
Prereq: Completion of EFT Externship

Bringing EFT to Canada's Largest Visible Minority



**EFT Core Skills, November, 2015
Toronto**

1st training outside Asia!



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

With over 500,000 Chinese in the GTA, evidence based, language and culturally sensitive interventions for Chinese couples and families are needed. In an effort to fill this gap, we held the first 4 Day EFT Externship in Cantonese and Mandarin outside of Asia last June as reported in the July 2015 newsletter.

The first Chinese EFT Core Skills Training 1 and 2 outside of Asia took place last November. There were sixteen participants from the Chinese Family Services of Ontario, Canadian Mental Health Association, Living Waters Counselling Centre, Tyndale Seminary, the Chinese Canadian School of Theology and the local Chinese churches. We used the the new standardized Core Skills curriculum compiled by EFT Trainer Gail Palmer. We will complete this training series with Core Skills Training 3 and 4 in Chinese on June 20 to 23 in Toronto.

Chinese couples and families stuck in chronic cycles of disconnection, helplessness, fear, hurt and despair have reason to hope with EFT therapists who speak their language!

[Information brochure & registration form](#) or [Email contact](#)

Toronto EFT Externship 2016

May 30 - June 2, 2016

with

ICEEFT trainers

Sue Johnson

Gail Palmer



More information on the [GTA EFT website](#)



Future Sue Sighting

Creating Connections

Washington, DC

More information below

THURSDAY, SEPTEMBER 22 - SATURDAY, SEPTEMBER 24, 2016



DR. SUE
JOHNSON

DR. DAN
SIEGEL

DR. JAMES
COAN

DR. MARCO
IACOBONI

DR. JEFFRY
A. SIMPSON

DR. DAVID
BARLOW

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CREATING CONNECTIONS 2016

NEW FRONTIERS IN SCIENCE & PSYCHOTHERAPY

THURSDAY, SEPTEMBER 22 - SATURDAY, SEPTEMBER 24, 2016

#CC2016DC



Featured Speakers Include:

DR. DAN
SIEGEL

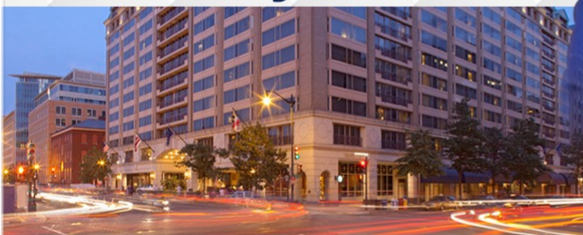
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EFT Hold Me Tight Couples Retreats

Offered regularly through out the year. Various GTA
locations

Send your couples. Attend with your partner.

Locations and more information.

Hold Me
Tight
Workshop

Recently the ICEEFT board of directors decided to change the meaning of the “A” level of EFT training completed from “Advanced Training with EFT Supervision completed” to “Additional Training with EFT Supervision completed”. ICEEFT is asking any therapist who advertise themselves as “Advanced” on their personal or other professional websites, to change the wording to “Additional”.

If you have any questions please contact GTA EFT

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) 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: August 15, 2016.
Have your EFT related announcements to Irene Oudyk-Suk by August 1.

Announcements are limited to ICEEFT members.