

# **(EFFT) Emotionally Focused Family Therapy Training May 25 & 26, 2018**

**Burlington, Ontario**

**ICEEFT Certified EFT Trainer: Gail Palmer**

## Emotionally Focused Family Therapy: Two-day workshop

EFFT is an attachment based intervention which conceptualizes family difficulties as attachment dilemmas. For example, children's misbehaviour can be understood as bids for connection that become scrambled and misread by parents who are caught in their own reactive behaviours and emotions. The EFFT therapist implements systemic and experiential interventions to de-escalate the family's negative interactional patterns that reinforce attachment insecurity and activates inherent parental desire to caretake their children by processing parental blocks. By structuring enactments that help children receive comfort and support from their parent, the EFFT therapist works to restore family bonds that foster resilience for children.

This workshop will include didactic content, video demonstrations of family sessions and practice exercises of EFFT interventions and skills.

## Objectives for Workshop

By the end of the workshop, participants will:

1. Conceptualize the family system and the problems families encounter from an attachment perspective.
2. Identify key stages and steps in the EFFT process of change
3. Identify common blocks that disrupt effective attachment and caregiving responses in the family
4. Label and practice EFFT interventions that restructure the interaction between family members in the direction of emotional engagement, accessibility, and responsiveness.

## **EFFT Training Dates**

May 25 & 26, 2018

Friday at 12:00 noon-6:00pm & Saturday 9:00-4:00pm (Sat. 1/2 hour lunch)

## **Where**

McMaster University, Ron Joyce Centre, 4350 South Service Road,

Burlington, Ontario, L7L 5R8

## **Qualifications**

Participants are required to have completed an EFT Externship

## **Cost**

It is \$450 for two days with Gail Palmer.

## **Registration Process**

Please fill out the attached Registration form and send to: facilitator/ EFT Supervisor [lskelding@cogeco.ca](mailto:lskelding@cogeco.ca) or call Lisa at 416 456-0980. Payments will be arranged once registration forms have been sent in.

Space is available for up to 40 participants.

# Emotionally Focused Family Therapy (EFFT) Training 2018

Burlington, Ontario

## Registration Form

**Please fill out the following information and send it to [lskelding@cogeco.ca](mailto:lskelding@cogeco.ca)**

Name:

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Address:

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Email:

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Telephone Contact:

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Designations & Degrees:

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Please check the following for the EFFT Training:

I have completed the EFT Externship training (Date: \_\_\_\_\_, Place: \_\_\_\_\_ )

I have the educational training, qualifications, and professional credentials to practice as a mental health professional in the area where I live or I am in a formal training program of supervised internship to become a mental health professional.

I agree to keep confidential the personal identifying information of case material shared in the training.

I agree to not record any part of this training in any format (audio, video, or visual). Personal written notes of non-confidential material are permitted.