



Connecting Couples and EFT Therapists

The Greater Toronto EFT Community

NEWSLETTER

February, 2016

Vol.2.1

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

From the Robins'

Happy New Year GTA EFT Colleagues!

EFT is growing in Toronto! 2015 was an amazing year for EFT events in our city. 2016 is shaping as a year with more trainings than ever. There's sure to be an event that supports you where you are at in your EFT journey.

Last fall the Stage Two Event "Getting Clearer, Going Deeper" with ICEEFT trainers Marlene Best and Kathryn Rheem was a huge success. Catherine Wood attended the training and we'll circle back in this newsletter as Catherine shares what stood out for her.

Sue Johnson and Gail Palmer are teaming up for the second time to offer the 4-day EFT Externship. This is the first level EFT training for anyone wanting to learn the fundamentals of EFT.

Gail will also facilitate EFFT (Emotionally Focused Family Therapy) training on June 10-11. Jessica Zeyl and Wendy Gage are the



**Robin
Williams Blake**

**Robin
Hellendoorn**



Toronto contacts for this event. More details below and on [GTA EFT training page](#).

Lorrie Brubaker comes to Toronto in the fall for the first time to offer her AIRM (Attachment Injury Repair Model) training. This is a must-attend.

Another Advanced Core Skills Training starts up in November. EFT movie matinees are offered regularly by Irene Oudyk-Suk. And couples looking for a Hold Me Tight® retreat can choose from one of several listed on the [EFT GTA](#) site. Looking forward to seeing you at an event.

Robin and Robin
eftgta@yahoo.com

Recently Certified Wendy Gage

Wendy Gage is the area's latest EFT certified therapist. Congratulations Wendy!

Janet Cleghorn, one of Wendy's supervisors says about Wendy: "She is candid, outgoing, transparent, warm and funny, in touch with her own vulnerabilities and therefore able to give her clients that sense of ordinary human likeness and equality which primes the bond and facilitates EFT."

Wendy works out of two offices. With the [Social Work Consulting Group](#) Wendy travels throughout the GTA providing in home services to people with open Motor Vehicle Accident claims. Wendy has an office based practice in [Markham](#).

Wendy has 18 years of experience at Sick Kids as a pediatric social worker. She specializes in



Wendy Gage, MSW, RSW

Acquired Brain Injury, child and family mental health, grief and loss and adjustment to disability.

Wendy is also interested in Emotionally Focused Family Therapy (EFFT) and has been participating in Lisa Palmer Olsen's EFFT online group supervision for more than a year.

Stage Two Training in Toronto Delights!

Over 60 participants were the beneficial recipients of Stage Two training from Drs Kathryn Rheem and Marlene Best: Getting Clearer, Going Deeper on November 21st and 22nd, 2015.

Both of these highly skilled and knowledgeable trainers expressed at the outset their gratitude to Dr. Sue Johnson for her amazing work, from which they have the pleasure to train others and help couples, and then they did their cooperative and expert dance: of co-teaching their respective days in an informative and heartfelt manner. Day 1: Withdrawer Re-engagement was led by Kathryn Rheem, and day two: Pursuer Softening, was led by Marlene Best.

Thanks to Catherine Wood PhD, RP for this article.

Catherine has a private practice of individuals and couples in downtown Toronto. Her PhD dissertation was on the experience of anxiously attached women in romantic relationships.



What was fascinating in this captivating training was being able to "slow down" as learners and focus in on the steps, theory, and strategies for withdrawer reengagement and blamer softening. It was so very helpful to be reminded that each of the steps for Stage One

or Two may be repeated, and then if the couple comes in with an upset, as therapists, we may have to go back and repeat those steps. It was also a helpful reminder that by the end of Step 4 in Stage One, there will not be a complete absence of escalation, but that each partner will know their role in the cycle, will be able to interrupt it, and talk about their emotions related to it. A further reminder was that in Stage Two, the enactments are much deeper.

Dr. Kathryn Rheem presented an analyzed model of Withdrawer re-engagement from her research whereby very frequent enactments are used and are repeated and expanded, and are “like a dripping faucet”. DRIP, DRIP, DRIP. This helpful metaphor delineates the Withdrawer’s style of feeling and communicating, and that as therapists this is what we can expect and strive for. Further, she reminded the group of

be cognitive and won’t lead to change. The fears of reaching must then be deepened and distilled some more. Also, it’s important not to



heighten shame, but to validate it. Further, ambivalence can be processed with “parts”, such as: “there’s a part that wants to be loved and known, and another part that feels...” Finally, when softening does happen, the therapist can “celebrate” and be with them in the moment.



Dr. Johnson’s research that the Withdrawer won’t “fully feel fears” (Johnson, 2004), but will express primary emotions, not fully felt fears, needs, and assertions.

Dr. Marlene Best reminded the group that when processing the pursuer’s fears of reaching, it needs to be heightened to a “boiling point”. If it’s not hot enough, it will

Throughout the two days, there was a great injection of the use of videos, emotion, and humour. There was also an important description and experience of the work of Paul Ekman on facial expressions and how micro facial expressions, which are very brief, often display a concealed emotion, whereas macro facial expressions can illustrate congruency with what is said and the sound of the voice. Further,

Neuroception, developed by Steve Porges indicates how our nervous system evaluates risks and helps the listener determine if they will believe the tone of what is being said. There was a profound video on Validation Therapy whereby a therapist sang church songs to a seemingly unresponsive elderly woman who may have lost her mental

faculties. The therapist held and touched her face, and the elderly woman started to be responsive by keeping tune with her hand and then even began to cry and then sing. This profoundly touching video illustrated the human need for connection and touch and to connect with a part of self and the past that is meaningful.



Marlene and Kathryn

All of this is clearly so critical in Stage Two as the Withdrawer and Pursuer so intensely but cautiously wish for a new and deeper experience of each other.

Here's what Pamela Lorrondo, MSW, RSW of Toronto said, "I received an even deeper and felt sense of what pursuers suffer with in silence and what withdrawers need to feel safe

in relationships. I also really enjoyed learning more about slowing down and staying with the emotional experiences of our clients whom we can best trust in helping us in to deepen the work. It is futile to try to do it ourselves; a without their help we burn out trying."

If this training returns to Toronto it's a must attend for all of us devoted to improving our EFT skills and going deeper as experienced clinicians for Stage Two. A big, heartfelt Thank-You! To Robin Hellendoorn and Robin

Williams Blake for their skill, expertise, and dedication to bring this useful and relevant training to Toronto for the benefit of therapists and their clients! And, a big Thank-You! to Kathryn and Marlene for so generously co-teaching these important steps. And finally, a huge Thank-You! to Dr. Sue Johnson, whose dedicated ongoing research and teaching has made it possible for all of us to be of service to our clients.

Dear GTA EFT Colleague:

A requirement to be listed on the GTAEFT Community Website is to be an ICEEFT member. Is your membership up to date? Please contact us if you have any questions.

Emotionally Focused Family Therapy Training

Join us for this training in Emotionally Focused Family Therapy (EFFT)!

EFFT is a model of practice based on conceptualizations of family distress and love through an attachment lens.

EFFT provides the clinician a highly effective roadmap to help families clarify emotional signals they send to

Gail Palmer, ICEEFT Trainer



When: June 10-11, 2016, 9 am - 4:45 pm

Where: Wycliffe College

Cost: \$452 (\$399 students) includes HST

[Register here](#)

GTA EFT Event Coordinators



Jessica Zeyl



Wendy Gage

[Contact Jessica and Wendy](#)

one another, de-escalate, and move out of negative interactional patterns that threaten their experience of security and connectedness. EFFT is collaborative and respectful of clients. It combines experiential techniques with structural systemic interventions.

Clinicians will learn how to apply EFFT to families, how to view individual distress in a child within a family context, how to restructure interactions and improve family responsiveness through discussion and videotape. Participants will have the opportunity to view a live session of a family with Gail.

Toronto Externship 2016



ICEEFT Trainers Sue Johnson & Gail Palmer return to Toronto May 30, 31, June 1, 2, 2016.



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

EFT Sunday Video Matinee

AIRM: Attachment Injury Resolution Model

February 28; 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 RSVP by email

Watch this endearing, down-to-earth young couple move through the Stage 2 steps of injury repair under the skillful and tender guidance of Laurie Brubacher, ICEEFT Trainer and Supervisor (Laurie is coming to Toronto for a live training in this model this fall and hey, Laurie is Canadian too!).

The couple in this tape has moved through a lot of healing in their relationship. But there's still a shadow of something in the room. Laurie sees the shadow, leads the couple into naming it, and then ever so slowly helps them turn the

spotlight onto the shadow so that eventually the shadow is vanquished with the light of EFT.

You'll see Laurie carefully check that Stage 1 is complete. As she does so she builds a platform of safety from which to launch into the attachment repair steps.



Future Sue Sighting

Creating Connections

Washington, DC

More information next page

THURSDAY, SEPTEMBER 22 - SATURDAY, SEPTEMBER 24, 2016



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JOHNSON



DR. DAN
SIEGEL



DR. JAMES
COAN



DR. MARCO
IACOBONI



DR. JEFFERY
A. SIMPSON



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THURSDAY, SEPTEMBER 22 - SATURDAY, SEPTEMBER 24, 2016

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Featured Speakers Include:

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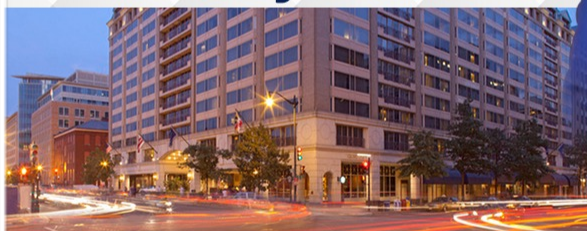
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www.CreatingConnections2016.com

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.](#)



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

Announcements are limited to ICEEFT members.