

YORK REGION EFT COMMUNITY IS PROUD TO PRESENT CYCLE DE-ESCALATION IN EFT



Usually couples arrive to therapy because they recognize they are entangled in a negative pattern of interaction that leaves them feeling discouraged and frustrated about their relationship.

In this workshop, we will review and enhance the skills of Stage 1 of EFT, the stage that promotes de-escalation so the partners can gain a better understanding not only on how their actions trigger the other partner's actions but also gain a better understanding of the emotional impact their actions have on each other and how the two interact to maintain the cycle.

Using didactic presentation, exercises and video clips, you will learn the core concepts and interventions used in Stage 1 of EFT. Specifically, we will review in depth the steps inherent in Stage 1; using the framework of attachment, we will look at the assessment, step 1, identification of the negative cycle, step 2, access to primary emotions, step 3 and reframing of the cycle as the enemy of the relationship as step 4.

Do not miss this opportunity to enhance the skills of Stage 1, the prerequisite stage to Deepening Engagement so you can help couples gain a different emotional experience and connection.

<p>Presented by: Elana Goldin-Lerman, MA, RSW, RP, RMFT, CDWF Date: April 13, 2018 Time: 9 am to 5 pm (lunch not included) snacks and coffee provided Location: Vaughan Relationship Centre (21 Roysun Unit 6, Woodbridge, ON L4L8R3) Cost: \$140 per person Registration Deadline: April 1, 2018. (See contact below)</p>
--

About Elana: Elana is a Registered Social Worker, Psychotherapist and Marriage & Family Therapist with 16 years of experience working with individuals, couples and families. Elana has a wealth of experience leading workshops, helping parents and couples build and establish healthy connections. She is presently in private practice and has been involved in supervising therapists learning EFT (Emotionally Focused Therapy for Couples). For more information and registration, please email elana.lerman@gmail.com or call Elana at 416 725-4817.