

Emotionally Focused Therapy For Couples

FUNDAMENTAL & ADVANCED TRAINING for professionals who counsel couples

Marital distress is the single most common reason for seeking therapy. It undermines family functioning and is strongly associated with depression and anxiety.

Emotionally Focused Therapy for Couples (EFT) offers a comprehensive theory of adult love and attachment, as well as a process of healing distressed relationships. This experiential—systemic therapy focuses on helping partners reprocess the emotional responses that maintain their negative interaction patterns. Through a series of nine steps carried out within 12-20 sessions, the therapist leads the couple away from conflict deadlock into new bonding interactions.

EFT was developed by
Drs. Susan Johnson & Leslie Greenberg
25 years ago. EFT has been rigorously researched and is now one of the most delineated and empirically validated approaches in the field of couples therapy.

For more information about EFT, visit www.eft.ca.

Training is presented by



Vancouver Couple & Family Institute
#270 828 West 8th Avenue
Vancouver, BC, Canada V5Z 1E2
www.vcfi.ca • Phone: 604-677-3286 • info@vcfi.ca

REGISTER EARLY • SPACE IS LIMITED!

2010/2011 EFT TRAINING SCHEDULE: VANCOUVER

EXTERNSHIP IN THE FUNDAMENTALS

*No prerequisite.

Participants will learn the theoretical underpinnings of Emotionally Focused Therapy, as well as how to:

- Assess couples' suitability for EFT
- Work through the 9 steps of EFT
- Elicit and work with emotion as it occurs in the sessions
- Work through blocks in therapy
- Develop specific interventions to help couples reprocess negative affect and foster a more secure bond

There will be opportunities for the participants to work through experiential skill building exercises and to observe the trainers working with a couple in an on-site consultation (dependent on an appropriate couple being referred by a participant). There will typically be a one-hour phone-in Question and Answer session with Dr. Sue Johnson.

4 Day Externship:

July 5 - 8, 2010 • 8:30 - 5:00 • 28 Hours • \$895

July 11 - 14, 2011 • 8:30 - 5:00 • 28 Hours • \$895

Included in fee: \$25 manual and collection of journal articles from the International Centre for Excellence in EFT (ICEEFT)

SUPERVISION: GROUPS & INDIVIDUAL

GROUP SUPERVISION: Supervision groups provide an opportunity for participants to present cases from their own clinical practice and increase their clinical effectiveness in EFT. Case formulation and discussion, feedback from the supervisor, discussing interventions, and deepening work through role plays builds competence and confidence as an EFT therapist. Clients can be individuals, couples, or families, and may be presented as a written case summary or as a video or audio tape. Groups are kept small, with 4 to 6 therapists. Each series of 4 sessions provides 8 hours of approved supervision toward EFT certification if cases are presented through tapes or two-page transcripts of therapy sessions. Groups organized by request.

PRIVATE SUPERVISION: Individual supervision, conjoint supervision with a colleague and distance supervision are also available. We provide a range of web-based supervision options. Please contact the trainers individually to arrange bookings.

CORE SKILLS ADVANCED TRAINING

*Prerequisite: EFT Externship

In this small group experience, participants will have the opportunity to share their work throughout the training, with the focus on developing a deeper clinical understanding and skills. Through observing and discussing the work of the facilitators and groups members, and with the use of role plays, the three stages and nine steps are covered in detail. Participants will learn to use an attachment framework, to track and deepen emotion in the here and now, to create bonding events, and to practice the interventions that create change in EFT. The tone of the group is one of safety and supportiveness, to optimize learning.

Therapists must have an active caseload of couples and be prepared to share their work at least once, in video or audio tape format.
Group size is limited to 12.

8 Days (4 Friday and Saturday sessions)

October 15 - 16, 2010 • November 26 - 27, 2010

January 7 - 8, 2011 • February 25 - 26, 2011

Fee is \$1400 (\$100 deposit with registration: \$700 on September 16, 2010, \$600 on December 7, 2010)

We Can Also Offer Training Where You Live

VCFI's Certified Trainers have trained therapists in North America, Europe and Australia and are available to provide EFT training in your area. If you are interested in organizing this option, please contact us by email at info@vcfi.ca or call 604-677-3286.

ABOUT THE CERTIFIED EFT TRAINERS



Veronica Kallos-Lilly, Ph.D., R.Psych.

Veronica is an esteemed clinician and trainer of couples and individual therapy. She is a Clinical Associate of the Clinical Psychology Centre at Simon Fraser University and has maintained a successful private practice in both Ontario and B.C. Trained by Dr. Sue Johnson, Ed.D., C.Psych., Veronica has been practicing EFT for 15 years.

She also has extensive experience training graduate students and mental health professionals. She has presented her work at professional conferences and in professional journals. Known for her warm interpersonal style, workshop participants appreciate Veronica's clinical expertise, theoretical clarity and ability to provide a supportive learning atmosphere. Dr. Susan Johnson, Professor of Psychology and Psychiatry at the University of Ottawa recently observed: "Veronica is an exceptionally skilled couples therapist, a Master Clinician, with an excellent knowledge of the theory and practice of EFT. She has much to offer therapists who wish to become more expert in this model."



Yolanda von Hockauf, M.Ed., R.M.F.T.

Yolanda is a registered marriage and family therapist. She is a clinical member of the American Association for Marriage and Family Therapy (AAMFT) and an AAMFT-approved supervisor. Yolanda's first training in EFT was in 1983 at the

University of British Columbia as a participating therapist in the original research study on EFT by Drs. Leslie Greenberg and Susan Johnson, and she has been successfully using this model in her practice ever since. For the past 20 years, Yolanda has been sought after as a trainer, consultant and supervisor to students and clinicians for her expertise in individual, couple and family therapy. She has an exceptional ability to explain theory and bring it alive by integrating it with practice. Described by former trainees and supervisees as "the best supervision I've ever had", Yolanda's immediate warmth and clarity of style make her teaching and supervision an exceptional experience for both beginning and advanced therapists.

Emotionally Focused Therapy For Couples

For professionals who counsel couples:
Psychologists, Marriage & Family Therapists,
Social Workers & Counsellors

All Training and Supervision is Approved by the International Centre for Excellence in EFT (ICEEFT) and can be used toward Certification as an EFT Therapist.

Our training program in Emotionally Focused Therapy follows the curriculum and guidelines set out by ICEEFT, and is offered by Certified Trainers. The training materials are provided by ICEEFT and guarantee full coverage of the EFT model and a comprehensive learning experience.

Training Recognized For Educational Credits by
AAMFT, BCACC & CPCA

Courses are designed to meet AAMFT membership standards in Marriage and Family Therapy; acceptance is dependent on the AAMFT Standards Committee who considers each applicant separately. These training experiences also meet the criteria of the Canadian Professional Counsellors Association and the B.C. Association of Clinical Counsellors for continuing education credits.

What People Are Saying About EFT Training &
The Course Facilitators

"I think Yolanda and Veronica are exceptional trainers! They were so prepared, giving, authentic, accepting and knowledgeable. They built beautiful rapport ... excellent modelling and probably, no surely, the best training I've been to."

"Excellent! Veronica and Yolanda really made EFT come alive and make it workable!"

"Now I have a road map of how to counsel couples."

"I expect the course to have a major impact on my practice."

REGISTRATION FORM

Name: _____

Agency: _____

Full Address: _____

Daytime Phone: _____

Evening Phone: _____

Email: _____

EXTERNSHIP IN THE FUNDAMENTALS OF EFT:

July 5 – 8, 2010

EXTERNSHIP IN THE FUNDAMENTALS OF EFT:

July 11 – 14, 2011

CORE SKILLS ADVANCED TRAINING:

8 Days (4 Friday and Saturday Sessions)

Oct. 15–16/10, Nov. 26–27/10, Jan. 7–8/11, and Feb. 25–26/11

SUPERVISION: individual, conjoint, or group; arranged by request.

Fee includes all training materials and refreshment breaks. Registration will be confirmed upon receipt by email or mail in accordance with payment terms; receipts will be issued at the first session of each course.

PAYMENT TERMS: A \$100.00 deposit and ALL post-dated cheques must accompany registration. Externship: \$795 due 30 days before training commences. Core Skills Advanced Training: \$700 dated Sept.16, 2010; \$600 dated Dec. 7, 2010. Cheques payable to **Vancouver Couple & Family Institute (VCFI)**.

CANCELLATION POLICY: Subject to a \$50 admin. fee and must be made in writing at least 14 days prior to the first session to qualify for a refund of the balance paid. In the event a course is cancelled due to low registration, refunds will be issued in the full amount paid.

To register, please complete and submit this form
with payment to:



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CENTRE FOR EFT

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WITH CERTIFIED EFT TRAINERS

Veronica Kallos-Lilly

Ph.D., R.Psych.

— AND —

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