



Creating Transformative Moments in Couple and Family Therapy: Working with Emotion in Emotionally Focused Therapy



A Master Class with Gail Palmer, EFT Trainer IN Canmore Alberta, the CANADIAN ROCKIES

While learning to practice Emotionally Focused Therapy we often struggle with “**the HOW**” of processing emotion. This Master Class will be entirely devoted to exploring this **VITAL SKILL**. The goal for the workshop will be to teach **HOW** the **EFT THERAPIST** works moment to moment in assembling emotion.

Objectives:

- Awareness of when emotion is being experienced by client(s) and therapist.
- Recognize & access attachment significant emotion in couple & family work.
- Recognize when the client(s) or the therapist exit emotion.
- A heightened awareness of what to do with emotion once it is in the room.
- Understand how processing emotion progresses from Stage one to Stage two.
- How to work with emotions safely yet evocatively in couple & family work.
- How to integrate new emotional experiences for the couple or family members.
- How to create emotionally lively enactments.

Prerequisite:

Proof of externship

What to Expect:

Live session examples, videotape examples & experiential exercises will be used to illustrate emotional processing & facilitate experiential learning for the participants snacks & refreshments.

Dates: Monday June 24th & Tuesday June 25th

Time: 9:00am – 4:00pm daily

Price: \$500; Students: \$450

Add supervision with Tara Boothby on June 26th for an additional \$80 (read following flyer)

Presented by Gail Palmer, MST RMFT, EFT Trainer, ICEEFT Certified EFT Supervisor & Trainer

Host: The Attachment Shop Inc.

Location: CANMORE OPERA HOUSE

400 Spring Creek Dr, Canmore AB T1W 0H9

Payment & Registration:

transfer info.attachmentshop@gmail.com

Please include your full legal name, a scanned copy of your externship certificate, & your mailing address.

Receipts will be emailed. Any questions please direct to the email above.

For international payment options please email us to arrange: Info.attachmentshop@gmail.com.



How the “heaven help me” am I Going to Finally get Certified as an Emotionally Focused Therapist?

5 Hour Supervision with Tara Boothby, MA, R.Psych,
Cert. EFT therapist, EFT Supervisor (cand.)

Tara has been practicing as an EFT therapist for over 5 years and has assisted at multiple Core Skills, Externships and other EFT trainings. Tara has been working as an EFT Supervisor (cand.) for the past 3 years and enjoys receiving supervision and consultation from many of the EFT trainers. Tara is an active participant in the Alberta EFT community & enjoys the international EFT community as well.



For more info on Tara is please visit <https://www.sojo.ca/tara-boothby>

Supervision Description:

- An overview of how to get the ICEEFT requirements met in your tapes.
- Developing a simple method for you to meet your certification goals
- How to write your transcripts and “write ups” for your certification
- Volunteers may present clips of their session to be reviewed for supervision or to be evaluated as certification clips
 - If you want to share a clip please reserve your spot at the time of registration.
- How to identify your Self of Therapist “shark music” and develop this as an asset in your sessions.
- Snacks & refreshments

You will receive signed documentation of completing 5 hours of group supervision.

Date: Wednesday June 26th

Fee: \$80 CND

Time: 9-12, break for lunch, 1:30-3:30

Location: CANMORE OPERA HOUSE
400 Spring Creek Dr, Canmore AB T1W
0H9

Payment & Registration:

etransfer info.attachmentshop@gmail.com

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