

Registration Form

Name: _____

Postal Address: _____

Phone Daytime: _____

Email: _____

I am a practicing mental health professional or currently studying to become one.

PAYMENT DETAILS*

- \$950** Early bird Fee (paid in full **before March 22, 2019**)
- \$1050** Regular Fee
- \$600** Student Rate (only 2018/19 full-time students proof required)

*All fees include HST

A cancellation fee of \$170 for regular registration and \$150 for students will be charged prior to May 1, 2019

Cancellation policy:

No return on fees for cancellations after May 1, 2019

Please post the completed form and cheque payable to:

*Margaret MacDonell
1446 Dresden Row
Halifax, N.S., B3J 3T5*

Light breakfast and refreshments for breaks will be provided. Please let us know of any food allergies.

For more information about Emotionally Focused Couple Therapy (EFT), please visit:
www.iceeft.com

The externship is recommended for all professionals who counsel couples, including psychiatrists, psychologists, family physicians, social workers, psychiatric nurses, counsellors, pastors and clergy, and students training in these professions. Participants learn to see couple distress from an attachment perspective, help partners reprocess the emotional responses that maintain couple distress, and shape key new interaction and bonding events.

Enquiries can be addressed to:

Margaret MacDonell
E: mmc@bellaliant.net

A Four Day Externship in Emotionally Focused Couple Therapy

EFT is an evidence-based, experiential approach to couple therapy with proven interventions and a clearly demonstrated process of change.

**Wednesday-Saturday,
May 22-25, 2019**

Location: Halifax, NS

**“We are never so vulnerable
as when we love.”**

-Sigmund Freud

What is EFT

Emotionally Focused Couple Therapy (EFT) is an evidenced-based approach to help couples move from disconnection and frustration to a secure, trusting, loving bond. Many couples find they get into rigid repetitive negative cycles of interaction that makes communication difficult. EFT focuses on helping the couple to become aware of these negative cycles and to discover new ways of interaction that result in more positive cycles. It is like having a dancing lesson where each partner learns to keep in step with the other resulting in a more fluid, enjoyable dance. EFT represents the gold standard of couple therapy with a substantial research base, and is the only approach to couple therapy grounded in the science of adult love and bonding.

EFT is being used with many different kinds of couples in private practice, university training centres and hospital clinics and with many different cultural groups throughout the world. These distressed couples include partners suffering from disorders such as depression, post traumatic stress disorders, and chronic illness.



Robert Allan, PhD, LMFT, LPC

Robert lived in Halifax for 25 years and helped bring the first Externship to Halifax in 2012. He is an ICEEFT certified trainer, supervisor, and therapist who has helped train and supervise therapists and students in Emotionally Focused Therapy across Canada, the US, and Europe. Robert is currently researching the cultural adaptations of EFT and is developing training resources to help EFT therapists deepen the integration of culture into their EFT work. He is the co-editor of two books *Cross-cultural Responsiveness and Systemic Therapy: Personal and Clinical Narratives* and *Creating Cultural Safety in Couple and Family Therapy: Supervision and Training* as well as numerous peer reviewed journal articles.

Robert completed his PhD at Dalhousie University, he is a Licensed Marriage and Family Therapist in Colorado, and an Approved Supervisor with the American Association of Marriage and Family Therapy. He is an Assistant Professor in the couple and family track of the graduate counseling program at the University of Colorado Denver. Robert maintains an active clinical and supervision practice in Denver, Colorado.

EFT is a combination of art and therapy.

Workshop Schedule

Day 1 – Wednesday, May 22

- Introduction to EFT
- Theoretical assumptions
- Attachment theory
- EFT Stages and Steps
- Skills Training and Video
- Demonstrations

Day 2 – Thursday, May 23

- Steps 1 & 2:
 - Assessment & cycle de-escalation
- Steps 3 & 4
 - Identifying and framing couples negative cycle
- Video demonstration

Day 3 – Friday, May 24

- Steps 5, 6, & 7
 - Change events
 - EFT interventions – working with emotion

Day 4 – Saturday, May 25

- Steps 8 & 9
 - Consolidation and new solutions
 - Attachment injuries
- Becoming an EFT therapist