

WELCOME!

York Region EFT Community

A community network for EFT Therapists
located in York Region and Simcoe County

EFT AND SEXUALITY WORKSHOP

OCTOBER 11 & 12, 2019



SEX AS A SAFE ADVENTURE: HELPING COUPLES CONNECT SEXUALLY & EMOTIONALLY THROUGH EMOTIONALLY FOCUSED THERAPY (EFT)

Many couples presenting for couples therapy may complain of sex issues: discrepancies in desire, lack of attraction, or sexual compatibility, arousal or orgasm problems, or challenges in the bedroom after having children, going through infidelity or in the wake of trauma. From the perspective of Emotionally Focused Therapy, such complaints are most often part of an underlying lack of security and bond in the relationship caused by the negative cycle between partners. At times, as the partners de-escalate, and become more secure, sexual issues remain unresolved. Yet, many EFT therapists lack knowledge and skills in the area of sex assessment and intervention.

In this workshop, introduction to up to date research on sexuality relevant to EFT work with couples will be presented. You will learn how to do a thorough assessment of the negative relational and sexual cycle so you can skillfully use EFT interventions to help couples move towards de-escalation.

This workshop will also address how to integrate psycho-education and simple behavioural sex therapy interventions as couples begin to move into Stage 2, while at the same time to continue building secure bond through increased vulnerability. This workshop will include lecture, video examples and experiential exercises.



Zoya Simakhodskaya is a licensed psychologist and certified EFT therapist, supervisor and trainer. She has a full-time practice in Chelsea, NY with adults and couples, specializing in cross-cultural and bilingual population. Zoya is one of the founding members, Vice President of the Board of Directors and Executive Director for NYCEFT. In addition to her psychotherapy practice, Zoya has many years of experience providing crisis intervention in a psychiatric emergency service. She continues to teach as a voluntary faculty at NYU School of Medicine, CUNY and Rutgers University. Zoya presents and teaches nationally on EFT and now is bringing EFT training to therapists in Russia and Italy. She loves helping therapists master EFT model and get through their learning blocks. She has particular interest in intersection of EFT and sexuality.

Michael Moran is a licensed psychotherapist and sex therapist located in New York, NY (Chelsea), where he focuses his practice on the intersection of couples therapy and sex therapy; he is the only Certified EFT Couples Therapist and an Approved Supervisor who is also an AASECT Certified Sex Therapist in NYC. He is also an adjunct professor at Rutgers University School of Social Work where he teaches Marriage and Family Therapy as well as LGBTQ Issues in Contemporary Society. Before going into private practice, Mike was Director of Training at Corporate Family Network, an EAP and work-life company based in Manhattan.



For more information and registration, please contact ICEEFT Supervisor and Founder of the YREFT Community Elana Goldin Lerman at info@yrefc.ca or elana.lerman@gmail.com. Also, you may visit www.yrefc.ca, for more information and registration (under “therapists”).

*****while EFT experience is not mandatory, readings on EFT are advised.**