

Registration Form

Name: _____

Postal Address: _____

Phone Daytime: _____

Email: _____

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

PAYMENT DETAILS*

\$1050 Early bird Fee (paid in full **before July 25 2020**)

\$1150 Regular Fee

\$700 Student Rate (only 2020/21 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 September 11, 2020. No return on fees for cancellations after September 11, 2020

*Please post, scan/email, or fax the completed form to:
Brenda Coish-Ginn
14 Stonehaven Crescent
Dartmouth, NS
B2V 2S1
Fax # 902-435-0914*

Payments accepted by cheque (payable to Brenda Coish-Ginn) or Interac e-Transfer (brenda.onegrace@gmail.com).

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

**“Love, in all its aspects,
opens the self so fully”
Jeanette Winterson**

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:

Brenda Coish-Ginn
brenda.onegrace@gmail.com
902-489-5554

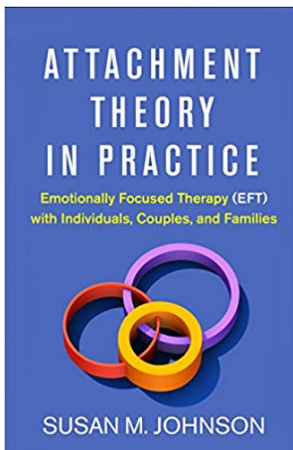
A Four Day Externship in Emotionally Focused Therapy

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

**Friday-Monday,
September 25-28, 2020**

Location: President's Lodge, Atlantic School of Theology, 660 Francklyn Street, Halifax, NS

What is EFT?



Drawing on cutting-edge research on adult attachment-- and providing an innovative roadmap for clinical practice-- Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.



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 has researched the cultural adaptations of EFT and is coordinating and supervising the Denver site of the first ever EFIT trial now underway. 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. Robert works as 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 - Friday, September 25

- EFT and Psychotherapy
- Attachment Theory in Practice
- Nature of Couple's Distress
- EFT Overview
- The Role of Emotion
- Empathy - The Therapist's Stance
- EFT Skills - The EFT Tango
- Video Demo
- EFCT/EFIT

Day 2 – Saturday, September 26

- Couple presentation
- Live session
- Couple feedback
- Live session debrief
- EFT Skills
- Assessment
- Video Demo

Day 3 – Sunday, September 27

- Couple presentation
- Live session
- Couple feedback
- Live session debrief
- EFT Stage Two
- Working with Emotions
- Interventions
- Video demos

Day 4 – Monday, September 28

- Emotionally Focused Therapy For Individuals
- EFIT Video
- EFT Stage Three - Consolidation
- EFT and Trauma
- EFT and Attachment Injuries
- Becoming an EFT Therapist
- Certificates and closing remarks