

ONLINE ATLANTIC CANADA EFT EXTERNSHIP

November 13-14 & 27-28, 2020, 10am-6pm

**Optional home room Nov 14, 27, and 28, 9am-10am
Online, live via Zoom**

www.drrobertallan.com/new-events or email brenda.onegrace@gmail.com

*This model will touch your heart, expand your practice and
boost your confidence with on-target interventions*

An Externship includes presentations of theory, clinical techniques and skills, training exercises, video recordings, observation of live sessions, and discussion of specific cases and clinical issues.

An extensive manual will be provided, recommended reading includes: *Attachment Theory in Practice: Emotionally Focused Therapy with Individuals, Couples and Families* (2019) and *The Practice of Emotionally Focused Couple Therapy: Creating Connection* (2020) by Dr. Sue Johnson.

PARTICIPANTS LEARN:

- To see emotional disorders & relationship distress from an attachment perspective
- To help clients reprocess the emotional responses that maintain dysfunction & relationship distress
- To shape key new interactions and events that build secure connection with others
- To overcome therapeutic impasses and address existential dilemmas.

Meet Your ICEEFT-Certified Trainer: Dr. Robert Allan, PhD, LMFT, LPC



Dr. Robert Allan

Robert was born in Dalhousie, New Brunswick and lived in Halifax, Nova Scotia for 25 years. While in Halifax, he completed his Masters degree in Counselling at Acadia University and PhD at Dalhousie University before embarking on a full-time academic career in Denver, CO in 2014. He is an Assistant Professor in the couple and family track of the graduate MFT and counseling programs at the University of Colorado Denver. He maintains an active practice in Denver and is a leader in the Denver EFT Community. Robert has helped train and supervise therapists and students in Emotionally Focused Therapy across Canada, the US, and Europe.

Robert's interest in EFT extends to his research work where he has explored cultural adaptations of EFT. He is currently the co-Principal Investigator and supervisor for the Denver site of the first clinical trial of Emotionally Focused Individual Therapy (EFIT). Robert is a Licensed Marriage and Family Therapist in Colorado and an Approved Supervisor with the American Association of Marriage and Family Therapy. Robert is a warm, knowledgeable, and engaged trainer with a passion for helping people learn EFT. Robert is the Co-editor and contributor of *Creating Cultural Safety in Couple and Family Therapy: Supervision and Training*.

What is EFT?

EFT is a well-known humanistic approach to psychotherapy formulated in the 1980's and developed in tandem with the science of adult attachment, a profound developmental theory of personality and intimate relationships. This science has expanded our understanding of individual dysfunction and health as well as the nature of love relationships and family bonds. Attachment views human beings as innately relational, social and wired for intimate bonding with others. The EFT model prioritizes emotion and emotional regulation as the core organizing agents in individual experience and key relationship interactions.

EFT is best known as a cutting edge, tested and proven couple intervention, but it is also used to address individual depression, anxiety and post traumatic stress (EFIT – Emotionally Focused Individual Therapy) and to repair family bonds (EFFT – Emotionally Focused Family Therapy). This model operationalizes the principles of attachment science using non-pathologizing experiential and relational systems techniques to focus on and change core organizing factors in both the self and key relationships.

The Goals of EFT – Across 3 Modalities of Therapy

- To order and re-organize key emotional responses – the music of the interactional dance – shaping emotional balance and personal agency.
- To expand both the clients' core sense of self and how they respond to others in the dance of attachment.
- To foster emotional balance and coherence, a sense of competence and worth and the open, responsive engagement with self and others that foster the secure bonds that create resilience.

Registration Form

Name: _____

Postal Address:

Phone: _____

Email: _____

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

PAYMENT DETAILS*

\$950 Early bird Fee (paid in full before September 13, 2020)

\$1050 Regular Fee

\$600 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 October 30, 2020. No return on fees for cancellations after October 30, 2020.

Please post, scan/email, or fax the completed form to:

Brenda Coish-Ginn

14 Stonehaven Crescent

Dartmouth, NSB2V 2S1

Fax # 902-435-0914

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

For more info: www.drrobertallan.com/new-events or email brenda.onegrace@gmail.com