

## **ONLINE EFT WORKSHOP: EMOTIONALLY FOCUSED FAMILY THERAPY (EFFT): STAGE 2 CHILD VULNERABILITY**

**Nov 12, 2022**

**9:30 am-12:30 pm EST**

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**Certified EFT Therapist and Supervisor**

**AAMFT Approved Supervisor**

**CAMFT RMFT Supervisor**

### **Description**

“**Emotionally Focused Family Therapy (EFFT) Stage 2: Child Vulnerability**” is the eleventh online EFT workshops series instalment that will hone your EFT skills. This is the heart of EFFT as the therapist helps the child (young child, teen, and adult child) express their vulnerabilities and attachment needs to their caregivers. This workshop is based on the assumption that the participants have a working knowledge of EFFT Stage 1. If you don't have a good idea about EFFT Stage 1 or have not attended the previous workshop on “***EFFT Stage 1: Parental Responsiveness***”, I highly recommend you purchase and watch the training (see [https://www.hermanchow.com/store/c3/EFT\\_Workshops.html](https://www.hermanchow.com/store/c3/EFT_Workshops.html)).

If working with couples is tough, family work is even more challenging. There are more people that the therapist needs to attend to. Often, the therapist can get lost and overwhelmed by the pulling of the different family members. EFFT can be an effective model that moves family members from attachment distress to attachment security.

This workshop will look at family therapy via the lenses of attachment theory and EFT. You will develop some key strategies in EFFT, such as working through child blocks, helping the child express their vulnerability, etc. Various teaching methods will be used, such as concise teachings, video clips, demonstrations, etc.

## **Learning Outcomes**

By the end of the workshop, the learner should be able to:

1. Examine family conflict via the lens of attachment theory and EFT
2. Use some key EFFT interventions when working with families
3. Work through the typical child blocks that block their attunement to their parents/caregivers
4. Choreograph meaningful enactments

## **Who should attend**

- Anyone who works with families using EFT, e.g. psychotherapists, family therapists, psychologists, pastors, etc.
- Any novice EFFT therapist who wants step-by-step instruction on doing EFFT
- Any seasoned EFFT therapist who wants to solidify and clarify their understanding of EFFT

Canadian Association for Marriage and Family Therapy (CAMFT) has approved 3 hours of Continued Education Hours for this training. You can most likely use the 3 hours towards your Associations' Continued Education requirement (e.g. CAMFT, AAMFT) and Colleges (e.g. CRPO).

## **Fee**

The regular fee is \$80 (Canadian) per person.

The early bird fee is \$70 (Canadian), and the full-time student fee is \$40 (Canadian) if you sign up and pay on or before Oct 12, 2022.

*Please note: There is no refund or transfer to another date or another participant. Your spot is only secure when payment is received – please send payment at the same time with registration.*

## **Registration**

For registration, please complete the registration form below or visit [www.hermanchow.com](http://www.hermanchow.com):

<https://hermanchow.com/therapists-registration>

Please send in payment via etransfer at hermanchow@rogers.com along with your registration.

If etransfer is not possible (e.g. US participants), you can pay via PayPal (contact: Herman at [hermanchow@rogers.com](mailto:hermanchow@rogers.com) if you need assistance). If you are using PayPal, there is an additional cost of \$5 Canadian to cover the extra fee charged by PayPal.