

**ONLINE EFT WORKSHOP:
EMOTIONALLY FOCUSED FAMILY THERAPY (EFFT): STAGE 1 PARENTAL
RESPONSIVENESS**

Sep 10, 2022

9:30 am-12:30 pm EST

Dr. Herman Chow, RP, RMFT, CCFT

Certified EFT Therapist and Supervisor

AAMFT Approved Supervisor

CAMFT RMFT Supervisor

Description

“Emotionally Focused Family Therapy Stage 1: Parental Responsiveness” is the tenth instalment of the Online EFT workshops series that will hone your EFT skills. This workshop is for participants who have some working knowledge of EFT and want to expand their EFT skills into family therapy. Emotionally Focused Therapy (EFT), an evidence-based model developed by Dr. Sue Johnson, can be used effectively in working with families.

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.

Often parents and caregivers will mis-attune with their children (young children, teens, and adult children). This workshop will help you learn how to help the parents and caregivers re-attune to their children.

This workshop will look at family therapy via the lenses of attachment theory and EFT. You will develop key strategies in EFFT Stage 1, such as assessment, working through parental blocks, eliciting parental buy-in, 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 conflicts via the lens of attachment theory and EFT
2. Use some key EFFT interventions when working with families
3. Work through the typical parental blocks that block their attunement to their children
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 Aug 10, 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:
<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 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.