

ONLINE EMOTIONALLY FOCUSED COUPLE THERAPY (EFCT) WORKSHOP: EFCT Session and Stage 3 Integration & Consolidation

Sep 11, 2021

9:30 am-12:30 pm EST

Dr. Herman Chow, RP, RMFT, CCFT

Certified EFT Therapist and Supervisor

AAMFT/CAMFT Approved Supervisor

Description

"**EFCT Session and Stage 3**" is the sixth instalment of the Online EFCT workshops series that will help you hone your EFT skills. This workshop is for participants who have some working knowledge of EFT.

There are two parts to this workshop. First, you will watch an EFCT session with Dr. Herman Chow working with a couple in the first part. After that, Herman will discuss some of the vital EFT interventions relating to the session and process any related questions you may have about the session. In the last part of the workshop, you will learn about the last stage of EFT (Stage 3: Integration and Consolidation), one of the least discussed stages in EFT training. This stage includes facilitating the emergence of new solutions to old relationship problems and consolidating the new positions and cycles of attachment behaviour. This stage focuses on validating and sustaining the new dance the couples have created and encouraging them to develop their solutions to the old problems. Teaching methods will include concise teachings, video clips, and demonstrations.

Emotionally Focused Therapy is a systemic model created by Dr. Sue Johnson. Research finds that 70-75% of couples move from distress to recovery, and approximately 90% shows significant improvement.

Learning Outcomes:

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

1. Observe and learn how to use basic EFT techniques such as the Tango, RISSSC, reflection, validation, evocative questions, etc.
2. Access and stay with the primary emotions of the couples
3. Work with the couples' relational blocks
4. Assist partners make meaningful encounters/enactments with each other
5. Help the couples in their stage 3 work, including sustaining their new cycle and helping them find new solutions to their old relational problems.

Who should attend

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

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 \$75 Cdn (\$60 US) per person. The early bird fee is \$65 Cdn (\$50 US) if you sign up and pay on or before Aug 11, 2021.

Registration

For registration, please complete the [registration form](#) or visit www.hermanchow.com

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, click "Family and Friends" to avoid extra charges. You will be responsible for additional costs.