

## **Online Emotionally Focused Therapy (EFT) Speciality Workshop: Getting started with couples – The first 5 EFT sessions**

**Nov 7, 2020**

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

### **Description**

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.

***“Getting Started with Couples-The first 5 EFT sessions”*** is the first of a series of EFT speciality workshops that will help you hone in your EFT skills. This is for participants who have some working knowledge of EFT. In this workshop, you can learn practical strategies in getting started with couples using EFT. Sue Johnson refers the first 5 EFT sessions as assessment but don't let that fool you in thinking real work is not done during the first 5 sessions. Often it is in these 5 sessions that you are laying the ground work for future sessions. The first 5 EFT sessions usually comprised of: listening to the couple's story, assessing their attachment history, tracking their cycle, doing the tango/enactments, sowing seeds of attachment, etc. Teaching methods will include short concise teachings, video clips, demonstrations, and role plays.

### **The workshop will:**

1. Give you step by step instructions in conducting the first 5 sessions
2. Provide practical worksheets for you to give to couples
3. Give you relevant attachment history tools that you can use to assess your couple
4. Offer you simple strategies in tracking a couple's cycle
5. Teach you how to do enactments that are relevant to the first 5 sessions of EFT
6. Build your confident in stage 1 work

### **Learning Outcomes**

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

1. Know what to do in the first 5 sessions in EFT
2. Assess attachment history of a couple
3. Help a couple make connections between their attachment history and its impact on their relationship with their partner
4. Track the cycle of the couple
5. Do enactments appropriate to the early stage of EFT

### **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 conducting the first 5 sessions of the EFT sessions.

Any seasoned EFT therapist who wants to solidify and clarify their understanding of the first 5 EFT sessions.

**The Canadian Association for Marriage and Family Therapy (CAMFT) has approved 3 hours of Continued Education Hours for this training. You can most likely apply to the Continued Education requirement of your College (e.g. CRPO).**

### **Fee**

The regular fee is \$75 per person. Early bird fee is \$65 if you sign up and pay on or before Sep 7, 2020.

### **Registration**

For registration, please complete the registration form on

<https://www.hermanchow.com/training-for-therapists.html> and send in payment via etransfer

at [hermanchow@rogers.com](mailto:hermanchow@rogers.com). For more info, visit: [www.hermanchow.com](http://www.hermanchow.com) or contact Herman

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