

# Registration Form

Name: \_\_\_\_\_

Postal Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone Daytime: \_\_\_\_\_

Email : \_\_\_\_\_

## PAYMENT DETAILS\*

- \$850** Earlybird Fee (register before July 20<sup>th</sup>)
- \$950** Regular Fee
- \$550** Student Rate (only 2013/14 full-time students, proof required)

*Deadline for full payment: September 1, 2013  
A cancellation fee of \$170 for regular registration and \$150 for students will be charged prior to September 10<sup>th</sup>.*

### Cancellation policy:

No return on fees for cancellations after September 10, 2013.

\*All fees include HST

Please post the completed form and cheque payable to:

*Margaret MacDonell*

*502-1657 Barrington St., Halifax, NS B3J 2A1*

or email to: [efthalifax@gmail.com](mailto:efthalifax@gmail.com)

*Breakfast and refreshments for breaks will be provided. Please let us know of any food allergies.*

**“We are never so vulnerable  
as when we love.”**

**-Sigmund Freud**

For more information about  
Emotionally Focused  
Therapy for Couples (EFT)  
visit:

[www.iceeft.com](http://www.iceeft.com)

# A Four Day Externship in Emotionally Focused Therapy for Couples

EFT is an experiential approach  
that explores the nature of  
relationships, with proven  
interventions, and the process  
of change.

**September 20-23, 2013**

Location: Dalhousie University  
Student Union Building  
Halifax, NS

Enquiries can be addressed to

Robert Allan  
Margaret MacDonell  
Erica McGill

E: [efthalifax@gmail.com](mailto:efthalifax@gmail.com)

## What is EFT

EFT is usually a short term (8-20 sessions), structured approach to couples therapy formulated in the early 80's by Drs. Sue Johnson and Les Greenberg. EFT is also used with families.

A substantial body of research outlining the effectiveness of EFT now exists. Research studies find that 70-75% of couples move from distress to recovery and approximately 90% show significant improvements. The major contraindication for EFT is on-going violence in the relationship.

EFT is being used with many different kinds of couples in private practice, university training centres and hospital clinics and many different cultural groups throughout the world. These distressed couples include partners suffering from disorders such as depression, post traumatic stress disorders and chronic illness.



### Gail Palmer, MSW, RMFT

Gail is one of the Founding Members of the Ottawa Couple and Family Institute and co-director of the International Centre of Excellence in Emotionally Focused Therapy, and is Chair of the Education Committee. For over twenty years, Gail has trained and supervised therapists and students in Emotionally Focused Therapy and has conducted externships, core skills advanced trainings and workshops on a number of EFT topics across Canada, the US and Europe. Working with families is a particular interest to Gail and she has developed the application of the model to families with both presenting and writing on EFFT. She is co-author of *Becoming an Emotionally Focused Couple Therapist: The Workbook*.

Gail has her Masters in Social Work, is a Registered Marriage and Family Therapist in Canada and an Approved Supervisor with the American Association of Marriage and Family Therapy. She is a couple and family therapy lecturer at the School of Social Work at Carleton University and St. Paul's University in Ottawa.

EFT is a combination of art and therapy.

## Workshop Schedule

### Day 1 - Friday September 20

- Introduction to EFT
- Theoretical assumptions
- Attachment theory
- EFT Stages and Steps
- Skills Training and Video
- Demonstrations

### Day 2 - Saturday September 21

- Steps 1 & 2:
  - Assessment & cycle de-escalation
- Steps 3 & 4
  - Identifying and framing couples negative cycle
- Video demonstration

### Day 3 - Sunday September 22

- Steps 5, 6, & 7
  - Change events
  - EFT interventions – working with emotion

### Day 4 - Monday September 23

- Steps 8 & 9
  - Consolidation and new solutions
  - Attachment injuries
- Becoming an EFT therapist