

SAMARITAN CENTER OF PUGET SOUND
Fundamental & Advanced Training in Emotionally Focused Therapy for Couples

EFT: Marital distress is the single most common reason for seeking therapy. It undermines family functioning and is strongly associated with depression and anxiety.

Emotionally Focused Therapy for Couples (EFT) offers a comprehensive theory of adult love and attachment, as well as a process of healing distressed relationships. This experiential—systemic therapy focuses on helping partners restructure the emotional responses that maintain their negative interaction patterns. Through a series of nine steps carried out within 8-20 sessions, the therapist leads the couple away from conflict deadlock into new bonding interactions.

EFT was developed by Drs. Susan Johnson & Leslie Greenberg almost 20 years ago. EFT has been rigorously researched and is now one of the most delineated and empirically validated approaches in the field of couples therapy.

Training is presented in cooperation with
Vancouver Couple & Family Institute
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EFT Certification through Advanced Training

Advanced training courses listed in this brochure can qualify towards EFT Certification, a process that is gaining in popularity and reputation as EFT continues to expand in North America. In this instance, participants must present their work in video, audio or transcript. *Be sure to visit the "Certification" section at www.eft.ca for full details*



About the Presenter: *Yolanda von Hockauf, M.Ed., R.M.F.T.*

Yolanda is a registered marriage and family therapist and *co-founder and Director of the Vancouver Couple & Family Institute and Centre for EFT Training*. She is a clinical member of the American Association for Marriage and Family Therapy (AAMFT) and an AAMFT- approved supervisor. Yolanda's first training in EFT was in 1983 at the University of British Columbia as a participating therapist in the original research study on EFT by Drs. Leslie Greenberg and Susan Johnson, and she has been successfully using this model in her practice ever since. For the past 15 years, Yolanda has been sought after as a trainer, consultant and supervisor to students and clinicians for her expertise in individual, couple and family therapy. She has an exceptional ability to explain theory and bring it alive by integrating it with practice. Rated by former trainees and supervisees as "the best supervision I've ever had", Yolanda's immediate warmth and clarity of style make her teaching and supervision an exceptional experience for both beginning and advanced therapists.

32 hours of Category I CPE
are available through this training

*For more information about EFT, visit
www.eft.ca*

FUNDAMENTALS OF EFT (No prerequisite)

Fri/Sat Jan. 19/20 & Thu/Fri Feb. 15/16, 2007

Participants will learn the theoretical underpinnings of Emotionally Focused Therapy, as well as how to:

- Assess couples' suitability for EFT
- Work through the 9 steps of EFT
- Elicit and work with emotion as it occurs in the sessions
- Work through blocks in therapy
- Develop specific interventions to help couples reprocess negative affect and foster a more secure bond

The format provides participants with opportunities to work through experiential skills building exercises and observe the trainers work with a couple on-site.

ADVANCED EXTERNSHIP

Thursday Jan 18 and Saturday Feb. 19

Prerequisite: EFT Fundamentals Course or equivalent.

The advanced externship consists of 15 hours of training that is based on case presentations by the participants. Everyone is required to bring in a videotape of their work for viewing by the group and leaders. In a supportive atmosphere, there will be feedback, discussion on the application of the EFT model to the case, reviewing interventions and role playing. There will also be opportunity to discuss specific challenges that may be preventing participants from fully implementing the EFT model. Please do not feel that you have to be an "expert" in EFT to register: the richness of the learning experience comes from seeing and discussing a wide cross section of sessions brought by fellow-therapists who are all learning together.

NOTE: Audiotape or transcript of a session can be accepted if video is impossible.

For more information, contact Bill Collins, Samaritan Center 206 527-2266