



Discover the solution to relationship distress!

Introduction to EFT

Emotionally Focused Therapy (Couples & Individuals)

WELLINGTON

Friday 28 February 2020

What you will learn:

- A clear roadmap of the steps and stages of EFT therapy for couples, individuals and families
- Strategies to repair a distressed relationship
- Understanding relationship distress through an attachment lens
- Key interventions which will help heal individuals and couples in your clinical practice
- Slowing distressed clients down to create safety in a session
- Gain insight into client's distressing negative cycles of interaction.

How you will learn:

- Intentional teaching of the key elements of EFT therapy for couples and individuals
- Participate in experiential role play
- Observe and take part in live demonstrations of the EFT model
- Watch video presentations by the best in the field.

Emotionally Focused Therapy

(EFT) is a structured approach to couples therapy, as well as individual and family therapy that has been very successful globally. EFT is based on the work of Dr. Sue Johnson and has the status of being the most research-based couples therapy model worldwide. Central to the EFT model are the theories of adult attachment theory and bonding.

EFT therapists help couples, individuals and families learn to express and manage feelings in a safe and collaborative way. Research studies find that 70-75% of couples move from distress to recovery. Even better, about 90% show significant improvements in their relationship after taking part in EFT therapy.

PRESENTER



Heike McCahon

MNZAC, M.A., Dip. Counselling,
EFT therapist and supervisor
and trainer (ICEEFT)

Venue

Johnsonville Community Centre
3 Frankmoore Ave
Johnsonville, Wellington 6037

Times

9am – 5pm, Fri 28th February

Fee

\$275

Earlybird \$230 (paid by 1 Feb)

Super earlybird \$200 (by 1 Dec)

CLICK HERE TO REGISTER

www.christchurchcounselling.co.nz/register-for-workshops

For queries please contact Heike – 027 2275969 or heikemccahon@gmail.com

Cancellations If you are unable to attend a workshop for any reason, make contact as soon as possible. Cancellations must be made in writing at least 8 days prior to the workshop date to qualify for a refund of the balance paid. Note this is minus a \$50 administration fee. If you cancel with less than 8 days' notice, you will be refunded 50%. Although unlikely, if we must cancel a workshop, your paid workshop fees will be refunded in full. Lack of participants or other unforeseen circumstances result in workshop cancellations. If a workshop is cancelled, we are unable to reimburse you further costs such as travel, airfares and accommodation.