

Introduction to EFT

Emotionally Focused Couples Therapy

A U C K L A N D 20 – 21 J U L Y 2018

Venue: St Columba Centre,
40 Vermont St, Ponsonby

Times: 9 am - 5 pm daily

Fee: \$300 Early bird \$275
if paid by 1st July 2018

Register here:

<https://www.christchurchcounselling.co.nz/register-for-workshops.html>



Heike McCahon,
M.A.,

(MNZAC, ICEEFT)

has been a therapist and tutor for 30 years and has great passion working with couples.

Heike is an Emotionally Focused Therapy Certified Therapist and Supervisor, living in Christchurch.

What you will learn in the workshop:

- A clear roadmap of the steps and stages of EFT couples counselling
- Strategies to repair a distressed relationship
- Understanding relationship distress through an attachment lens
- Key interventions which will help heal couples in your clinical practice
- Slowing distressed couples down to create safety in a session
- Giving hope by helping partners gain insight into their distressing negative cycle of interaction.
- Creating moments of connection for a couple - the antidote to stress and disconnection

This 2-day Intro to EFT workshop will help therapists work much more effectively with their couples.

Emotionally Focused Therapy (EFT) for Couples

- is a short term, focused treatment that blends family systems and experiential approaches to therapy with attachment theory
- has strong empirical evidence for positive client outcomes
- reflects the most recent research on the nature of relationship distress, of adult love, and of emotion
- is at the leading/emergent edge of relationship therapy internationally.



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