

Practitioner Training - Emotionally Focused Therapy Externship

Christchurch 2018, 7-10 March (4 days – Weds-Sat)

Fee: Early bird \$1075 until September 30 and then full fee \$1400

Emotionally Focused Therapy (EFT) for Couples

- is a way of working with couples that has been developed by **Dr Susan Johnson**
- 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.



Dr Rebecca Jorgensen - www.rebeccajorgensen.com

Dr Rebecca Jorgensen, PhD, is a founder and director of the San Diego Centre for EFT and has been a practising family counsellor for 20 years. Dr Jorgensen is an Emotionally Focused Therapy Certified Therapist, Supervisor and Trainer. She received her training from Dr Susan Johnson. She is a warm and engaging presenter.

Rebecca has been instrumental in developing the EFT training internationally, and is the lead investigator for research on Emotionally Focused Therapy Couples Group Therapy with Dr Johnson. Dr Jorgensen is one of twelve registered Emotionally Focused Therapy Trainers in the United States, and trains professional therapists in Emotionally Focused Therapy across North America. Rebecca also has specialised training in online education and treating hypersexual compulsive behaviour. To hear Dr Sue Johnson speaking on YouTube about EFT go to <https://youtu.be/xQCg-jC25fo>

Externship

The **Emotionally Focused Therapy 4 Day Externship** is designed to equip professionals to work more effectively with couples. This is an 'Endorsed Clinical Externship' and provides a step towards becoming a certified EFT therapist. For further details about the certification process please go to www.iceeft.com or [click here](#).

- **Day 1:** Introduction to Emotionally Focused Therapy. Systemic approach, experiential process, psychology of adult attachment and emotion, neurobiology of attachment. Overview: The Three Stages and 9 Steps of EFT.
- **Day 2:** EFT Stage One: EFT assessment, alliance building, identifying the cycle. Live couple counselling session.
- **Day 3:** Live supervision (technology permitting). EFT Stage Two: EFT interventions, change events. Live couple counselling session.
- **Day 4:** EFT Stage Three – Steps 8 and 9. Trauma and attachment. Attachment injuries – Forgiveness and Reconciliation. Becoming an EFT Therapist.

Dr Jorgensen will offer ways to support secure attachment, love and intimacy in couple relationships. She will address relationship distress from the attachment perspective, provide techniques to shape key interactions and bonding events, and a framework to reprocess emotional responses that maintain relationship distress so that couples can move to more satisfying outcomes. This workshop will integrate clinical theory and practice. A range of learning approaches will be used including video examples of EFT sessions, observation of live counselling sessions, participation in skill training exercises, and discussion of specific cases, clinical material and issues.

Information and Enrolment

To enrol, please email to: eftnewzealand@gmail.com. Or if you require more information: inesferrer@gmail.com

NZ Community for EFT (NZCEFT)

NZCEFT was formed in 2016 and is a not-for-profit incorporated Society. Its purpose is to promote EFT in NZ focused on developing secure, resilient and successful relationships between partners and within families, through education of health professionals and the wider community in the efficacy of EFT, and to support the development of EFT practice in NZ. The training is organised through NZCEFT in liaison with Dr Rebecca Jorgensen who has been coming to NZ for EFT training since 2008. More information on www.nzeft.org