

# 2022 ONLINE ATLANTIC CANADA EXTERNSHIP in Emotionally Focused Therapy (EFT)

January 21/22 & February 4/5, 2022, 10 a.m. - 6 p.m. (AST)  
Optional homeroom January 29 10 a.m. - Noon (AST)  
All online, live via Zoom

For more information  
[www.drrobertallan.com/new-events](http://www.drrobertallan.com/new-events) or email [eftrainingatlantic@gmail.com](mailto:eftrainingatlantic@gmail.com)

***This model will touch your heart, expand your practice and boost your confidence with on-target interventions.***

This **Externship** will include presentations of theory, clinical techniques and skills, training exercises, video recordings, observation of live sessions, and discussion of specific cases and clinical issues.

An extensive manual will be provided. Recommended pre-reading includes: *Attachment Theory in Practice: Emotionally Focused Therapy with Individuals, Couples and Families* (2019) and *The Practice of Emotionally Focused Couple Therapy: Creating Connection* (2020) by Dr. Sue Johnson.

## PARTICIPANTS LEARN:

- To see emotional disorders & relationship distress from an attachment perspective
- To help clients reprocess the emotional responses that maintain dysfunction & relationship distress
- To shape key new interactions and events that build secure connection with others
- To overcome therapeutic impasses and address existential dilemmas.

## Meet Your ICEEFT-Certified Trainer: Dr. Robert Allan, PhD, LMFT, LPC

### Dr. Robert Allan



Robert was born in Dalhousie, New Brunswick and lived in Halifax, Nova Scotia for 25 years. While in Halifax, he completed his Masters degree in Counselling at Acadia University and PhD at Dalhousie University before embarking on a full-time academic career in Denver, CO in 2014. He is an Assistant Professor in the couple and family track of the graduate MFT and counseling programs at the University of Colorado Denver. He maintains an active practice in Denver and is a leader in the Denver EFT Community. Robert has helped train and supervise therapists and students in Emotionally Focused Therapy across Canada, the US, and Europe.

Robert's interest in EFT extends to his research work where he has explored cultural adaptations of EFT. He is currently the co-Principal Investigator and supervisor for the Denver site of the first clinical trial of Emotionally Focused Individual Therapy (EFIT). Robert is a Licensed Marriage and Family Therapist in Colorado and an Approved Supervisor with the American Association of Marriage and Family Therapy. Robert is a warm, knowledgeable, and engaged trainer with a passion for helping people learn EFT. Robert is the Co-editor and contributor of *Creating Cultural Safety in Couple and Family Therapy: Supervision and Training*.

## What is EFT?

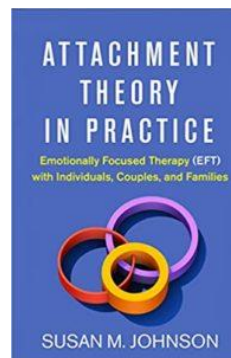
EFT is a well-known humanistic approach to psychotherapy formulated in the 1980's and developed in tandem with the science of adult attachment, a profound developmental theory of personality and intimate relationships. This science has expanded our understanding of individual dysfunction and health as well as the nature of love relationships and family bonds. Attachment views human beings as innately relational, social and wired for intimate bonding with others. The EFT model prioritizes emotion and emotional regulation as the core organizing agents in individual experience and key relationship interactions.

EFT is best known as a cutting edge, tested and proven couple intervention, but it is also used to address individual depression, anxiety and post traumatic stress (EFIT – Emotionally Focused Individual Therapy) and to repair family bonds (EFFT – Emotionally Focused Family Therapy). This model operationalizes the principles of attachment science using non-pathologizing experiential and relational systems techniques to focus on and change core organizing factors in both the self and key relationships.

### The Goals of EFT

#### Across 3 Modalities of Therapy

- To order and re-organize key emotional responses – the music of the interactional dance – shaping emotional balance and personal agency.
- To expand both the clients' core sense of self and how they respond to others in the dance of attachment.
- To foster emotional balance and coherence, a sense of competence and worth and the open, responsive engagement with self and others that foster the secure bonds that create resilience.



## Registration Information

*(Registration managed by Cynthia Allan Events)*

To register, complete the on-line registration form found [HERE](#).

**PAYMENT DETAILS** (All fees include HST (HST#: 786092544 RT0001))

- \$945 Super Early bird Fee (Paid in full before September 21, 2021)
- \$995 Early bird Fee (Paid in full before November 21, 2021)
- \$1095 Regular Fee
- \$695 Student Rate (2021/22 full-time students, proof required)

*Refunds will be issued, minus an administrative fee of \$195, for super early bird, early bird and regular registrations (\$150 for students) for any withdrawal from the program prior to January 7, 2022.  
No return on fees for cancellations after January 7, 2022.*

Payments accepted by:

- Interac e-Transfer: [ceallanevents@gmail.com](mailto:ceallanevents@gmail.com).
- Cheque addressed to: Cynthia Allan  
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