

EMOTIONALLY FOCUSED INDIVIDUAL THERAPY Level 2 Certificate Atlantic Canada/Online

**Integrating the latest from the
EFIT research with Robert Allan**

Mondays and Tuesdays

November 7, 8, 14, 15

noon-3:30pm

Atlantic Standard Time

Attachment-based Interventions to Treat Trauma, Anxiety, and Depression

Finally, there is a map offered to us by attachment science to work in an organic, on-target way to help clients with trauma, anxiety, and depression.

This workshop will build on the skills and knowledge base offered in Emotionally Focused Individual Therapy (EFIT) Level 1. In this training, we will continue to help you solidify your understanding of the general EFT (Emotionally Focused Therapy) model that now has a strong and solid empirical foundation based on over three decades of research, including over 30 studies with couples. These studies have taught us how to be more efficient, more on-target and more effective in each and every session with our clients, whether we are working with individuals, couples, or families. This training will also help you to expand your skills in moving clients more efficiently and effectively from distress to 'fitness' - moving, alive, strong, resilient. The **overall aim of this training** is to help you further hone your craft in identifying clients' blocks to growth, and then moving them in every session into new corrective emotional experiences that unblock the organic growth process and shape confident individuals - securely connected with themselves and with others - and ready to continually adapt, grow, and evolve

Prerequisite: Completion of EFIT Level 1 Training with an ICEEFT Certified Trainer

Suggested Reading: *A Primer for Emotionally Focused Individual Therapy (EFIT): Cultivating Fitness and Growth in Every Client* (Johnson & Campbell, 2022)

Meet the trainer



Robert is the co-Principal Investigator of the first ever clinical trial of Emotionally Focused Individual Therapy taking place across three cities in Canada and The U.S. He is an ICEEFT certified trainer, supervisor, and therapist who has helped train and supervise therapists and students in Emotionally Focused Therapy across Canada, the US, and Europe. Robert is an Associate Professor in the couple and family therapy program at the University of Colorado Denver. He works with individuals, couples, and families in private practice in Denver. Robert completed his PhD at Dalhousie University, he 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.

At the end of the training, participants will be able to:

- Adopt an attachment humanistic perspective on clients, problems and interventions
- Discover and distil core emotional experiences and promote emotional balance
- Outline emotional regulation and interactional patterns that shape models of self and other
- Implement the five moves of the EFT Tango to shape corrective emotional experiences
- Describe and use the micro-interventions of the EFT/EFIT model (e.g., heightening)
- Choreograph dramas that expand the self and open engagement with others
- Integrate corrective emotional experiences into models of self and other
- Validate the client's sense of competence and worth in every session

Cost: Early registration before September 7: \$369, Student \$269
After September 7, 2022: \$399, Student \$299 (Can\$, HST included in all prices)

Location: Online

Registration: <https://forms.gle/1c3AEc9K4aVdk4gL9>