

## 4-Day Essentials in Emotionally Focused Family Therapy (EFFT)

May 13-16, 2024

DAILY FROM 9AM to 4:30PM

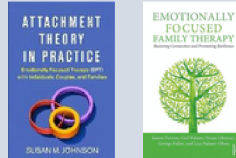
Holiday Inn & Suites: Calgary South 8360 Blackfoot Trail SE, CALGARY ALBERTA T2E 8T4

**Emotionally focused family therapy (EFFT) is an attachment-based approach that combines both systemic and experiential interventions to mend broken bonds and heal fractured families.**

EFFT provides therapists on target intervention that engage the relational blocks that interrupt the ordinary resilience of family functioning. EFT for families provides a map for family distress and proven process healing attachment ruptures and resolving relational blocks that disrupt the attachments of family life. [www.guilford.com/iceeft](http://www.guilford.com/iceeft).

An ICEEFT- endorsed Essentials in Emotionally Focused Family Therapy is the introductory course for EFFT certification. This 24-hour immersion course guides participants through conceptualizing family processes that promote growth and foster resilience through developmental changes and challenges. Clinicians gain skills to effectively engage negative interaction patterns through a emotionally focused process of change. Participants will learn and practice the core competencies that are essential to transforming negative interactional patterns in families and connecting family members through the power of emotional experience. The training includes observation of live and/or video recorded therapy sessions, presentations of theory and clinical techniques, skills training exercises, and discussion of specific cases, clinical material and issues.

We recommend reading Emotionally Focused Family Therapy (2019) by James L. Furrow, Gail Palmer, Susan M. Johnson, George Faller, Lisa Palmer-Olsen and Attachment Theory in Practice: Emotionally Focused Therapy with Individuals, Couples and Families (2019) by Sue Johnson, an prior to this training. The book is available for purchase at [www.guilford.com/iceeft](http://www.guilford.com/iceeft).



### Meet Your ICEEFT-Certified EFT Trainers: **Gail Palmer, RSW, RMFT** **James Furrow, Ph.D, LMFTA**



Gail Palmer is a recognized leader and contributor to the practice of Emotionally Focused Therapy (EFT) for the past 35 years. As an ICEEFT certified trainer and supervisor, she educates mental health professionals worldwide. Gail holds a Masters degree in Social Work and is a Registered Marriage and Family Therapist in Canada. In addition, she is Co-Director of the International Center of Excellence in Emotionally Focused Therapy and a Founding Members of the Ottawa Couple and Family Institute.

Gail has a particular interest in applying the EFT model to the family therapy modality and is co-author of the seminal 2018 text, Emotionally Focused Family Therapy: Restoring Connection and Promoting Resilience and Becoming an Emotionally Focused Therapist: The Workbook. Professionally, Gail's primary passion is to help therapists who are both new to EFT and trained in EFT, to bring the powerful interventions and skills of this model to the family therapy room.



James L. Furrow, Ph.D., is a recognized leader and contributor to the practice of Emotionally Focused Therapy (EFT) with couples and families. He is contributing author and editor to five EFT texts including Emotionally Focus Family Therapy: Restoring Connection and Promoting Resilience and the forthcoming Becoming an Emotionally Focused Therapist: The Workbook. His research on couple therapy and positive youth development and spirituality are featured in leading professional journals. He is a clinical fellow and an approved supervisor with the American Association for Marriage and Family Therapy, a member of the National Council on Family Relations, and a Certified Family Life Educator. Jim co-founded the Los Angeles Center for Emotionally Focused Therapy and is an ICEEFT certified EFT therapist, supervisor, and trainer.

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