

# EMOTIONALLY FOCUSED INDIVIDUAL THERAPY

## Atlantic Canada - Level 1 Certificate

Integrating the latest from the EFIT  
research with Dr. Robert Allan

*Thurs, Fri, Mon, Tues*

*March 3, 4, 7, & 8, 2022*

*Noon-3:30pmAST*

### 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.*

To that map, add the wisdom of 30 years of clinical experience and outcome studies on Emotionally Focused Therapy and you have the right way to tune into clients' emotions and help them shift from numbing or agitation into emotional balance and the ability to trust the self and engage fully with others.

#### Registration:

To register, please complete the on-line [registration form](#). Once your registration is received, you will receive a confirmation email with payment instructions. If you have any questions or concerns, please submit all inquiries to [eftrainingatlantic@gmail.com](mailto:eftrainingatlantic@gmail.com).

Building on Emotionally Focused Couple Therapy and the work of Dr. Sue Johnson, we will show you the set of proven interventions to shape transformational emotional moments for your individual clients in every session.

Emotionally Focused Individual Therapy (EFIT) will transform your clinical work by giving you:

- A structured, on-target, effective roadmap for helping clients
- Resolution for clients' depression, anxiety, and post-traumatic stress
- A more integrated coherent sense of self

EFT takes you to the heart of the matter in just 5 clear macro-interventions. The goal is not to simply modify symptoms, but to grow people into full, flexible aliveness.



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 Assistant Professor in the couple and family track of the graduate counseling 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.

### **The EFIT Process-Oriented Assessment**

- A non-pathologizing attachment perspective on emotional disorders
- Using EFIT to work with core features of Anxiety and Depression
- The process of first sessions – building a safe-haven alliance

### **The Core EFT Macro Interventions – the EFT “Tango”**

- Mirroring/reflecting present process
- Negative Cycles of Coping Affect assembly and deepening
- Choreographing engaged encounters with self and others
- Processing these choreographed to create emotional balance
- Integrating and validating new experience
- The Tango across stages of change

### **Summary of Micro Interventions – Experiential and Systemic**

- In-session video and discussion of sessions
- Play and Practice - the elements of the tango

#### Learning Objectives:

1. Adopt an attachment humanistic perspective on clients, problems and interventions
2. Discover and distill core emotional experiences and promote emotional balance
3. Outline protective, self-defeating and interactional patterns and the core components of emotional disorders.
4. Begin to implement the 5 moves of the EFT Tango to shape corrective emotional experience
5. Describe the micro-interventions of the EFT/EFIT model, e.g., Heightening, Interpretation.
6. Choreograph dramas that expand the self and open engagement with others
7. Integrate corrective emotional experiences into models of self and other
8. Validate the client’s sense of competence and worth in every session.

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

**Location:** Online

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