



**Ottawa EFT Centre**



International Centre for Excellence in  
Emotionally Focused Therapy

# 4-Day EXTERNSHIP in Emotionally Focused Couple Therapy(EFCT)

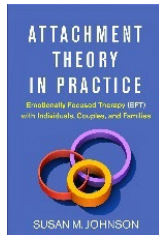
Ottawa, On In person:

**November 13-16, 2024**

Early Bird \$1150 ❖ After Sept.15 \$1250 ❖ Students \$800 ❖ (+ applicable taxes) Scholarships available

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

An **EFT Externship** focuses on using EFT for couples and includes presentations of theory, clinical skills, training exercises, video recordings, live demonstrations and discussion of specific cases and clinical issues. An extensive manual will be provided.



We recommend reading *Attachment Theory in Practice: Emotionally Focused Therapy with Individuals, Couples and Families* (2019) by Dr. Sue Johnson, prior to this training. The book is available for purchase at [www.guilford.com/iceeft](http://www.guilford.com/iceeft).

## PARTICIPANTS LEARN:

- A clear understanding of the basic experiential and systemic concepts of an "Emotionally Focused" approach to therapy
- 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 Trainers:



**Normand Gingras, PhD, C.Psych**

Normand studied clinical psychology at the University of Ottawa, where he worked with Dr. Sue Johnson, renowned international expert in couples therapy. He works in Private practice at the Ottawa Couple and Family Institute where he does individual and couples therapy. He has taught and conducted supervision in individual and couples therapy to students in the doctoral program at University of Ottawa and l'Université du Québec en Outaouais. He is a clinician with the Veterans Transition Network where he conducts group therapy with Canadian Forces veterans. He is an accredited supervisor and trainer with the International Centre for Excellence in EFT (ICEEFT) and offers EFT training mostly in French in Canada, Switzerland and France. Normand holds an Electrical Engineering degree from the Royal Military College of Canada and worked as an aircraft maintenance officer within the Canadian Forces until 1990. He is happily married to Chantale, with a son, Marc-Antoine. He enjoys cycling, skiing and has a passion for aviation.



**Paul Greenman, PhD, CPsych**

Paul is an EFT therapist, supervisor, and trainer. He is a full-time professor of clinical psychology and former Chair of the Department of Psychoeducation and Psychology at the Université du Québec en Outaouais (UQO) in Gatineau, Québec. Paul also provides services to clients at the Ottawa Couple and Family Institute (OCFI). Over the past 15 years, Dr. Greenman has been heavily involved in the teaching and supervision of EFT and has a strong interest in the application of psychological treatments to patients in medical settings. He has collaborated with Sue Johnson and colleagues at the University of Ottawa Heart Institute on the adaptation of the Hold Me Tight program for couples facing cardiac illness and has been the principal author of and a major contributor to a number of peer-reviewed articles, book chapters, and presentations.

## 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.

### Strengths of Emotionally Focused Therapy (EFT)

- ✓ EFT is based on clear, explicit research-based conceptualizations of individual growth, health and dysfunction and of relationship distress and adult love.
- ✓ EFT is collaborative and respectful of clients, combining experiential Rogerian techniques with structural systemic interventions.
- ✓ Change strategies and key intervention sequences are specified.
- ✓ Key moves and moments in the change process have been mapped into three stages of therapy and key change events that predict success at the end of therapy.
- ✓ EFT has been validated by over 30 years of empirical research. There is also research on the change processes and predictors of success.
- ✓ EFT has been applied to many different kinds of problems and populations.

Visit [www.iceeft.com](http://www.iceeft.com)

for more information about EFT,  
EFT publications and training events.



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