

# **CORE SKILLS TRAINING in EMOTIONALLY FOCUSED THERAPY**

**2019 - 2020 in Winnipeg, MB  
with Certified EFT Trainer Lorrie Brubacher, M.Ed., RMFT, LMFT (NC # 1245)**



## **Winnipeg EFT Training & Consulting**

**endorsed by International Centre  
for Excellence in EFT (ICEEFT)**



**Session One:** December 2 & 3, 2019 – Stage 1 Alliance and Assessment

**Session Two:** February 17 & 18, 2020 – Stage 1 -Stabilization (De-escalation)

**Session Three:** April 6 & 7, 2020 – Stage 2 - Withdrawer Engagement

**Session Four:** June 8 & 9, 2020 – Stage 2 - Blamer Softening and  
Stage 3 - Consolidation

**Mondays and Tuesdays 9:00 - 4:00 p.m. Lunch on your own.  
Refreshments provided am & pm.**

**48 hours of group supervision, can be applied to ICEEFT Certification**

**Cost:** \$1600 for the 4-session program.

Registration submitting your payment commits the applicant to attend all four sessions of the training and reserves space for the entire course.

**Cancellations:** subject to a \$75 administration fee and must be made in writing at least 14 days prior to the first session to qualify for a refund of the balance paid. If you cancel with less than 14 days notice, you will be refunded 50%. In the event a course is cancelled due to low registration, a refund will be issued in the full amount paid.

**Questions?**

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**You may choose to print these 2 pages, so you have a record of the dates and of the agreements you make in order to register. Also details of the case presentation are found below**

## To register you are required to agree to the following:

1. I have the educational training, qualifications, and professional credentials to practice as a mental health professional in the area where I live or I am in a formal training program of supervised internship to become a mental health professional
2. I agree to keep confidential the personal identifying information of case material shared in the training.
3. I agree to not record any part of this training in any format (audio, video, or visual). Personal written notes of non-confidential material are permitted
4. I have completed an EFT Externship.
5. I have an active caseload of couples from which to present a recording and to practice skills between modules (caseload does not need to be large). **This last one is not to be missed! An outline for a case presentation is below.**

### Outline for Case Presentations

Participants need to present once during the 4 Core Skills workshops. The presentation can be in video or audio form. Audio recordings must be accompanied by a transcript of 15 minutes of the session. If you present a video recording and the audio is not adequate for the group to understand, a transcript (or subtitles) must be made available for each participant. Any presentation will be no more than one hour long. It may be shorter as well. The therapist will present the case (outline to follow), will play approximately 10-15 minutes of the session and allow 20 minutes for discussion and possibly role-play. It is not required that the case be specific to the EFT steps being discussed but should be an EFT-oriented session.

Before playing your video, briefly focus on:

1. Where the couple is in the EFT process. Number of sessions to date. The Stage the couple is in. How the couple defines their cycle. What change events have occurred?
2. Your questions for the group. For example, where do you feel stuck, or what interventions do you find difficult? What feedback are you seeking from your colleagues?

In addition, you may briefly comment on any of the following, If you feel the group needs to know:

1. Ages, work, marital status, children, previous marriages
2. Their presenting problem
3. Significant elements of their relationship history-pivotal moments or relationship (attachment) injuries
4. Any other significant life events in -family of origin, sense of secure attachment, previous trauma and so on.