



EMOTIONALLY FOCUSED COUPLES THERAPY

Externship

Emotionally Focused Couples Therapy (EFT) is an evidence based couples therapy model rooted in attachment theory and the neurosciences. Dr Sue Johnson and her colleagues developed and have been refining this powerful and revolutionary model for the past 30 years.

EFT sees couple distress as a symptom of separation anxiety. This separation distress creates a negative dynamic in the couple that perpetuates the separation distress, which in turn maintains the negative dynamic... The partners become trapped in a repetitive and painful feed-back loop that makes it virtually impossible for them to respond to the needs of the other for closeness, validation, empathy and desire. EFT first helps couples see their dynamic and how it is hurting them, as well their respective positions in this dance. The second phase of therapy focuses on restructuring the emotional bond between the partners in order to create a more secure attachment.

In this four-day Externship, participants will learn through a combination of lectures, videotapes, observation of live sessions, and role-play exercises. For those who wish to become a certified EFT therapist, the Basic Training is a prerequisite.

See www.iceeft.com and annebelgramperkins.com for more information about the certification process.

During the Basic Training participants will:

- ~ obtain a clear understanding of the basic experiential and systemic concepts of an “Emotionally Focused” approach to couples therapy;
- ~ learn to conceptualize couple distress and relationship repair based on theories of attachment and emotion;
- ~ develop skills in helping partners reprocess the emotional responses that maintain relational distress;
- ~ develop skills in helping partners shape new interaction patterns and bonding events;
- ~ develop skills to overcome therapeutic impasses with couples.

Dates: 22,23,25,26 November 2019

Location:
155 rue Président Roosevelt
78100 St-Germain en Laye

Participants: 20 maximum

Investment: 950 Euros/participant for four days

Registration: anne.belgram.perkins@gmail.com



This training will be led by
Karin Wagenaar,
Psychologist, Family Therapist,
ICEEFT certified EFT Therapist, Supervisor
and Trainer.

assisted by



Anne Belgram-Perkins,
Clinical psychologist,
ICEEFT certified EFT Therapist, Supervisor
and Trainer in training.
Registered training provider 11788400678

REGISTRATION

Basic Training (Externship) in Emotionally Focused Couples Therapy 22,23,25,26 November 2019 in Saint Germain en Laye

Name: _____

E-mail: _____

Telephone: _____

Address: _____

Profession: _____

Conditions:

Cost for the 4 day training: 950 euros

Payment:

By check to the order of Anne Belgram-Perkins before October 1, and sent to:

Anne Belgram-Perkins,
90 route de Montesson,
78110 Le Vésinet

Or by bank wire (contact me for details)

- Your registration will be final upon payment.
- The cost of the training does not include transportation, meals or lodging.

Cancellation:

Full reimbursement if participation is cancelled 45 business days prior to the training.

After this deadline, 50% of the training fee is retained to cover processing and organization costs.

The organizer reserves the right to cancel the training in the event of circumstances beyond their control. In this case, only the training fees paid will be reimbursed.

The organizer also reserves the right to replace the trainers if necessary.

I certify having read and accepted these conditions.

Signature and date :

_____ Date _____

For questions contact anne.belgram.perkins@gmail.com
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