

# **EXTERNSHIP** in Emotionally Focused Therapy EFT

*Dr. Sue Johnson - Dr. Zoya Simakhodskaya*



Per il Progresso nella Pratica  
e nella Ricerca in Psicoterapia

## **FLORENCE**

27 to 30 of APRIL **2017**

5<sup>th</sup> EDITION



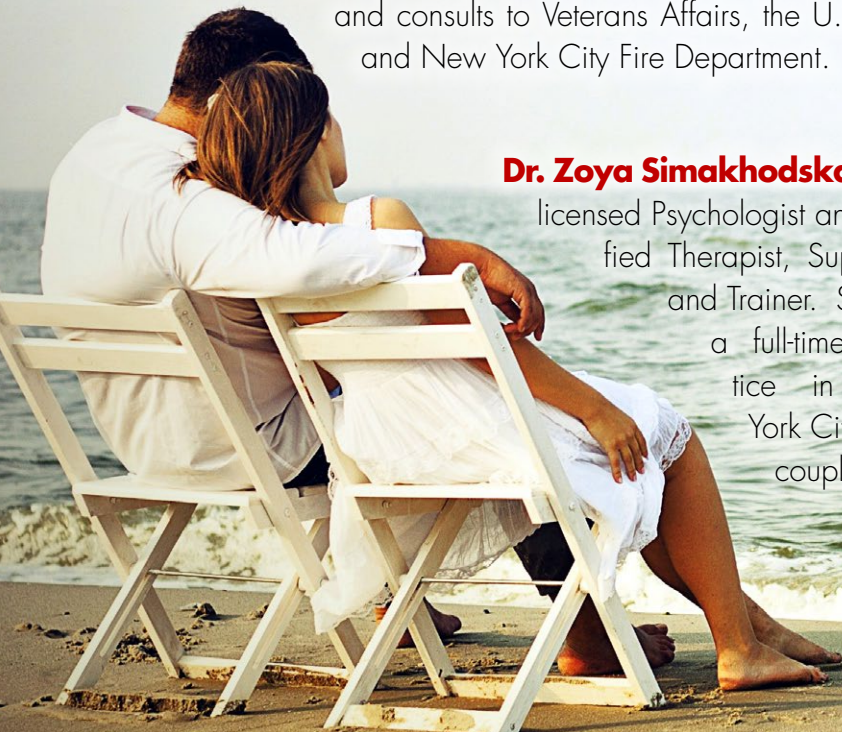
**Emotionally focused therapy (EFT)** is a short term psychotherapy approach to working with couples and more recently with families. It is substantially based on the principles of emotion theory and attachment theory. Emotionally focused therapy proposes that emotions themselves have an innately adaptive potential that, if activated, can help clients change problematic emotional states or unwanted self-experiences. Emotions are connected to our most essential needs. They rapidly alert us to situations important to our advancement. They also prepare and guide us in these important situations to take action towards meeting our needs. Clients undergoing EFT are helped to better identify, experience, explore, make sense of, transform and flexibly manage their emotional experiences.

### **Dr. Sue Johnson**

Sue Johnson is Director of the International Center for Excellence in Emotionally Focused Therapy and Distinguished Research Professor at Alliant University in San Diego, California as well as Professor of Clinical Psychology at the University of Ottawa, Canada. She has received numerous honors for her work, including the Outstanding Contribution to the Field of Couple and Family Therapy Award from the American Association for Marriage and Family Therapy and the Research in Family Therapy Award from the American Family Therapy Academy. She is a Fellow of the American Psychological Association. Dr Johnson's best known professional books include, *The Practice of Emotionally Focused Couple Therapy: Creating Connection* (2004) and *Emotionally Focused Couple Therapy with Trauma Survivors* (2002). She trains counselors in EFT worldwide and consults to Veterans Affairs, the U.S. and Canadian military and New York City Fire Department.



**Dr. Zoya Simakhodskaya** is a licensed Psychologist and Certified Therapist, Supervisor and Trainer. She has a full-time practice in New York City working with adults and couples, specializing in cross-

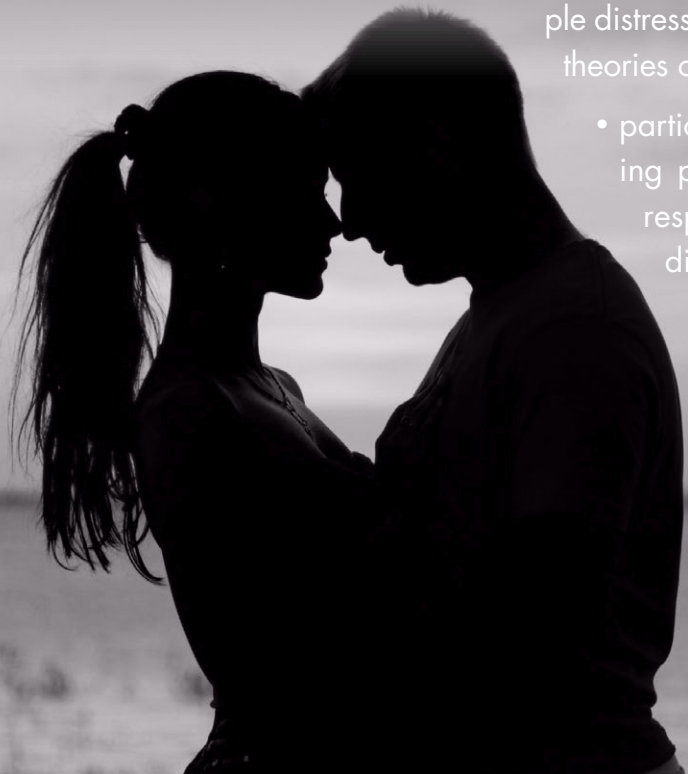


cultural and bilingual couples and families. Zoya is one of the founding members, Vice President of the Board of Directors and Chair of Education Committee for NYCEFT. To provide the best treatment for couples and families, she also founded and direct the Center for Psychological and Interpersonal Development in New York City. In addition to her psychotherapy practice, Zoya has many years of experience providing crisis intervention in an urban psychiatric emergency service. She continues to teach as a voluntary faculty at NYU School of Medicine, CUNY and Rutgers University. Zoya presents and teaches nationally on EFT and now is also bringing EFT training to therapists in Russia. She loves helping therapists master the EFT model and get through their learning blocks.



## General Objectives

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







## About EFT

[www.holdmetight.net](http://www.holdmetight.net)

- Ten Tips for a Strong Vibrant Relationship
- The Three Kinds of Sex
- What you need to Know about love
- Where does love go wrong? Or The Three Demon dialogues that can wreck your relationship

**Training:** 32 hours of Externship

An Externship includes observation of live therapy sessions, presentations of theory and clinical techniques, skills training exercises, and discussion of specific cases, clinical material and issues.

## Who should attend?

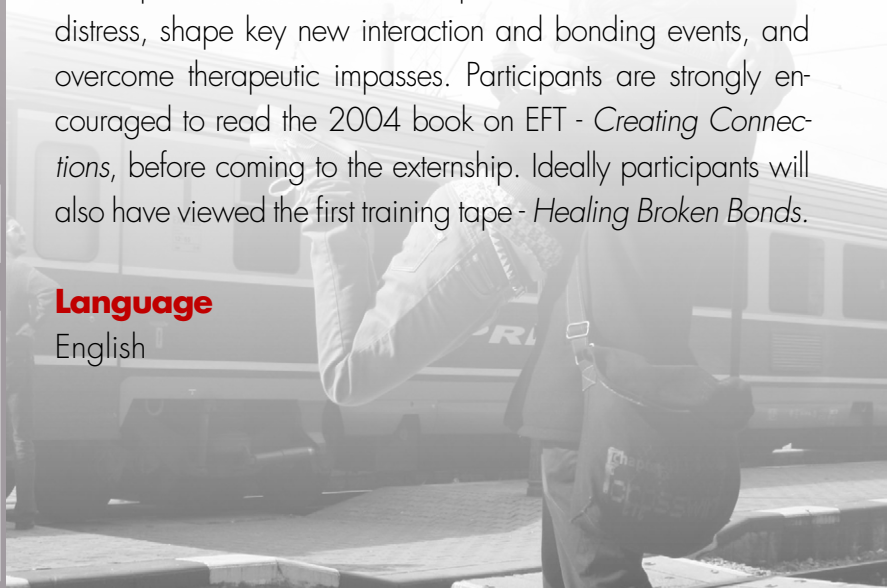
The externship is recommended to all professionals who counsel couples, including psychiatrists, psychologists, family physicians, social workers, psychiatric nurses, counsellors, pastors and clergy, and students training in these professions.

## Participants learn to:

See marital distress from an attachment perspective, help partners reprocess the emotional responses that maintain marital distress, shape key new interaction and bonding events, and overcome therapeutic impasses. Participants are strongly encouraged to read the 2004 book on EFT - *Creating Connections*, before coming to the externship. Ideally participants will also have viewed the first training tape - *Healing Broken Bonds*.

## Language

English



# TIMETABLE

## THURSDAY 27 APRIL

- 8.30 - 9.00 Registration and Check in
- 9.00 - 10.00 Introduction to Externship & The Field of Couples Therapy
- 10.00 - 12.00 Introduction to EFCT Perspective, Goals, Assumption, Status
- 12.00 - 13.00 Lunch
- 13.15 - 14.45 Attachment - A Map for change
- 15.00 - 16.00 Stages and Steps of EFT
- 16.00 - 17.30 Tape viewing and/or exercises

## FRIDAY 28 APRIL

- 9.00 - 9.30 Case history/discussion
- 9.30 - 11.00 Live Interview
- 11.15 - 12.00 Case Formulation and feedback from externship/group discussion
- 12.00 - 13.00 Lunch
- 13.15 - 14.45 Presentation on Assessment
- 15.00 - 17.30 Tape Viewing and EFT Exercises

## SATURDAY 29 APRIL

- 9.00 - 9.30 Case history/discussion
- 9.30 - 11.00 Live Interview
- 11.15 - 12.00 Case formulation and feedback from externship/group discussion
- 12.00 - 13.00 Lunch
- 13.00 - 14.45 Overview of EFT interventions - Change Events.
- 15.00 - 17.30 Tape Viewing and EFT Exercises

## SUNDAY 30 APRIL

- 9.00 - 10.00 Training tape viewing
- 10.00 - 12.00 Exercises and discussion
- 12.00 - 13.00 Lunch
- 13.00 - 14.30 Presentation: Traumatized Couples & Attachment Injuries
- 14.45 - 17.30 Discussion: EFT with different kinds of couples.

Scientific Director of ISC: Dr. Alessandro Carmelita

## Location

HOTEL MICHELANGELO Viale Fratelli Rosselli, 2 - 50123 Firenze, Italia - michelangelo.fi@starhotels. it.  
Tel. +39 055 27841 - Fax. +39 055 2382232

## Overnight Hotel

For informations about Hotels, please contact us to [isc@istitutodiscienzecognitive.com](mailto:isc@istitutodiscienzecognitive.com)

## Fee

600 € It is possible pay in two tranches:

- 1° (300 €) at the registration
- 2° (300 €) within 10 of April 2017

discount of 100 euros fro registration within 30/09

## Registration

Ask the application form to: [isc@istitutodiscienzecognitive.it](mailto:isc@istitutodiscienzecognitive.it)

To register yourself, you should send the application form with a copy of the transfer receipt to:  
[isc@istitutodiscienzecognitive.it](mailto:isc@istitutodiscienzecognitive.it)

Transfer to: Banco Nazionale del Lavoro - Grosseto

Beneficiario Istituto di Scienze Cognitive srl

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*In case of cancellation, announced by letter or e-mail, within 31 December 2016 will be refunded 50% of the amount paid. After that date the full fee will be retained.*



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