



# EMOTIONALLY FOCUSED THERAPY COURSE 2022

## EFT EXTERNSHIP

### A four-day immersion in the theory and practice of Emotionally Focused Therapy

This four-day course is the foundation of the training required towards becoming a Certified EFT therapist and is endorsed by the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT).

This 28-hour training in Emotionally Focused Therapy includes presentations of theory and clinical techniques, video clips of couple and individual EFT sessions, training exercises, group work, and a live couple session.



Sandra Taylor, PhD

Helene and Sandra are ICEEFT Certified EFT trainers, supervisors and therapists.

They are based in Britain and run regular Externships and Core Skills trainings.

They are co-founders of the **British EFT Centre** ([www.beftcentre.org](http://www.beftcentre.org)) and Joint Centre Heads.



Helene Igwebuike, M.A.

**Emotionally Focused Therapy (EFT)**, as developed by **Dr Sue Johnson**, is a collaborative, structured, therapy approach to working with couples, families and individuals that fosters the creation of secure relationship bonds.

EFT is a **change process** that facilitates movement from distress to recovery by transforming negative cycles of interaction into safe emotional connection between intimate partners and family members.

Based on the science of emotions and attachment theory as well as humanistic and systemic theories, EFT has a high success rate in achieving secure, resilient relationships in couples and within families, and in helping individuals to flexibly manage their emotional experience.

#### You are eligible to apply if

You are a member / student member of a recognised counselling / professional mental health organisation  
**and**

You want to develop your understanding of Emotionally Focused Therapy, particularly in relation to working with couples.

Some reduced fee places are available to support widening participation. See website for details.

Cost **£800**

Venue central London

Times 9.00 a.m. - 5.00 p.m. each day

Optional Home Group 8.30 - 9.00 a.m. days 2 – 4

For more information and to book please go to

<https://www.acreefttraining.com/november-2022---london---eft-externship.html>

Monday 14<sup>th</sup> –  
Thursday 17<sup>th</sup>  
November 2022