



Professional Development for Marital Therapists

Emotionally Focused Therapy for Couples (EFT)

This experiential course based on the work of Susan Johnson will introduce participants to a short-term model for effective marital therapy. It will highlight relevant theory of adult love and marital stress. The nine steps in the process of change will be highlighted with step-by-step guidance of interventions at specific points in therapy and ways to address a partner's emotions to create new interactions and bonding events.

Participants will view videos, experience role plays and other experiential activities as part of the training process. There is an expectation that participants will complete written assignments during the course.

Participants will experience this dynamic systemic approach and its integration with other modalities and ways of working, including sculpting.

Prerequisite learning and experience

Participants will require a reasonable level of competency in generic skills and be currently involved in clinical counselling and a supervisory relationship. An understanding of systems theory will be an advantage but not essential.

Dates: Saturdays and Sundays
Feb 18, 19. March 24, 25. May 19, 20. June 16, 17. July 21, 22. 2012 (9.30 am – 4 pm)

Cost: \$800 early bird rate if paid by Feb 1. (\$950 after Feb 1. Full payment by Feb 18)

Venue: Relationships Australia Level 1, 63b Market St Wollongong 2500.

Trainer: David Kerr

Group size: Min. 10 - Max 12 participants

David Kerr is a Master Clinician accredited with the Australian Association of Relationship Counsellors and offers Individual, Relationship and Family Therapy in Private Practice. David has clinical membership with PACFA, Full membership with the Institute of Group Leaders, qualified Train the Trainer, and has completed a Masters and other university degrees. He is an experienced trainer and supervisor who has worked and trained with a variety of agencies and organisations since his introduction to counselling in 1979. He brings a wealth of experience, insight and humour to training.

Respond to David Kerr mobile: 0422 837 287

Website www.davidkerrcounselling.com

Feedback from the 2011 Training Group

"I would recommend this training to anyone regardless of previous training. It has expanded and encouraged my thinking about relationship counselling and myself as a counsellor." Cathy



“The EFT training provided by David has given me a good platform upon which to build my practice with couples. The course was practical and the experiential focus was well integrated with the theory.” Karen

“David is an open and approachable trainer who presented the EFT course with opportunity for both theory and practise, with a focus on relationship, both that of the couple and the groups. The training was affirming and validating and built into my professional identity. I would recommend this training for all levels of counselling experience and especially for those counsellors who have a passion for couple work.” Janine (senior counsellor).

“A well paced approach to understanding EFT for new and experienced counsellors, presented in a manner that encourages a shift in approach.” Kevin (senior counsellor).

The training I have undertaken with David has been pivotal in the way that I conduct my counselling practice. Having just completed a degree in counselling, learning many theoretical approaches and only 8 months of counselling under my belt, the practical experiential training of EFT has given me confidence and a framework to hang those concepts onto. I would highly recommend any counsellor undertaking this EFT training with David.” Wendy

Experience the power of EFT

EFT requires “tri-ocular vision”, with the therapist focusing on each partner and the relationship that exists between them. EFT views emotions as a source of healing. Most psychotherapies are best regarded as forms of "emotion suppression therapy" (EST). In contrast, "emotion focused therapy" (EFT) seeks to resolve unpleasant emotions by working **with** them. EFT regards many “unpleasant emotions” as sources of useful information. EFT adds to psychoanalytic therapies a focus on the here and now, on "how" problems are produced (rather than just "why"). Also, EFT adds to interpersonal psychotherapy, a focus on the self and the importance of past interpersonal relations.

The goal in EFT is to access and reprocess the emotional responses underlying each partner’s interactional position thereby facilitating a shift towards accessibility and responsiveness, the building blocks of secure bonds. This process can be mapped out in 9 Steps.

Does engagement in EFT require partners be particularly expressive or aware of their emotions?

“Research found (Johnson & Talitman) that a lack of expressiveness or a reluctance to self-disclose did not hamper progress in EFT. In fact, EFT seemed to be particularly powerful with male partners who were described by their partners as inexpressive. This may be because when such partners do express themselves in the safe and supportive environment of EFT, the results are often compelling for themselves and for their partners. This research also provided evidence that men who are older (over 35) seem to be more responsive to EFT, perhaps because men tend to see issues of intimacy and attachment as more relevant as they get older.”

Page 156, The Practice of Emotionally Focused Marital Therapy, Creating Connection, Susan Johnson, Brunner Mazel Inc. New York 1996