

Essentials of EFIT: 4 Days of EFT for Individuals (EFIT) as developed by Dr. Sue Johnson

Join EFT trainer Heike McCahon for a 4-day EFIT training in February/ March 2024.

PRESENTER



Heike McCahon

MNZAC, M.A.,
Dip. Counselling, ICEEFT
Trainer, supervisor and therapist

26 & 27 February 2024
29 February & 1 March 2024
10am–5.30pm daily NZ time

Through didactic presentations and experiential exercises you will learn to:

- Support clients to develop secure attachments and break stuck patterns of depression, anxiety and isolation.
- Integrate corrective emotional experiences into models of self and other.
- Outline protective, self-defining and unhelpful interactional patterns.
- Track client's within and between negative cycles and link to presenting problems that manifest as emotional disorders, depression and anxiety.
- Distil core emotional experiences and promote emotional balance.
- Outline the process of change and the elements of the EFT Tango to shape corrective emotional experience.
- Implement the 5 moves of the EFT Tango to shape corrective emotional experiences and EFT micro-interventions.
- Adopt a humanistic attachment perspective on clients, problems and interventions.

FEE: NZ\$1,299

*early bird NZ\$1,199 ends 10 Feb 2024

*student/low income NZ\$950

*scholarships/special discount rate NZ\$700

TO REGISTER, GO TO

<https://forms.gle/DURHFfcGMcWoLgSU8>

It is recommended that participants obtain and read the book *A Primer for Emotionally Focused Individual Therapy (EFIT)* before or during the training. Essentials of EFIT is the first pathway training event to become an ICEEFT Certified EFIT Therapist. Participants will receive a certificate of completion for 24 hours of CPD via email on the last day of training.

Cancellations are subject to a \$50 administration fee and must be made in writing at least 8 days prior to the workshop date to qualify for a refund of the balance paid. If you cancel with less than 8 days' notice, you will be refunded 50%. In the unlikely event of us having to cancel due to a lack of participants or other unforeseen circumstances, we will refund your paid workshop fees but are unable to reimburse you for further costs such as travel, airfares and accommodation.

For any queries please contact the training administrator Stella at stellacarr20@gmail.com