

New Zealand Community for Emotionally Focused Therapy (EFT) PATHWAY Trainings, 2021

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| Externship | 23–24 Feb and 26–27 Feb 2021 | Online | Heike McCahon and Yve Gould |
| Core Skills 1 | 13–14 April and 16–17 April 2021 | Online | Heike McCahon |
| Externship | 16–19 June 2021 | Auckland | Heike McCahon |
| Core Skills 2 | 29–30 July and 2–3 Aug 2021 | Online | Yve Gould |
| Core Skills 1 | 25–28 Aug 2021 | Auckland | Yve Gould |
| Core Skills 2 | 3–6 Nov 2021 | Auckland | Heike McCahon |

EFT is:

- A short-term focused treatment for individuals, couples and families, which blends family systems and experiential approaches to therapy with attachment theory.
- Developed by Dr. Sue Johnson, and showing strong empirical evidence for positive client outcomes. It is globally the most successful approach to couple therapy.
- Reflecting the most recent research on the nature of relationship distress, which results from a perceived threat to basic adult needs for safety, security, and closeness in intimate relationships.
- Based on a solid treatment map, which helps the therapist guide the couple away from conflict impasse into new bonding interactions.
- Holding the solution to helping couples thrive again!

Participants learn to:

- Conceptualise relationship distress and repair based on theories of attachment and emotion.
- Build strong therapeutic alliances utilising finely tuned validation and careful attunement.
- Help partners access the more vulnerable emotions underlying repetitive destructive cycles.
- Shape new patterns of engagement by creating powerful enactments.



Yve Gould

Reg. Psychotherapist, MNZAP, M. Couns, EFT Therapist, Supervisor and Trainer. Dip. Teaching



Heike McCahon

MNZAC, M.A., Dip. Counselling, EFT Therapist, Supervisor and Trainer (ICEEFT). Dip. Teaching

EXTERNSHIP TRAINING FEE: NZ\$1,295

*early bird NZ\$1,095

*student NZ\$950 (please enquire)

*repeat externship NZ\$700

Core Skills training prices available via link below.

To register, go to:

www.nzceft.org/eft-training.html

and see the links at the bottom of the page

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.