

# EMOTIONALLY FOCUSED COUPLES THERAPY

2009

## EXTERNSHIP (BASIS COURSE) and ADVANCED TRAINING (CONTINUING COURSE)

IN COLLABORATION WITH

PSYRAAD AND THE REINIER VAN ARKEL GROUP

's-Hertogenbosch

June 10th till June 13th, 2009

Marital distress is the single most common reason for seeking therapy. It undermines family functioning and is strongly associated with depression and anxiety.

Emotionally Focused Therapy offers a comprehensive theory of adult love and attachment, as well as a process of healing relationships. This experiential - systemic therapy focuses on helping partners reprocess the emotional responses that maintain their negative interaction patterns.

Emotionally Focused Therapy is integrative model, in which three perspectives are combined, the attachment theory, the intra psychic or experiential perspective and the interpersonal or systemic perspective.

Emotionally Focused Therapy offers good results with couples. In other groups of clients the relapse percentage is lower than in other models. The effectiveness of EFT is proven in an increasing number of clinical studies around the world.

In EFT the role of the therapist is one of an emotionally engaged choreographer who learns the couple (again or for the first time) to dance. The focus on the here and now emotions of the partners requires an active and engaged therapist.

Psyraad in collaboration with the Reinier van Arkel group is proud to organise an Externship and Advanced training following the in 2007 given workshop by Sue Johnson, for those who want to know EFT for the first time and those who want to deepen their knowledge and skills.

Psyraad has willing professor Scott Woolley, Lisa Ruderman en Yolanda von Hockauf to offer an externship and advanced training in the Netherlands.

Scott R. Woolley, Ph.D. is professor and director of the marital and family therapy masters and doctoral programs in the Californian School of Professional Psychology at Alliant International University in san Diego and Irvine, California. He has a clinical specialization in couple therapy and MFT supervision and has trained mental health professionals around the world i.c. Finland, Japan, Taiwan, Canada. In recent years he closely works together with Sue Johnson in Externships, Advanced training, lectures, consultation and supervision. He publishes regularly in the Journal of Marital and Family Therapy and the American Journal of Family Therapy.



Yolanda von Hockauf, M.Ed., R.M.F.T. is a registered marriage and family therapist. She is a clinical member of the American Association for Marriage and Family Therapy (AAMFT) and an AAMFT- approved supervisor. Yolanda's first training in EFT was in 1983 at the

University of British Columbia as a participating therapist in the original research study on EFT by Drs. Leslie Greenberg and Susan Johnson, and she has been successfully using this model in her practice ever since. For the past 20 years, Yolanda has been sought after as a trainer, consultant and supervisor to students and clinicians for her expertise in individual, couple and family therapy.



Lisa Ruderman, M.A., MFT Lisa Ruderman, MA MFT is a licensed Marriage Family Therapist. She is a registered Emotionally Focused Therapist and Supervisor, and a founder of the San Diego Center for Emotionally Focused Therapy. Mrs Ruderman is a member of the American Psychotherapy Association and is a board certified Professional Counselor. She is an AAMFT clinical member.



## Dates

4-day basic course (Externship)  
by Prof. Scott R. Woolley and / or Yolanda von Hockauf \*

Wednesday 10<sup>th</sup> June till Saturday 13<sup>th</sup> June 2009

2- day advanced course (Advanced Training)  
by Yolanda von Hockauf and / or Lisa Ruderman \*

Wednesday 10<sup>th</sup> and Thursday 11<sup>th</sup> June 2009  
and  
Friday 12<sup>th</sup> and Saturday 13<sup>th</sup> June 2009

2 x 2 day basic course (Externship shared)  
by prof. Scott R. Woolley and / or Yolanda von Hockauf \*

Friday 12<sup>th</sup> and Saturday 13<sup>th</sup> June 2009  
and  
Friday 11<sup>th</sup> September and Saturday 12<sup>th</sup> September 2009

( \* = depending on how many people will participate)

## Location

Depending on how many people will participate, the Externship or Advanced Training takes place in one or two locations of the Reinier van Arkel group in 's-Hertogenbosch, the Netherlands.

## Costs

The cost for attending the Externship is € 750 including manual, coffee, thee, soft drinks, sweets, lunch and closing reception.

The cost for attending the Externship in 2 x 2 days is € 850 including manual, coffee, thee, soft drinks, sweets, lunch and closing reception.

The cost for attending the Advanced Training is € 450 including manual, coffee, thee, soft drinks, sweets, lunch and closing reception.

# Registration

Registration is for psychotherapists, psychologist, social workers and counsellors who actually works with couples and /or families.

You can register through our website [www.psyraad.nl](http://www.psyraad.nl). You can download there a registration form to register. On the form you can indicate if you want to sign in for the Externship or Advanced Training. Please send the registration form back to [EFT09@psyraad.nl](mailto:EFT09@psyraad.nl).

## Download registration form

You can register till May 20<sup>th</sup>. Your registration will be definite when we have received your payment on our account number 14.39.78837 in the name of L. Aarnoudse e.o J. Kool ovv EFT 2009. Registration will take place in order of payment.

When it is not possible to register by mail, you can contact J. Kool by [EFT09@psyraad.nl](mailto:EFT09@psyraad.nl).

We will send you then a registration form.

## Cancellation penalties

Cancellation before April 10th 2009 will result in € 40 administration costs.

Cancellation between April 10<sup>th</sup> and before May 17<sup>th</sup> will result in a 50% refund.

After May 17<sup>th</sup> no refund is possible.

## Program Externship \*

During the Externship you will learn to understand partner relationship problems with help of the attachment theory and you get the skills which makes EFT so effective.

- Day 1      The field of couple therapy: The place of EFT.  
Basics of the EFT model – Experiential & Systemic  
Theory of relationships – Adult Attachment theory  
Overview of the process of change – Stages and Steps.
- Day 2      Case Presentation: Live Session or Tape Review or Case Role – Play –  
Discussion Assessment and Alliance in Stage 1
- Day 3      Case Presentation – Live Session or TaPE Review – Discussion  
Tasks and Interventions Change Events – Stage 2
- Day 4      Becoming an EFT Therapist  
EFT with Different Couples – Trauma  
Forgiveness and Attachment Injuries.

## Program Advanced Training

From the participants it will be expected that they bring in a video extract of one of their on going treatments of a (distressed) couple. It is expected that a transcript in English is being made of a part of the video concerning the question one has according the ongoing treatment. The video extracts and the concerning questions of the participants are an important starting point of the Advanced Training.

**Day 1 and 2**      Intensive training including assessment, case conceptualisation, interventions using theory, role play, the videos of the participants and demonstration by the trainer.

Main language will be English. After completion of the Externship or the Advanced Training one is entitled to be registered into the international register of EFT therapists.

(\* = program subject of change)