

# **EMOTIONALLY FOCUSED THERAPY**

## **2010**

**Externship**  
(BASIC COURSE)

**Advanced training**  
(CONTINUING COURSE)

**Core Skills Advanced training**

**EFT for Individuals**  
(workshop)

IN COLLABORATION WITH

**Psyraad   ICEEFT   Stichting EFT Nederland**

**Oisterwijk   March 24 – April 2   2010**

**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 an 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.

As a follow up to the success of the EFT training in 2009, we organized a broad program for training in 2010, with consensus of the international EFT-organisation ICEEFT and Stichting EFT Nederland.

Professor Scott Woolley (San Diego), Lisa Ruderman (San Diego) and Yolanda von Hockauf (Vancouver), will lead the training effort in the Netherlands, joined by professor James L. Furrow from Los Angeles.

Psyraad is pleased to organize an Externship and Advanced training for those who desire an introduction to EFT and those who want to further their knowledge and skills.

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.e. 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.



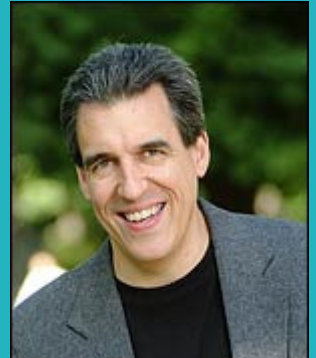
Yolanda von Hockauf, M.Ed., R.M.F.T. is a registered marriage and family therapist. She is a clinical member of the American Association for Marriage and Family Therapy (AAMFT) and an AAMFT- approved supervisor. Yolanda's first training in EFT was in 1983 at the University of British Columbia as a participating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



**James L. Furrow, Ph.D.** is professor at the Department of Marital, relational, couple and Family Therapy at the School of Psychology in Pasadena, California. He is a fellow board of the research center of development of children and adolescents, registered couple and family therapist, EFT therapist, supervisor en trainer. He has trained EFT for many years in the West and Middle of the USA and he has several publications and presentations on his name.



**Kathryn Rheem, M.S., LCMFT, ABD**, is a certified EFT therapist, supervisor, and trainer. She is the director of The Couple & Family Therapy Center, LLC, located in Bethesda, Maryland, which serves military and civilian couples and the Associate Director at the Washington Baltimore Center for EFT. She has worked extensively with combat-related trauma and the impacts of high stress on couple relationships. Kathryn has trained U.S. Army Family Life Chaplains and worked with military service members and their partners at Fort Hood, TX, Camp Lejeune, NC, Fort Belvoir, VA, Fort Leavenworth, KS, and in Germany. Kathryn, along with Dr. Sue Johnson, is the founder and director of Strong Bonds, Strong Couples, LLC, which provides EFT-based weekend retreats for soldiers & Marines coming home from Iraq and Afghanistan and their partners.



The trainers are assisted by Barbara Kohnstamm, Karin Wagenaar, Hanna Pinomaa (from Finland), Berry Aarnoudse and Jaap Kool.

## Program Externship

In the four days of the basic training, you will be introduced to EFT and will expand your knowledge and skills. During the Externship you will understand partner relationship problems with help of attachment theory and be introduced to the skills that make EFT effective.

**Day 1** The field of couple therapy: EFT worldwide. Discussion

**Day 2** Case Presentation, Live Session, Tape Review or Case Role-play. Assessment and working relations. Discussion.

**Day 3** Case Presentation, Live Session, Tape Review, Analysis, demonstration and Role-play, stages and Interventions. Discussion

**Day 4** Emotionally Focused Therapy with Different Couples – Trauma and Attachment Injuries. Discussion.

## Program Advanced Training

This two day training period follows up the Externship and is focused on couple therapists. From the participants it will be expected that they bring a video recording of on going treatment of a (distressed) couple. A transcript in English will be made of a part of the video concerning a question regarding an ongoing treatment. The video extracts and the focused questions of the participants are an important starting point of the Advanced Training.

**Day 1 and 2** will consist of a supervised intensive training in a group of 12 people or less. This training will include assessment, case conceptualization, interventions using theory, role play, videos of the participants and summarized demonstrations by the trainer.

## Core Skills Advanced training

The Core Skills Advanced training is an intensive training of skills, requiring eight days of training. The first four days are in March 2010 followed by four days in September/October 2010 and 2011.

This training is designed for therapists who completed the Externship and work with couples in their daily practice. The participants are expected to read the book “Creating Connections” by Sue Johnson prior to the training and presentation of their video-sessions. The group will be limited to 15 participants.

The eight days of training will methodically cover all steps and stages of the EFT process including:

- deepening the stages and steps of the EFT process.
- instruction and repetition of EFT interventions.
- discussion of cases
- practice and demonstration with role-play
- supervision on cases from daily practice.

## Supervision

For those who are applying for international certification, it is possible to enroll in EFT supervision training.

In the Netherlands there are three registered EFT therapists training for the supervisor EFT designation. Supervision mainly for groups is offered. Individual supervision training is optional. We are preparing long distance group supervision with trainers from the US and Canada.

You will find more information on qualification and registration on the website [www.psyraad.nl](http://www.psyraad.nl)

## Walking Diner

We are delighted to offer the participants the opportunity to meet with the trainers in an informal setting. This activity will take place on Friday March 26 and Wednesday March 31 2010, after the training until 10:00 p.m. In addition to live music, a buffet will be served. Further information will follow.

## Dates

Four days basic course (Externship)  
with Prof. Scott R. Woolley or Yolanda von Hockauf  
March 24-27, 2010

Four days basic course (Externship)  
with Prof. Scott R. Woolley or Ms. Yolanda von Hockauf  
March 29- April 1, 2010

Four days Core Skills Advanced training  
with Ms. Yolanda von Hockauf, Ms. Lisa Ruderman or Mr. Jim Fowler  
March 24-27, 2010

Four days Core Skills Advanced training  
with Ms. Yolanda von Hockauf, Ms. Lisa Ruderman or Mr. Jim Fowler  
March 29-April 1, 2010

Two days Advanced Training  
with Ms. Lisa Ruderman  
March 22 -23, 2009

One day workshop EFT for Individuals  
with Mw. Yolanda von Hockauf  
April 2, 2010

Participants can indicate preference for the trainer on the application form.

*\* The course dates in June, September/ October will be announced soon.*

## Location

Cultureel Centrum Tiliander  
Sporlaan 82c, 5061 HD Oisterwijk tel: 013-521722  
Parking is available.  
Tiliander is located within walking distance (300m) of bus, train and lodging.

## Lodging

If you plan to stay overnight in Oisterwijk, please notify us and we will send you lodging information.

## Costs

Four days Externship	€ 875,-
Four days Core Skills Advanced training	€ 965,-
Two days Advanced training	€ 550,-
One day workshop EFT for Individuals	€ 235,- or € 195,-*

*\* if you also applied for another course.*

All courses include training manual, coffee, tea, soft drinks, snacks, lunch and reception.

# Registration

The training is designed for psychotherapists, psychologist, social workers and counselors who work with couples and families.

Register through our website [www.psyraad.nl](http://www.psyraad.nl). Download a registration form. On the form you can indicate which training you wish to attend. Send the registration form to [EFT2010@psyraad.nl](mailto:EFT2010@psyraad.nl).

## Download registration form

By email register by contacting J. Kool /Berry Aarnoudse at [EFT2010@psyraad.nl](mailto:EFT2010@psyraad.nl). You will be sent a registration form.

**Applications must be received on/before March 1, 2010.**

Your registration is effective when the application fee is received at account **14.39.78837** L. Aarnoudse e.o. J. Kool (Mention EFT 2010 on your payment).

IBAN number **NL17RABO0134529049**. BIC-code: **RABONL2U**.

# Cancellation penalties

**Refund requests must be made in writing:**

Before February 1<sup>st</sup> 2010: € 40,= (non-refundable administration fee)

February 1-March 1, 2010: 50% refund

From March 1, 2010: no refund