

# Certification program of Emotionally Focused Couple Therapy

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## Connexion Psychological Practice Ltd

Marital distress is the single most common reason for seeking therapy. It undermines family functioning and is strongly associated with depression, anxiety disorders, and alcoholism. Emotionally Focused Therapy for Couples (EFT) offers a comprehensive theory of adult love and attachment, as well as a process for healing distressed relationships. It recognizes that relationship distress results from a perceived threat to basic adult needs for safety, security, and closeness in intimate relationships. This experiential/systemic therapy focuses on helping partners restructure the emotional responses that maintain their negative interaction patterns. Through a series of nine steps, the therapist leads the couple away from conflict deadlock into new bonding interactions. Over the past 15 years, Sue Johnson and her colleagues have developed and rigorously researched this short-term approach (8-20 sessions) in couple therapy. It is now one of the best-delineated and empirically-validated approaches in the field of couple therapy.

### **The Goals of EFT:**

- To expand and re-organize key emotional responses
- To create a shift in partners' interactional positions
- To foster the creation of a secure bond between partners

### **The Strengths of EFT:**

- Clear, explicit conceptualizations of relationship distress and adult love. These conceptualizations are supported by empirical research on the nature of marital distress and adult attachment.
- Change strategies and interventions are specified. The change process has been mapped into nine steps and specific change events.
- EFT is empirically validated and there is also research on the change process and predictors of success.
- EFT has been applied to many different kinds of problems and populations.

### **Training Requirement for EFT Certification in Hong Kong:**

The EFT certification will be issued by the ICEEFT (International Centre for Excellence in Emotionally Focused Therapy). In order to meet all the training requirement for EFT certification, a master-level therapist must complete (1) 4-day externship, (2) 8-day core-skills training, and additional 8 hours of individual supervision by any EFT certified supervisor listed on EFT website [www.eft.ca](http://www.eft.ca). The attendance of the EFT externship qualifies the participants to attend the following training:

- 1) 8 days Core Skills training
- 2) Advanced externship- for those participants who are willing to present their own work through audio or videotape presentation
- 3) Additional 8-hour of individual EFT supervision will be needed to complete the requirement for certification in EFT.

Once the Externship, core skills training requirement and 8 hrs of individual supervision are completed, the therapist needs to submit a detailed case presentation to be evaluated by ICEEFT. The case presentation includes a 3-page conceptualization of the case (there is a standard form available upon request), one videotape segment from stage 1 process with a distressed couple and 2 video segments from stage 2 processes. Transcripts of all 3 segments must be included.

It should be noted that the completion of EFT training requirement does not guarantee EFT certification. Trainees must demonstrate appropriate understanding of EFT theory and ability to practice EFT intervention in the case presentation submitted for review. For some trainees, additional and continuous EFT supervision is needed to master EFT.

### **EFT CORE SKILLS TRAINING**

Core skills training in Hong Kong are designed for therapists who have completed the Externship and are interested in either pursuing EFT certification or becoming more skillful in EFT interventions. Core Skills Training in HK consists of two 4-day workshops, 6 hours each day, learning the skills essential to the practice of EFT (Emotionally Focused Therapy) at each of the 9 steps of EFT.

Sessions consists of didactic content, brief lecture on EFT process, of videotaped case review and / or live sessions and practice through supervised role play and transcript exercises. Each day is focused on a particular phase of therapy including EFT skills associated with: There will be opportunity for participants to get feedback on videos of their own work with clients. Bringing your own videotaped therapy session (tapes with Chinese clients are accepted if it was typed verbatim) for group review and feedback is necessary.

### **Learning Objectives of Core Skills:**

After 8-days of EFT core skills training, participants will:

1. Obtain a better understanding of the theoretical underpinnings of EFT.
2. Learn to use EFT interventions by steps to help couples access their emotional experience and become aware of their destructive cycle and its negative impact on the relationship.
3. Be able to identify attachment needs and underlying emotions that are a mechanism of change.
4. Be able to use EFT interventions to help clients rebuild a more satisfying relationship in which their attachment needs are met.

### **Core Skills Part One (June 2010)**

Day 1: Step 1 – Assessment, Alliance Building, Delineating the Core Issues of Conflicts  
Skills – Reflection, Validating, Evocative Reflections & Questions

Day 2: Step 2 – Identifying the Negative Interactional Cycle

Skills – Evocative Reflections & Questions, Tracking & Reflecting Interactions,

and Reframing

Day 3: Step 3 – Assessing the Emotions and Attachment needs

Skills – Evocative Reflections & Questions, Tracking & Reflecting Interactions, and Reframing

Day 4: Step 4 – Reframing the problems

Skills – Evocative Reflections & Questions, Heightening, Empathic Conjecture, Tracking & Reflecting Cycles of Interaction, and Reframing

### **Core Skills Part Two (July 2010)**

Day 5: Step 5 – Working with Emotional Experience

Skills – Evocative Responding, Heightening, & Empathic Conjecture

Day 6: Step 6 – Withdrawer Reengagement

Skills – Empathic Conjecture, Disquisition, & Restructuring Interactions

Day 7: Step 7 – Blamer Softening

Skills – Evocative Responding, Empathic Conjecture, Tracking & Reflecting the Cycle, Restructuring Interactions

Day 8: Step 8 & 9 – Consolidation and Impasses

Skills – Integration of all skills

### **EFT supervision**

Eight hours of individual supervision will be arranged in pairs with Dr. Ting Liu who will review videotaped therapy session (audiotape or videotape with Chinese clients are accepted if it was transcribed verbatim) and provide feedback via SKYPE.

### **Core Skills Trainer:**

**Ting Liu, Ph.D.**, is an assistant professor in Psychology Department at Kean University in New Jersey, US. She is a Pennsylvania licensed Marriage and Family Therapist and an Approved Supervisor with the American Association of Marriage & Family Therapy. She is also a certified EFT (Emotionally Focused Therapy) trainer and supervisor and provides training and supervision in the EFT model of couples and family therapy.

Dr. Liu received her doctorate in Child Development and Family Studies with a specialization in Marriage and Family Therapy from Purdue University. She completed a postdoctoral fellowship in Center for Family Intervention Science at the Children's Hospital of Philadelphia. She has practiced as a marriage and family therapist in Indiana and Virginia. She has translated and published two books in the field of MFT to Chinese.

### **Who should attend?**

The externship is recommended to all professionals who counsel couples, including psychiatrists, psychologists, family physicians, social workers, psychiatric nurses,

counselors, pastors and clergy, and students training in these professions.

**Participants are strongly encouraged to read the following before coming to the externship:**

**1. *The Practice of Emotionally Focused Marital Therapy Creating Connection, Second Edition* (情緒取向 VS 婚姻治療 張老師文化 ISBN : 957-693-479-6)**

**2. *Becoming an Emotionally Focused Couple Therapist The Workbook (2005)* by Susan M Johnson. Co-authored by Brent Bradley, Jim Furrow, Alison Lee, Gail Palmer, Douglas G Tilley and Scott R Woolley Woolley - N.Y. Brunner Routledge. ISBN 0415947472 .**

Ideally participants will also have viewed the first training tape:

Healing Broken Bonds (available at the Institute).

**Advanced Externship and Clinical Consultant/training:**

This can be arranged later in Hong Kong after the Externship training; details will be announced during the Externship.

For more information about Emotion Focused Therapy or Dr. Sue Johnson, please visit their website: [www.eft.ca](http://www.eft.ca)

**Who should attend:** Social workers, counselors, family therapists, psychologists, psychiatrists, nurses, family doctors, counseling teachers, mental health workers, academics and other related helping professionals.

**Pre-requisites for certification:**

- A graduate degree in a relevant discipline/mental health field such as Social Work, Psychology, Education, Counseling, Marital and Family Therapy, and Pastoral Care.
- Membership in a recognized professional association, such as AAMFT.
- Current clinical therapy practice (must include some couples and/or families).
- Completion of two graduate courses on the practice of couples/family therapy at a registered institution or equivalent.

**Core Skills Part I:**

**Date** : June 10-13, 2010  
**Time** : 9:30a.m. - 5:30 p.m.  
**Venue** : Flat A, 7/F Shun Pont Commercial Building,  
5-11 Thomson Road, Wan Chai, Hong Kong.

**Core Skills Part II:**

**Date** : July 5-8, 2010  
**Time** : 9:30a.m.-5:30 p.m.  
**Venue** : **To be confirmed**

**No of participants** : Limit to 16 people

**Fee:** HK\$12400 (Core Skills Part I & II)  
HK\$ 6200 (Previous Core Skills participants Part I& II)  
HK\$ 3100 (Previous Core Skills participants Part I or II)

**Early Bird Registration** : HK\$11800 (Core Skills Part One + Part Two registration before 15<sup>th</sup> Mar, 2010)

**Language** : English

**Format** : Lectures, demonstrations, experiential exercises and Q & A

**For Enquiry** : Phone: 2881-8860;  
Email: [psychology@connexion.com.hk](mailto:psychology@connexion.com.hk)  
Website: [www.connexion.com.hk](http://www.connexion.com.hk)

CMP points are pending

\* For those who are interested in supervisions and the fee is HK\$4000 for those who will be having supervision in pair with another person

### Registration Form:

Name: \_\_\_\_\_(English)\_\_\_\_\_ (Chinese)  
Tel: \_\_\_\_\_ (Day)\_\_\_\_\_ (Night)E-mail: \_\_\_\_\_  
Organization: \_\_\_\_\_ Occupation: \_\_\_\_\_  
Correspondence address: \_\_\_\_\_  
Academic Degree(s): \_\_\_\_\_ Year(s) of Clinical Experience: \_\_\_\_\_  
Professional Membership: \_\_\_\_\_  
Externship Completed:  YES  No

Please indicate your attendance to which workshop:

Month	Workshop	Fee
<input type="checkbox"/>	Jun/ July <b>2010</b> Core Skill Part I & Part II	HK\$12,400
<input type="checkbox"/>	Previous Core Skills participants Part I	HK\$ 3,100
<input type="checkbox"/>	Previous Core Skills participants Part II	HK\$ 3,100
<input type="checkbox"/>	Previous Core Skills participants Part I or II	HK\$6,200
<input type="checkbox"/>	Interested in Supervision	
<b>Title:</b>	<b>Fee:</b>	<b>No. of book</b>

<input type="checkbox"/>	Becoming an Emotionally Focused Couple Therapist: The Workbook	HK\$ 330
<input type="checkbox"/>	The Practice of Emotionally Focused Couple Therapy: Creating Connection	HK\$350
<input type="checkbox"/>	Hold Me tight: Seven Conversations for a Lifetime of Love	HK\$230
		<b>Total:</b>

*If you wish a receipt, please put the ✓ in the box:*

Yes, I need the receipt

*Make check payable to: **Connexion Psychological Practice Limited** and mail with the application form to Suite 1703, Island Beverley, 1 Great George Street, Causeway Bay, Hong Kong*

Remarks:

Applications will be accepted on a first-come-first-served basis until quota is full, and in that case applicants will be informed.

If black rainstorm warning signal or typhoon signal no. 8 is hoisted at or after 6:15a.m., any training activity will be cancelled. Details of postponement or other arrangements will be announced afterwards.

*Note: Light refreshments will be served during the break.*

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