

The **Emotionally Focused Therapy (EFT) 4 Day Externship** is designed to equip professionals to work more effectively with couples. It is being brought to you due to the unprecedented demand received from Dr. Jorgensen's first workshops delivered in Auckland, Wellington and Christchurch in August 2008.

EFT is a proven and effective model (with a success rate of 90% effectiveness and 72% recovery rates), combining the theory of adult love with a systematic map for using that theory to heal distressed couple relationships, and in turn the well-being of the rest of the family.

EFT is a short-term approach developed by Dr. Susan M. Johnson (Ottawa Couple and Family Institute, Canada) and is based on John Bowlby's Attachment Theory. It reflects the most recent research on the nature of relationship distress, of adult love, and of emotion, and is at the cutting edge of the new era of couple therapy. It is one of the most empirically supported models of couple therapy and is widely growing in popularity.

This is the first time the official Externship has been offered in New Zealand. It is an 'endorsed Clinical Externship' and provides a step towards becoming a certified EFT therapist. For further details about the certification process please refer to Susan Johnson's International Centre for Excellence in EFT (ICEEFT), website: [www.eft.ca/training.htm](http://www.eft.ca/training.htm).

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## Live Introductory Streaming Seminar

Dr. Rebecca Jorgensen, PhD will give this free webinar presentation:

**Title:** Adult Love: Lessons from Emotionally Focused Therapy

**Airs Live:** Wednesday 8 April 2009 at 11.30am, or  
Thursday 9 April 2009 at 5pm

**Duration:** 75-90 minutes (approximately)

**How to Pre-Register:** Click on this link to go to the information and registration page: [https://www.emotionallyfocusedtherapy.us/Streaming\\_Video\\_NZ](https://www.emotionallyfocusedtherapy.us/Streaming_Video_NZ)

You will then be emailed a link which takes you to the streaming show webpage on the 'Airs Live' date/time you choose. No special software required.

**Content:** Presentation by Dr. Jorgensen; Chat Box where you can ask questions (you will see others questions); Question and Answer time period.

**Benefits:** A great way to get a view into EFT & learn about the upcoming Externship being offered.

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## Dr. REBECCA JORGENSEN, Ph.D.



Dr. Rebecca Jorgensen, Ph.D. is a founder and director of the San Diego Centre for EFT ([www.sdeft.us](http://www.sdeft.us)) and a practicing family counsellor of 19 years. Dr. Jorgensen has obtained the highest EFT Certification available, and is an EFT Certified Therapist, Supervisor and Trainer. She received her training directly from Dr. Susan Johnson.

Dr. Jorgensen has been instrumental in developing the Core Skills Advanced Training Track for EFT certification, and is the lead investigator for research on EFT Couples Group Therapy with Dr. Johnson. Dr. Jorgensen is one of six registered EFT Trainers in the United States, and has trained therapists in EFT across North America.

Dr. Jorgensen is a Certified Counsellor, Licensed Clinical Professional Counsellor and Licenced Mental Health Counsellor, with specialised training in online education and treating hypersexual compulsive behaviour.

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## EXTERNSHIP TOPICS

Dr. Rebecca Jorgensen, Ph.D will lead a format of both theory and clinical technique presentations, video examples of EFT sessions, observation of live counselling sessions and supervision interviews, participation in skill training exercises, and discussion on specific cases, clinical material and issues.

### Day 1:

Introduction to Couple Therapy and EFT. EFT Basics – Systemic, Experiential, Emotion. Attachment Theory – a Theory of Adult Love. Overview: The Three Stages & 9 Steps of EFT.

### Day 2:

Live Couple Counselling Session. Live Supervision (technology permitting). Stage One: Assessment, Alliance, Steps 2-4.

### Day 3

Live Couple Counselling Session. Live Supervision (technology permitting). EFT Interventions. Stage Two: Change Events.

### Day 4:

Trauma and attachment. Attachment injuries – Forgiveness and Reconciliation. Stage Three – Steps 8 & 9. Becoming an EFT Therapist.

**Certificate of Completion:** Participants will receive a certificate stating they have completed an ICEEFT approved externship.

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## EXTERNSHIP DESCRIPTION

Dr. Jorgensen will offer a view of marital distress through the attachment perspective, techniques to shape key interactions and bonding events, and a framework to reprocess emotional responses that maintain marital distress.

For those who completed Dr. Jorgensen's Two Day EFT Workshop in 2008, this Externship will be a continuation of that learning. EFT is a complex model, and the Day 1 Introduction and Overview is found only to be helpful, especially since Dr. Jorgensen will integrate exercises with the material presented.

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## PREREQUISITES

1. Degree in a counselling related field or be currently enrolled in one.
2. Prior reading of the manual "Creating Connections, The Practice of Emotionally Focused Therapy" (2004, 2<sup>nd</sup> edn) and, if possible, "Becoming an Emotionally Focused Therapist, The Workbook" (2005). Due to exchange rate movements Dr. Jorgensen cannot source these cheaper than are available to you directly from NZ online bookshops.

NB: It is not necessary to have first completed the 2008 Two Day EFT Workshop, however it is recommended you read the texts described above.

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## POSITIVE OUTCOMES

### Message from Dr. Jorgensen, PhD -

*"If you're like many therapists who have attended EFT Externships, you could experience this as a life and practice changing event. This training will give you results! You will see positive outcomes as soon as you start applying EFT in your work with couples. Your clients will stay in treatment; you will see them change; and your enjoyment in your work will increase as you see more successful outcomes. Your referrals will go up as word gets out about your successful work with couples. As an added bonus, you will learn more about yourself in close relationships and have the benefit of improving your own situation with the ones you love through learning more about adult love and the neuro-biology of attachment."*

**EFT OUTCOMES:** Rigorous research on EFT has demonstrated the following results regarding couples' relationship distress:

- **90%** of couples improved
- **70-73%** of couples **continued to improve** even after completion of therapy
- **60% maintained gains or continued improving 2 years** after completion of therapy

*Results were significant even with older and 'inexpressive' men.*

## REGISTRATION FORM

Tax Invoice GST No. 13-381-844

Name (for name badge) \_\_\_\_\_

Organisation \_\_\_\_\_

Position \_\_\_\_\_

Postal Address \_\_\_\_\_

Phone Daytime \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

## ENROLMENT – Deadline of 18 May

In order to ensure adequate numbers for the Externship to go ahead and to keep the price low, RSW needs to receive your Registration Form and Payment by **18 May**:

- \$675 Registration Fee** (Covers: 4 days, and morning & afternoon teas). Please register **by 18 May**.
- \$800 Late Registration Fee** (if received **after 18 May**)  
\_\_\_\_\_ *PRICE* (prices include GST)
- Cheque** enclosed (*payable to Relationship Services*)  
Please post the completed form, with cheque, to:  
Relationship Services  
PO Box 2729, Wellington 6140
- Eftpos/Cash** in person to:  
Relationship Services' Wellington Office  
Level 5, 61-63 Taranaki Street.
- Direct Credit** to Relationship Services Bank A/c:  
Westpac 03 0502 0137912 00 – provided you specify  
**your name & "Wgtn Conference"**

**Payment, Cancellation & Refund Policy:** **1.** Places will only be allocated once payment has been received **2.** You may send a substitute in your place (please advise). **3.** A **fee of \$200** will be charged (and the balance of your Fee refunded) for written cancellations received by RSW up to 1 July. After 1 July RSW will only accept cancellations for what it considers exceptional circumstances, and any such refunds after this time will be at RSW's discretion. **4.** If insufficient enrolments are received by 18 May RSW may cancel the Externship in writing by no later than 2 June, with full refunds given without liability for any other costs.

## EXTERNSHIP PROGRAMME

### DAY 1 – Wednesday 22 July

- 8.30 am Registration opens
- 9.00 am Whakatau, Welcome  
Introduction by Cary Hayward,  
National Practice Manager, R.S.W.  
Morning Tea
- 9.45 am Externship commences
- 12.00 pm Lunch
- 5.30 pm Day 1 concludes.

### DAYS 2 and 3 – Thursday 23 & Friday 24 July

- 9.00 am Externship recommences
- 12.30 pm Lunch
- 5.00 pm Day 2/3 concludes.

### DAY 4 – Saturday 25 July

- 8.30 am Externship recommences
- 12.30 pm Lunch
- 4.30 pm Poroporoaki, Closing
- 5.00 pm Externship concludes.

**Lunch Breaks: 1 hour**

**Venue:** Quality Hotel, 223 Cuba St, Wellington. Wheelchair accessible.

**Lunch:** You may wish to self-cater, or (for those from out of town) cafes/coffee shops are a short walk away.

**Enquiries:** Kirby Faulkner, Relationship Services, Wellington  
**Email:** [receptn@relate.org.nz](mailto:receptn@relate.org.nz) **Tel:** 04 472-8798  
**Fax:** 04 472-8507

# Emotionally Focused Therapy for Couples

## 4 DAY EXTERNSHIP

officially offered in conjunction  
with Dr. Susan Johnson and the  
International Centre for  
Excellence in EFT

*featuring*

United States therapist, supervisor & trainer

**REBECCA JORGENSEN, Ph.D.**

Hosted by

Relationship Services  
Whakawhanaungatanga

*helping you find your own answers*



**Wednesday 22 July**

**to Saturday 25 July 2009**

Quality Hotel, 223 Cuba St, Wellington