

EMOTIONALLY FOCUSED INDIVIDUAL THERAPY SEMINAR

LORRIE BRUBACHER, M. Ed., LMFT, RMFT

Lorrie Brubacher, M. Ed., LMFT, RMFT is the Founding Director of the Carolina Center for EFT. She is certified with the International Centre for Excellence in EFT (ICEEFT) as a therapist, supervisor, and trainer. She has worked in private practice in individual, couple and family therapy since 1989, maintaining private practices in Greensboro, North Carolina and Winnipeg, Canada. She has an adjunct faculty appointment at University of North Carolina, Greensboro, and has previously taught at University of British Columbia, University of Winnipeg, and University of Manitoba, all in Canada. She trains internationally. She publishes and presents frequently on the topic of EFT, often publishing with Dr. Sue Johnson, the originator of EFT for couples. Her forthcoming book *Stepping Into Emotionally Focused Therapy: Key Ingredients of Change* is to be released in the Fall of 2017.



- Are you are eager to use your EFT skills with individual clients?
- Do presenting problems of depression and anxiety some times derail you from the non-pathologizing tenor of EFT?
- Do you skip over the path of de-escalating negative cycles and seek shortcuts into meadows were the grass is greener and the client will feel better for a moment?

This Emotionally Focused Individual Therapy workshop will focus upon the relevance, which Dr. Sue Johnson's Emotional Focus Therapy (EFT) model has for individual therapy. Notwithstanding the widespread benefits of creating secure attachment through couple or family therapy, this individual approach is for situations where joint therapy is not possible.

The two core change processes we will discuss, observe and practice are:

1) identifying patterns of emotion regulation and deepening the underlying emotion and 2) creating corrective emotional experiences that can transform these patterns into secure bonds interpersonally and internally.

LEARNING OBJECTIVES

After this workshop, participants will be able to follow the attachment map to:

1. Describe an individual's presenting problem in an attachment frame.
2. Track cycles (attachment strategies for emotion regulation) that maintain individual's presenting problems.
3. Create corrective emotional experiences that reprocess primary emotion and shape new, positive patterns of engagement

Date: November 21 & 22, 2017


Location: Cartier Place Suite Hotel
180 Cooper Street
Ottawa, ON K2P 2L5

Time: 9:00 am - 4:30 pm

Cost: Early Bird (before October 17, 2017)
\$375 + HST
Regular Admission
\$400 + HST
Group & student rates avail.

**Go to <http://magentix.ca>
for more information or to register**

 **MAGentix.ca**  **613-702-0339**

 **438-1500 Bank St., Ottawa, ON K1H 1B8**

CCPA and CACCF Accredited Seminar (pending)
**Training endorsed by Dr. Sue Johnson co-founder of
EFT and the International Centre for Excellence in
Emotionally Focused Therapy**

In collaboration with
The Ottawa Police
Service -
Victim Crisis Unit



OTTAWA POLICE SERVICE
SERVICE DE POLICE D'OTTAWA
A Trusted Partner in Community Safety
Un partenaire fiable de la sécurité communautaire

