

# Fall Newsletter 2024

## ∞ EFT Québec

### **REGISTRATION CLOSES THIS WEEK!**

*Perfect your skills in Stage 1 in this unique experiential workshop where you will learn to master the art of identifying triggers and helping clients take ownership of their action tendencies!*

**DATE:** SEPTEMBER 16, 2024

**TIME:** 9:00-16:00 EST



### **LEARN TO USE THE TANGO IN YOUR INDIVIDUAL SESSIONS !**



### **EFIT (IN FRENCH)**

In this training, you will learn how to apply the fundamentals of emotionally focused therapy to your individual therapy practice. In addition to delineating the theoretical basis of EFIT, the trainer will use a variety of teaching strategies such as live demonstrations of individual therapy, videotapes, discussions and experiential exercises involving role-play to ensure a comprehensive learning experience!

Click here to find out more and register :

**DATES:** October 18-21; 25-28, 2024

**SCHEDULE:** 9-5 EST

**COST:** Regular rate: \$1100 (txs incl.)



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**There is still time to register !**



## **EFT Externship (in French) Winter 2025**

During this training, you will develop the basic knowledge and skills of Emotionally Focused Couple Therapy (EFCT). You'll be introduced to the basic theoretical concepts of EFCT and review the key elements (goals, assumptions, attachment theory) that provide a framework for change in in couple therapy, as well as the role of emotion, the steps and stages of EFTC, and the macro-interventions of Tango.

[Click here](#) to find out more and register  
 DATES: February 7-8 & 14-15, March 2025  
 TIME: 9-4:30 EST  
 COST : Regular rate: \$1150 (txs incl.)

## **Mini Intro to Emotionally Focused therapy (EFT) Training FREE- In French**

WHO: Drs. Normand Gingras & Paul Greenman  
 DATE: Wednesday, October 9, 2024, 9-11 EST  
 PRERERQUISITE: NONE

Quote

*"In the "society of emotions", anger has the same rights as sadness and grief. We try to befriend anger so that it doesn't become aggression." Lieven Migerode, EFT Trainer*

