

THERAPIST TRAINING IN EMOTIONALLY FOCUSED THERAPY

EMOTIONALLY FOCUSED THERAPY (EFT) IS AN ATTACHMENT-BASED MODEL OF THERAPY THAT DRAWS ON THE POWER OF EMOTION & ATTACHMENT TO CREATE EMOTIONAL BALANCE & TO BUILD SECURE ATTACHMENT BONDS.

EFT AIMS TO HELP PEOPLE TO CONNECT WITH THEIR DEEPEST NEEDS & WITH THE PEOPLE WHO MATTER TO THEM. EFT CAN BE USED WITH INDIVIDUALS, COUPLES, RELATIONSHIPS & FAMILIES.



ARE YOU CONSIDERING TRAINING IN EFT?

EFT is a powerful model of therapy with key therapist interventions that show you how to stay on-track & create change in every session.

WHY YOU'LL FALL IN LOVE WITH EFT

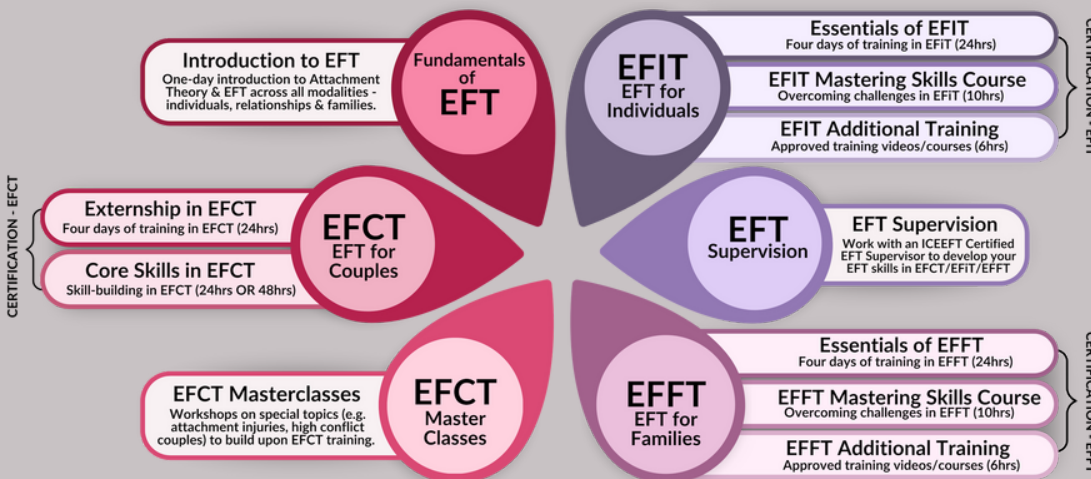
1. Evidence-based - over 30yrs of research support
2. Attachment-focused - using human connection to create change
3. Experiential - emotionally focused & present-process focused
4. Humanistic - client centered & deeply respectful
5. Systemic - tracking interactional patterns & feedback loops
6. Clear therapist interventions to guide & support the therapist
7. Road map to follow with markers of the client change process
8. Join an international community of EFT therapists

Train in EFT with ICEEFT Certified EFT trainer & Clinical Psychologist, **Dr Clare Rosoman**

Clare is an experienced speaker & trainer who is totally enthusiastic about EFT. Clare is dedicated to making EFT accessible for all therapists & for all human relationships. She has a focus on embracing diversity in all her training events. Clare loves to inspire therapists in EFT & makes her events interactive with lots of practical resources.



EFT THERAPIST TRAINING OPTIONS



FLEXIBLE TRAINING OPTIONS: IN-PERSON & ONLINE

"To be human is to need others & this is no flaw or weakness."

Dr Sue Johnson
Founder of EFT

World-class training that is recognised by the International Centre for Excellence in EFT (ICEEFT)

As one of Dr Sue Johnson's trainers, Clare conducts training for therapists that meets the ICEEFT requirements for Certification in EFT. There is a clear pathway to ICEEFT Certification as an EFT therapist for those interested.