

**November 20-23, 2019**  
**Couples Therapy Does Work!**  
**When You Know The New Science of Love**

Knowing the new Science of Love will help you be successful in couples and relationship work. It will even help you improve your compassion for others and strengthen relationships in your own life. Imagine improving your therapy skill, having more success in treating couples AND getting happier in your own life all at the same time. We know from recent research (Levenson and Sandberg, 2010) attending an EFT Externship can do just that.

This is an official Externship, endorsed by the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT). Attending this externship is the first step to being listed on the ICEEFT Therapist directory, where couples are going to find trained couple therapists. Attending this externship is also the first step towards becoming a certified EFT therapist. For further details about the certification process please refer to [ICEEFT's Certification Page](#).

In this Externship, you will learn to:

- see marital distress from an attachment perspective
- help partners reprocess the emotional responses that maintain marital distress
- shape key new interaction and bonding events and,
- overcome therapeutic impasses.
- how EFT can be expanded to treat individuals

You will also see EFT in action during live consultation sessions with real couples. The consultation sessions are always a big highlight.

**Meet the Trainers:**

**Gail Palmer, MSW, RSW**

Gail is one of the founding members of the Ottawa Couple and Family Institute and co-director of the International Centre for Excellence in Emotionally Focused Therapy and is Chair of the Education Committee. For over twenty years, Gail has trained and supervised therapists and students in Emotionally Focused Therapy and has conducted Externships, Core Skills Trainings and workshops on a number of EFT topics across Canada, the United States and Europe. Working with families is a particular interest to Gail and she has developed the application of the model to families (EFFT) through workshops and publications. She is co-author of *Becoming an Emotionally Focused Couple Therapist: The Workbook (2005)* and *Emotionally Focused Family Therapy: Restoring Connection and Promoting Resilience (2019)*. Gail received a lifetime achievement award from the Ontario Association of Social Work in 2019.

**Dr. Marlene Best, Ph.D., C. Psych**

Dr. Marlene Best is a registered psychologist, ICEEFT Certified EFT Trainer and Supervisor. At the Ottawa Couple and Family Institute, she provides EFT therapy and supervision. Marlene is also a Clinical Professor at the School of Psychology at the University of Ottawa, where she teaches Ph.D. practicum students and interns who are learning EFT. She won the student-nominated award for excellence in clinical supervision in 2006 and 2016. Marlene is known for her warmth and ability to create a very safe, open learning environment; her clear, structured teaching style; her interest in and attention to issues relating to self-of-therapist; her focus on therapeutic process skills; and, her ability to offer helpful encouraging feedback in a clear, empathic manner. Marlene teaches EFT externships, Core Skills and Master Classes in Canada, the US and Europe.

**Reference Materials for Study:**

“Attachment Theory in Practice” Susan M. Johnson, 2019

“The Practice of Emotionally Focused Couple Therapy: Creating Connection” Susan M. Johnson, 3<sup>rd</sup> Edition, 2019

“Becoming an Emotionally Focused Couple Therapist: The Workbook” Susan M. Johnson, et al, 2005

**Location:**

Kanata Golf and Country Club 7000 Campeau Dr.  
Ottawa, ON

**Registration Fee (includes snacks and lunch) :**

Early bird fee valid until September 15, 2019	\$1,231.71 (HST incl)
After September 15, 2019	\$1,316.45 (HST incl)
Students	<b>\$1,033.95 (HST incl)</b>

Cancellation policy – If you cancel your attendance by October 15 your fee will be returned minus \$100 processing fee. If you cancel by between October 15 and November 1, 50% fee returned. After November 1, your attendance fee is non refundable.

[Download Registration Form](#)