



An Emotionally Focused Trilogy with Gail Palmer, Jim Furrow, & Ryan Rana



FOUR DAYS IN Canmore Alberta, the CANADIAN ROCKIES

Refresh Renew Rejuvenate

THREE INSPIRING TITLES:

A Family Therapy Revolution With Gail Palmer

Emotionally Focused Family Therapy: A map for rational change and substantive growth for families where attachment is the grounding focus, and emotion is the engine of change.

Explore how to:

- Trust the power of secure attachment as “good enough” change.
- Process parents’ vulnerability while maintaining their position of stronger, wiser, other.
- Navigate the provocative nature of EFFT & identify self of therapist blocks

Broken Trust: Rebuilding Bonds and Facing Loss Together With Jim Furrow

Couples and families find strength in the broken spaces of their relationships as they are able to construct new meaning around the losses that are common to attachment injuries. For the EFT therapist this requires working through self-protective patterns informed by broken trust and reckoning with attachment-related losses all the while engaging vulnerability and mistrust in the face past abandonment, failure, and rejection. This presentation explores how the EFT therapist engages relationship healing and restoration through:

- Understanding the interplay of attachment and loss in relationship injuries.
- Engaging emotions that often underly shame and regret.
- Deepening awareness and fostering a shared engagement of loss.

Dancin’ with Two Left Feet: When & how TANGO is likely to go wrong, & how to get tuned back in With Ryan Rana

TANGO is a such a helpful way of organizing the EFT dance, but it also has some predictable places where one can “lose the rhythm.” Explore those aspects of the TANGO and ways to find your groove again with the following focus areas:

- Exiting the EFT process: Why is it so hard not to exit? How do clients provide pressure to exit? Am I clear on what causes those exits & how to get back on track?
- Simplifying focus: Dilemma or Pain? How simplifying the therapist’s approach to attachment stuck-ness and providing corrective experiences in pain (while staying proximal to the trigger) provides security and flexibility to work with stuck clients, as well as much needed orientation in therapist chaos.
- Practical tips to getting a cleaner emotion to pass in TANGO move 3 enactments.
- Extreme attachment style presentation – are you prepared? As much as we love EFT, when a strident pursuer or very shut down withdrawer walks in – the process gets harder. Most therapists naturally work with one attachment style better than the other. Explore what style you or most and least prepared for as well as developing practical game plans for each.
- Attunement is the engine that makes EFT move. We will explore 3 levels of attunement are and how to keep our rhythm as we progress through the TANGO.



sojourn psychology

To strengthen EFT skills with:

- TANGO
- Self of Therapist
- Therapist Attachment lens
- How to manage “exits” & stuck points in EFT
- Maintaining emotional focus
- Working with multiple dyads

Prerequisite:

You will be asked what level of EFT training you have completed.

What to Expect:

Livesession examples, videotape examples & experiential exercises, experiential learning, co-training and individual training sessions from our experts, group discussions, roleplays, panel discussions, the beauty of the Rockies, snacks &

refreshments throughout the day, mixers and opportunity to mingle with EFTers and the Trainers on Monday & Tuesday Happy Hour.

Dates: Monday June 8th – Thursday June 11th

Time: 9:00am – 4:30pm daily

Price: \$850; Students: \$775 CND

Host: The Attachment Shop Inc.

Location: CANMORE OPERA HOUSE

400 Spring Creek Dr, Canmore AB T1W 0H9

Payment & Registration:

etransfer info.attachmentshop@gmail.com

Please include your full legal name, a scanned copy of your externship certificate, & your mailing address. Receipts will be emailed. Any questions please direct to the email above.

For international payment options please email us to arrange: Info.attachmentshop@gmail.com.

Trainer's Bios



Gail Palmer - MSW, RMFT, ICEEFT Certified EFT Supervisor and Trainer

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 internationally. Working with families is a particular interest to Gail and she has developed the application of the model to families with both presenting and writing on EFFT. She is co-author of the seminal text; Emotionally Focused Family Therapy: Restoring Connection and Promoting Resilience.



James Furrow, PhD

James Furrow is recognized leader and contributor to the practice of Emotionally Focused Therapy with couples and families. Together with Dr. Sue Johnson, Jim co-authored *Becoming an EFT Therapist: The Workbook*; *The EFT Casebook*; and *Emotionally Focused Family Therapy*. He is co-author of Emotionally Focused Couple Therapy for Dummies, a practical resource for couples and therapists seeking an everyday understanding of EFT. principles and practices. Jim maintains an ongoing research program examining the process of EFT and its effectiveness with couples and families. Jim is an ICEEFT-certified EFT therapist, supervisor, and trainer, and he founded the Los Angeles Center for Emotionally Focused Therapy before relocating to the Seattle area.



Ryan Rana

Ryan Rana, PhD, LMFT, LPC is a certified EFT Supervisor Trainer/Therapist. He is the current president and founder of the Arkansas EFT Center. He and his wife, Anne, founded The Joshua Center in Arkansas, where he currently practices and acts as the Executive Director. His specializations include work with couples, sexuality, depression, and traumatic stress. He studies military training processes and practice and performance psychology. Before become a therapist, he was a baseball pitching coach at the collegiate level