

**ALL  
ONLINE!**

# Emotionally Focused Therapy (EFT) Training New Zealand 2023

(as developed by Dr. Sue Johnson)

with NZ Trainers Heike McCahon and Yve Gould

	<b>Heike McCahon</b> MNZAC, M.A., Dip. Counselling, EFT Therapist, Supervisor and Trainer (ICEEFT). Dip. Teaching
<b>Externship</b>	20-21 & 23-24 Feb 9am–5pm NZ time <a href="https://forms.gle/YBe2AcrePgZC7JSw6">forms.gle/ YBe2AcrePgZC7JSw6</a>
<b>Core Skills 1</b>	29-30 May & 1-2 June 9am–4.30pm NZ time <a href="https://forms.gle/eyXziGRSs6YVNM5r8">forms.gle/ eyXziGRSs6YVNM5r8</a>
<b>Externship</b>	28-29 Aug & 31 Aug-1 Sept 9am–5pm NZ time <a href="https://forms.gle/X27LWh8Q7gQaGTws9">forms.gle/ X27LWh8Q7gQaGTws9</a>
<b>Core Skills 2</b>	27-28 Oct & 30-31 Oct 9am–4.30pm NZ time <a href="https://forms.gle/H16SsMGtYqTfXzMy5">forms.gle/ H16SsMGtYqTfXzMy5</a>

	<b>Yve Gould</b> Reg. Psychotherapist, MNZAP, M. Couns, EFT Therapist, Supervisor and Trainer (ICEEFT). Dip. Teaching
<b>Externship</b> co-with Dr. Jenny Fitzgerald	2-3 & 6-7 March 11am–7pm NZ time <a href="https://forms.gle/TDRZMmVdjYKgeyiE7">forms.gle/ TDRZMmVdjYKgeyiE7</a>
<b>Externship</b>	27-28 April & 1-2 May 9am–5pm NZ time <a href="https://forms.gle/dspgXvaicCN4y3HE8">forms.gle/ dspgXvaicCN4y3HE8</a>
<b>Core Skills 1</b>	20-21 & 24-25 July 9am–4.30pm NZ time <a href="https://forms.gle/UQf9m49f5ZvwCjCA7">forms.gle/ UQf9m49f5ZvwCjCA7</a>
<b>Core Skills 2</b>	14-15 & 18-19 Sept 9am–4.30pm NZ time <a href="https://forms.gle/GhLZRdwztBY6bb7r9">forms.gle/ GhLZRdwztBY6bb7r9</a>

## EFT is:

- A short-term focused treatment for individuals, couples and families, which blends family systems and experiential approaches to therapy with attachment theory.
- Developed by Dr. Sue Johnson, and showing strong empirical evidence for positive client outcomes. It is globally the most successful approach to couple therapy.
- Reflecting the most recent research on the nature of relationship distress, which results from a perceived threat to basic adult needs for safety, security, and closeness in intimate relationships.
- Based on a solid treatment map, which helps the therapist guide the couple away from conflict impasse into new bonding interactions.
- Holding the solution to helping couples thrive again!

## EXTERNSHIP FEE:

**NZ\$1,295**

\*early bird NZ\$1,095

\*student NZ\$950

\*repeat NZ\$700

## CORE SKILLS 1&2

**FEES:**

**NZ\$900**

\*student NZ\$750

\*repeat NZ\$790

Scholarship places for Maori/Pasifika therapists or therapists who work in these communities

*Cancellations are subject to a \$75 administration fee and must be made in writing at least 8 days prior to the workshop date to qualify for a refund of the balance paid. If you cancel with less than 8 days' notice, you will be refunded 50%. In the unlikely event of us having to cancel due to a lack of participants or other unforeseen circumstances, we will refund your paid workshop fees but are unable to reimburse you for further costs.*

Email our training administrator Stella at [stellacarr20@gmail.com](mailto:stellacarr20@gmail.com) to enquire if interested in a student/low-income rate or scholarship position.