

Katholische Fachhochschule Freiburg  
Institut für Angewandte Forschung,  
Entwicklung und Weiterbildung (IAF)  
Karlstraße 63  
79104 Freiburg

### **Veranstaltungsort**

Katholische Fachhochschule Freiburg

### **Teilnahmegebühr**

660 EUR gegen Rechnungsstellung

### **Anmeldeschluss**

13. August 2010

### **Stornobedingungen**

Wenn Sie weniger als vier Wochen vor der Veranstaltung absagen und wir Ihren Platz nicht anderweitig belegen können, müssen wir Ihnen die vollen Kursgebühren in Rechnung stellen.

### **KONTAKT**

#### **Katholische Fachhochschule Freiburg**

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# Emotionally Focused Therapy for Couples

ADVANCED TRAINING  
for professionals who counsel couples

13. bis 16. September 2010



KATHOLISCHE  
FACHHOCHSCHULE FREIBURG

IAF – INSTITUT FÜR ANGEWANDTE  
FORSCHUNG, ENTWICKLUNG UND  
WEITERBILDUNG

Marital distress is the single most common reason for seeking therapy. It undermines family functioning and is strongly associated with depression and anxiety.

Emotionally Focused Therapy for Couples (EFT) offers a comprehensive theory of adult love and attachment, as well as a process of healing distressed relationships. This experiential—systemic therapy focuses on helping partners reprocess the emotional responses that maintain their negative interaction patterns. Through a series of nine steps carried out within 12-20 sessions, the therapist leads the couple away from conflict deadlock into new bonding interactions.

**EFT was developed by Drs. Susan Johnson & Leslie Greenberg** 25 years ago. EFT has been rigorously researched and is now one of the most delineated and empirically validated approaches in the field of couples therapy.

**Yolanda von Hockauf**, M.Ed., R.M.F.T.

Yolanda is a registered marriage and family therapist. She is a clinical member of the American Association for Marriage and Family Therapy (AAMFT) and an AAMFT- approved supervisor. Yolanda's first training in EFT was in 1983 at the University of British Columbia as a participating therapist in the original research study on EFT by Drs. Leslie Greenberg and Susan Johnson, and she has been successfully using this model in her practice ever since. For the past 20 years, Yolanda has been sought after as a trainer, consultant and supervisor to students and clinicians for her expertise in individual, couple and family therapy. She has an exceptional ability to explain theory and bring it alive by integrating it with practice. Described by former trainees and supervisees as "the best supervision I've ever had", Yolanda's immediate warmth and clarity of style make her teaching and supervision an exceptional experience for both beginning and advanced therapists.

## CORE SKILLS ADVANCED TRAINING

\*Prerequisite: EFT Externship

In this small group experience, participants will have the opportunity to share their work throughout the training, with the focus on developing a deeper clinical understanding and skills. Through observing and discussing the work of the facilitators and groups members, and with the use of role plays, the three stages and nine steps are covered in detail. Participants will learn to use an attachment framework, to track and deepen emotion in the here and now, to create bonding events, and to practice the interventions that create change in EFT. The tone of the group is one of safety and supportiveness, to optimize learning.

Please note that participants must share at least one tape of their work (about 15-20 minutes), with an English transcript if the session is not in English. More instructions will accompany your registration confirmation. Group size: 12-15. These four days are the first half of the complete 8 days core skills program. The dates for days 5-8 will be determined at a later date.

**All Training and Supervision is Approved by the International Centre for Excellence in EFT (ICEEFT) and can be used toward Certification as an EFT Therapist.**

Our training program in Emotionally Focused Therapy follows the curriculum and guidelines set out by ICEEFT, and is offered by Certified Trainers. The training materials are provided by ICEEFT and guarantee full coverage of the EFT model and a comprehensive learning experience.

For more information about EFT, visit [www.iceeft.com](http://www.iceeft.com)

**Das Seminar findet in englischer Sprache statt.**

## Anmeldung

### Core Skills Advanced Training

13. bis 16. September 2010

Name .....

Vorname .....

Privatanschrift .....

Telefon .....

E-Mail .....

Arbeitgeber .....

Anschrift .....

Telefon .....

E-Mail .....

Zum Core Skills Advanced Training melde ich mich **verbindlich** an.

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Ort, Datum

\_\_\_\_\_  
Unterschrift

Ich bin damit einverstanden, dass meine in der Katholischen Fachhochschule Freiburg hinterlegten Daten durch die Teilnehmerliste an alle TeilnehmerInnen und DozentInnen weitergeleitet werden.

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Ort, Datum

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Unterschrift