



# Emotionally Focused Couples Therapy® (EFCT) Externship

## Overview

The Emotionally Focused Couples Therapy® (EFCT) Externship is an immersive 24-hour training designed for therapists seeking to deepen their ability to work effectively with couples to bring about long-lasting change. This externship serves as the core training within the couples stream of EFT.

Facilitated by ICEEFT trainers Dr. Senem Zeytinoglu and Robin Williams Blake, RP, this training offers a comprehensive introduction to the EFCT model—emphasizing the science of attachment and a systematic, experiential approach to helping partners reconnect and heal.

## Why Attend?

- Learn a clear, step-by-step framework for working with couples.
- Discover how to slow down conflict and guide partners toward healing.
- Gain practical tools grounded in 30+ years of research.
- Transform your clinical work and help couples rediscover connection.

## 24-Hour Training Schedule

Day 1-3 | Mon, Feb 2, -Wed, Feb 4, 2026 | 9:00 a.m. – 5:30 p.m. EST |

Location: Central YMCA in Toronto is **20 Grosvenor Street, Toronto, ON M4Y 2V5.**

Day 4: Mon, Mar 4, 2026 | 9:30 a.m. – 1:30 p.m. EST | Online

## Training Fee

- \$1100 + HST Early Bird (before Jan 15, 2026)
- \$1200 + HST Full Fee
- \$850 + HST Student Fee
- \$900 + HST Group Discount (5+ participants)
- Repeat Attendees: 50% off
- 5 partial scholarships available

## Training Features

- Real-time therapy demonstration with a couple.
- Recorded sessions showing EFT concepts in action.
- Guided discussions and trainer reflections.
- Experiential skill-building exercises and role plays.
- Case discussions to deepen understanding.

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## Course Objectives

- Understand foundational concepts of EFCT.
- View clients through the lens of attachment.
- Learn the five moves of the EFT Tango.
- Develop skills for alliance and emotional engagement.
- Recognize and move through blocks and impasses.

## Testimonials

- "I appreciated the experiential learning throughout the training."
- "The trainers created a safe space for vulnerability."
- "Great to see diverse Couples represented in case material."

## Register Now

- Online Registration: <https://tceft.ca/all-new-events/>
- Email: [info@tceft.ca](mailto:info@tceft.ca)

## Upcoming Offerings

### Training Teaser

ICEEFT Trainers Senem & Robin believe so deeply in the power of this work that they're are opening a window for you to see EFCT come to life.

This **free** workshop will allow you to meet the trainers, gather small but shining nuggets you can carry straight into your sessions, and feel your own practice open to what becomes possible in the EFCT Externship.

**When:** Friday, January 9th • 12:00–1:30 p.m. EST (Online)

**Register Now:** [Toronto Centre for EFT Presents Free EFCT Live Demonstration – Fill out form](#)

### EFT Masterclass: Bridging Emotion and Eroticism

This Masterclass with Mary Jane Millar, MSW, RSW — Certified EFT Therapist, Supervisor Candidate, and Certified Sex Therapist.

She'll explore how emotional and sexual disconnection stem from attachment injuries and how EFT can guide couples toward secure, engaged intimacy.

Learn to track sexual and attachment cycles and bring conversations about sexuality safely into session.

**When:** Monday, January 12, 2026 • 11:00 a.m. – 2:00 p.m. EST

**Where:** Online (Zoom)

**Who Can Attend:** Everyone — no EFT experience needed

- **Register:** <https://tceft.ca/all-new-events/>