

JOIN THE TORONTO CENTRE FOR EFT FOR

# EFFT ESSENTIALS

EMOTIONALLY FOCUSED FAMILY THERAPY  
TRAINING

THURSDAY/FRIDAY - MAY 28/29, JUNE 11/12  
9:00AM - 5:00PM (EST)

*DAY 4 ENDS AT 3:00PM*

CENTRAL YMCA  
20 GROSVENOR STREET, TORONTO, ON M4Y 2V5

FEATURING ICEEFT TRAINERS:



**Robin Williams Blake RP**



**Gail Palmer MSW,RSW/RMFT**

## AN IMMERSIVE TRAINING EXPERIENCE

EFFT ESSENTIALS IS THE FIRST STEP TOWARD EFFT CERTIFICATION — A RESPECTED DESIGNATION IN CANADA AND INTERNATIONALLY.

THERE IS SOMETHING POWERFUL ABOUT GATHERING IN PERSON WHERE YOU STEP INTO A ROOM AND THE PACE SLOWS. WHERE ATTACHMENT THEORY IS NOT JUST TAUGHT — IT IS EMBODIED. WHERE QUESTIONS ARE WELCOMED. WHERE UNCERTAINTY IS NORMALIZED. WHERE LEARNING HAPPENS IN COMMUNITY.

IN THIS HOLDING ENVIRONMENT, YOU ARE NOT PERFORMING. YOU ARE PRACTICING

## **Guiding Families Toward Safety, Responsiveness, and Secure Bonds**

In today's evolving clinical landscape, therapists are asked to remain responsive, attuned, and developmentally informed. When a client walks into the room, we are not meeting an individual in isolation, but an attachment system shaped by caregiving bonds, developmental transitions, and generational stories.

**Emotionally Focused Family Therapy (EFFT)** offers a steady, attachment-based roadmap for navigating that complexity. This brief, experiential model transforms negative interaction patterns by restructuring attachment bonds and increasing parental accessibility and responsiveness. Beneath conflict are attachment needs. Beneath withdrawal is protection. Beneath distress is a longing for connection.

For many clinicians, learning EFFT feels like coming home to something they've always known — that behaviour is shaped by attachment needs and emotional safety — while finally gaining a clear, practical roadmap to guide that understanding in real time. Whether you lead family sessions or encounter relational dynamics in individual, couple, or parenting work, EFFT Essentials offers a foundational attachment-based framework to strengthen your confidence across clinical contexts.

### **WHO IS EFFT ESSENTIALS FOR?**

- FAMILY THERAPISTS SEEKING A STRUCTURED ROADMAP FOR WORKING WITH PARENTS AND CHILDREN
- EFT CLINICIANS EXPANDING INTO FAMILY THERAPY
- INDIVIDUAL AND COUPLE THERAPISTS NAVIGATING PARENTING AND INTERGENERATIONAL DYNAMICS
- THERAPISTS-IN-TRAINING BUILDING CONFIDENCE IN EXPERIENTIAL APPROACHES
- CLINICIANS PURSUING EFFT CERTIFICATION

**YOU DO NOT NEED TO SPECIALIZE IN FAMILY THERAPY OR TO WORK WITH CHILDREN TO BENEFIT. IF ATTACHMENT INFORMS YOUR WORK, THIS TRAINING IS FOR YOU.**

## **IN THIS TRAINING YOU WILL LEARN TO:**

- Track emotion within the family system with greater precision
- Identify and work through parental blocks
- Move toward child vulnerability with clarity and confidence
- Structure meaningful encounters across dyads, triads, and full families
- Trust the model when sessions feel complex

In-person learning allows for repetition, reflection, and refinement – strengthening not just knowledge, but instinct.

## **What You'll Leave With:**

- A clear three-stage framework for family therapy
- Greater confidence navigating complexity within family systems
- A supportive community of therapists to stay connected with beyond the training to reflect, consult, and grow your EFFT work

## **4-Day Workshop Fee:**

- Early Bird (Register by April 28th) - CAD \$950.00 + HST
- Regular Registration - CAD \$1050.00 + HST
- Student Rate - CAD \$800.00 + HST
- Repeat Participants - Previous attendees may register again at 50% off.
- Group Discounts - Inquire at [info@tceft.ca](mailto:info@tceft.ca) for team rates (5+ participants).
- Limited Scholarships Available - A small number of partial scholarships (50% and 35% off) are available to support accessibility.

**Register for EFFT today:** <http://tceft.ca/all-new-events>

## **Curious but Not Ready to Commit?**

- Join us for a free interactive 60-minute online teaser to meet the trainers, experience EFFT up close, and explore whether EFFT Essentials is the right next step for you.

- 📅 February 25, 2026
- 🕒 12:00–1:00 PM (ET)
- 💻 Online via Zoom

👉 **Register for the**

**teaser:** <https://forms.office.com/r/JyzyALfZhA>