

# the EFT community news

60th ISSUE JANUARY 2024



International Centre for Excellence  
in Emotionally Focused Therapy

## Vision Statement

ICEEFT is the home and centre for educating mental health professionals committed to expanding Emotionally Focused Therapy in the world and creating a professional network for those interested in this model.



## A Message from the Director

*Sue Johnson*

In this 60<sup>th</sup> issue of the *EFT community news*, we introduce new training and certification pathways in EFIT and EFFT, which will stand alongside our traditional EFCT certification process. This marks a pivotal step in the evolution of ICEEFT and EFT, and an exciting new innovation aimed at growing and deepening the skills of EFT clinicians across the globe (page 4). We hope you can join us June 3-4, 2024, in the Netherlands, for the EFT World Summit (page 9). There are some terrific presentations scheduled by EFTers from around the world. Another article introduces a new book on shame and how it can be used therapeutically to promote healing and connection (page 7). Also featured are updates from EFT Switzerland (page 11) and EFT Quebec (page 14), as well as a lovely EFT poem (page 10). Firstly though, we remember Alison Lee. With love and best wishes,  
Sue

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## We Remember Alison Lee

A friend, a colleague, an inspiration, a mother and partner, a nurse, a psychologist, a trainer and teacher.

Along with her family, we grieve the loss of Alison Lee this past October. She was all of the above and so much more.

She was a cornerstone of ICEEFT, one of the founders of both the Ottawa Couple and Family Institute (OCFI) and the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT). She was on the Board of Directors and an Officer of both organizations, from the beginning and until just recently.

Alison was loved by many people and she in turn loved us. She was a wonderful, caring and giving person who enjoyed sharing her British (sometimes very spicy) humour. She was the one who always brought flowers to the office — and to colleagues for special events in their lives. She was also known to play the card game “Hearts” on her computer between clients.

Within ICEEFT, she was considered to be the definitive EFT Supervisor — helping, coaching, affectionately overseeing so many, many therapists on their learning journey.

We want to share some of the quotes from her ICEEFT colleagues and friends:



*I quote you at almost every training, and bring your big heart into the room.*

*I will miss you — your impact is far reaching and truly felt, and will live on for many many years to come. Thank you so much for being you — such a true and beautiful ballast in the organization and for humanity.*

*May you rest with a full heart knowing that you have helped so many, taught so many, inspired so many, and touched the hearts of so many. ♥*

*She has always felt like the heart of EFT — a warm and safe emotional space where I could rest and just be. ♥*

*While I know you will always be looking over us with a gentle smile and love in your heart, we will miss you. I will cherish your memory inside. ♥*

*You taught me how to be an excellent teacher... and that gift is one that stays inside me and is passed on to everyone I teach. They all receive a piece of you.*

*...you truly embodied and lived the model and you modeled it for all of us. You are and forever will be in my heart dear one. ♥*

*I am forever grateful to Alison. I looked forward to spending time with her and enjoyed every minute. Always a handful of gems to take away, her creativity shining through... I have never felt so held in supervision as with Alison allowing me to risk and grow. Her intellect, kindness, wit and compassion will not be forgotten. ♥*

*Al was the warmest, most attuned, loving human being I have ever met and was always REAL. She was so down to earth and told the best filthy jokes ever! ♥*





*Nothing will ever come close to the deep influence Al had, and still has, on my soul, as a woman, as a person, as a mother, and as a clinician. ♥*

*I felt valued and cared for by you throughout my EFT journey and beyond. You have touched a lot of people's hearts and have touched mine deeply. I'm going to carry you with me for the rest of my life. I can't thank you enough for who you have been to me. ♥*

*I couldn't have been more grateful for her encouragement, kindness, and words of wisdom. In fact, I made a document entitled Words of Wisdom From Alison Lee... Hearing her gentle voice and unique way of conveying even the toughest of messages was something I hoped to emulate in my work. ♥*

*Your persistent kindness, your ability to immediately translate every action into an understandable yearning, the gorgeous lyricism of your words and melody of your voice are safely stored in my heart. ♥*

*I will always remember her warmth, kindness and insight. More recently, Alison was my supervisor mentor when I was a Supervisor-in-training. She had a beautiful way of connecting that was open and vibrant, she shared her light to help me shine more fully. I know she helped countless others too. I will miss her. ♥*

*We together are heartbroken and will forever be altered by her life. ♥*

Please [click here](#) to view the photos and comments as shown at Alison's memorial.



### **Memorable Quotes from Alison Lee**

*"Our clients are good people who have simply lost their way."*

*"Every Emotion has a story!"*

*"Everyone will sprinkle EFT with their own Pixie dust."*



# Advancing Together: ICEEFT's New Era in EFT Training & Certification



As we look ahead into 2024, ICEEFT begins an exciting new phase of growth and innovation. We are delighted to announce new training and certification programs aimed at growing and deepening the skills of EFT clinicians. Now, in addition to certification in Emotionally Focused Couple Therapy, ICEEFT is introducing training and certification programs in Emotionally Focused Individual Therapy (EFIT) and Emotionally Focused Family Therapy (EFFT). This development not only reflects the evolving landscape of therapy but also underscores our commitment to continue to develop EFT to meet the diverse needs of therapists and clients globally.

## Broadening the Spectrum: EFIT and EFFT

The introduction of EFIT and EFFT certification paths marks a strategic extension of our services. These modalities address the unique dynamics of individual and family therapy, expanding the reach and applicability of EFT. A quick overview of the new certification qualifying courses is provided here.

### FOR EMOTIONALLY FOCUSED INDIVIDUAL THERAPY (EFIT)

#### EFIT Essentials: Bridging Theory and Practice

EFIT Essentials merges the former Levels 1 and 2 into a comprehensive 24-hour course, with an optional 2-4 hour Q&A extension sometimes available. This course is structured to provide a solid foundation in the principles and techniques of EFIT, ensuring therapists are well-equipped to address the varied challenges presented in individual therapy.

#### Mastering Skills in EFIT: Advanced Training

After completing EFIT Essentials, therapists can enrol in Mastering Skills & Overcoming Challenges in EFIT: A Consultation Process. This 10-hour advanced course focuses on enhancing skills, mastering complex cases, and navigating therapeutic challenges unique to individual therapy.

### FOR EMOTIONALLY FOCUSED FAMILY THERAPY (EFFT)

#### EFFT Essentials: The EFT Approach to Family Therapy

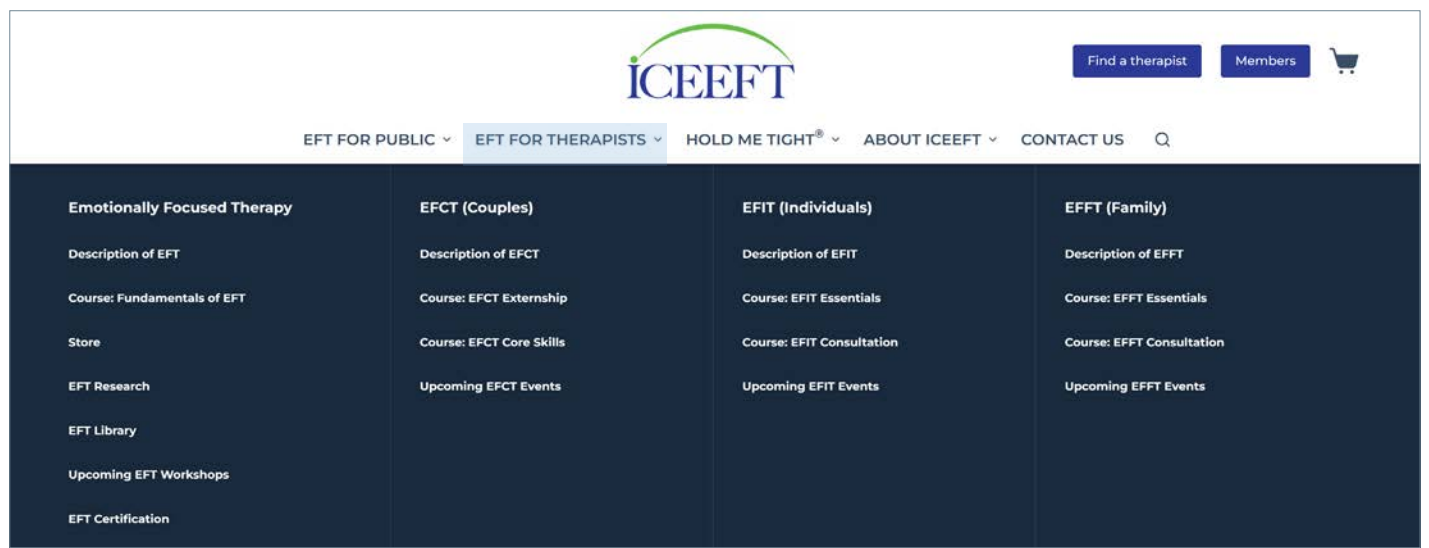
Similar to EFIT, EFFT Essentials combines the former Levels 1 and 2 into a new 24-hour course, focusing on the nuances and unique challenges of family therapy. This training is specifically designed for therapists aiming to broaden their practice to include family therapy, offering in-depth insights into EFFT methodologies.

#### Mastering Skills in EFFT: Tackling Complex Family Dynamics

Mastering Skills & Overcoming Challenges in EFFT: A Consultation Process is a 10-hour advanced course aimed at therapists moving forward from EFFT Essentials. This training focuses on the intricacies of family dynamics, providing therapists with the tools to effectively manage and resolve complex family therapy cases and diverse family structures.

### New Certification Pathways

The journey to EFIT and EFFT certification is similar



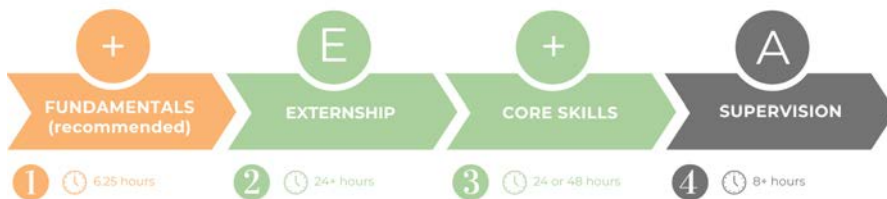
to our EFCT certification process. Post-completion of the Essentials course, therapists will engage in the Mastering Skills: A Consultation Process as described above, followed by supervision and video review. This ensures a consistent standard of excellence across all EFT modalities.

The graphics shown here illustrate the basic steps to certification in EFIT, EFCT and EFFT.

### EFIT Certification



### EFCT Certification



### EFFT Certification



### The Impact of These Changes

The expansion of our training and certification offerings is a response to the evolving needs of the therapeutic community. By incorporating EFIT and EFFT, we are broadening the scope of EFT, making it a more versatile tool for therapists to guide clients in recognizing and expressing their emotional needs, whether in individual, couple, or family settings.

### Your Invaluable Role

Your engagement with these new training and certification opportunities is crucial. We encourage you to explore these courses, integrate them into your

practice, and continue your journey of professional growth. While developing these new training and certification pathways, the ICEEFT Board has kept in mind that Certification is just one step in a lifelong commitment to growing and deepening one's therapeutic skills.

### Looking Ahead

As we initiate these big changes, we are excited for the opportunities they present. The expansion of our training and certification offerings signifies our growth as a community and the increasing recognition of EFT's effectiveness in diverse contexts. As new research and practical experience increasingly shows, Emotionally Focused Therapy isn't just for couples. It is an exceptionally effective modality for helping people grow and deepen all kinds of relationships — from one's sense of self to all the significant relationships in our lives.

We invite you to visit both the ICEEFT public website and the ICEEFT members' website for detailed information on these new training programs and certification options. We hope that you will find value with these developments and appreciate how they can benefit your practice and professional growth. We also encourage you to share this news with your colleagues and invite them to join us in these exciting new opportunities in EFT.

### Looking Forward

This expansion is a pivotal step in the evolution of ICEEFT and EFT. As we move forward, we do so with a collective sense of anticipation and commitment to excellence. Your support and engagement are invaluable as we continue to make a meaningful impact in the therapy world.

Thank you for being a part of our journey and contributing to the growth and success of EFT. Let's embrace these new opportunities together and continue to make a difference in the lives of those we serve.



# ICEEFT Courses

“

This was one of the best online trainings that I have attended. The facilitators were very knowledgeable and were very respectful of the learning processes of the participants. They asked questions regarding how we were all feeling, answered questions, and provided resources for reference.

**Kelley Lewis, MA LMFT**

Externship graduate, 2022



“

Both presenters were incredibly caring and accessible. It felt like it mattered that I was there. That is challenging to do when learning remotely, so thank you so much [trainers] for being authentic, supportive, and emotionally open to us.

**Jennifer Redwitz**

EFIT graduate, 2023



“

This was one of the best trainings I've ever attended and has inspired me to pursue further education in EFT, specifically EFFT.

**Kelli Adams**

EFFT graduate, 2023



“

Fabulous instructors! Knew their stuff & were passionate about the topic.

**Thanh Ly**

Fundamentals graduate, 2023



“

This was the most soulful, heart-expanding training I've ever had. Several times I found myself in tears- not only tears of compassion, but tears of gratitude for this beautiful model and the opportunity to experience such wonderful teaching.

**Susan Wolf**

EFIT graduate, 2023



“

This was an excellent training and made me aware of the necessity of attunement and attachment. I was really impressed by the presenters' knowledge, expertise, and practical suggestions for implementing EFT in our work with families

**Mariyah Robbins**

EFFT graduate, 2023



“

Both the instructors were wonderful and the amount of learning in one day was impressive. I will definitely take another class in the future! Thank you so much!

**Rachel Clark**

Fundamentals graduate, 2023



“

This course was absolutely fantastic, I learned so much. Thank you for offering this virtually, it's the only way I would have been able to attend.

**Dustin Kieschnick, Psy.D**

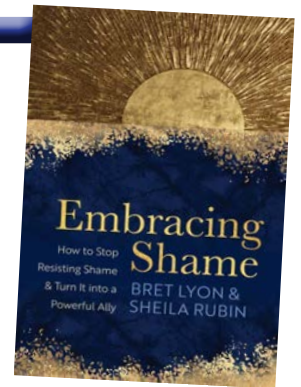
Externship graduate, 2023





Sheila Rubin &amp; Bret Lyon

## Introducing Our New Book, *Embracing Shame: How To Stop Resisting Shame and Transform It Into a Powerful Ally*



### ***Shame Can Destroy Relationships — But It Doesn't Have To***

As we know from personal and professional experience, relationships are difficult. One of the main hidden factors sabotaging relationships is shame. Shame freezes our nervous system and makes us want to hide and disappear. It sends each of us into our own corner, focusing on our own difficulties or lashing out in an *attack-other* reaction. In our work, we add shame and the way partners react to shame into the EFT infinity cycle.

As an example, in one couple Sheila worked with, the wife was threatening to leave because she felt she couldn't trust her husband to follow through. When Sheila asked for an example, she said he never followed through on his promises to clean the house when company was coming. When she would confront him with the list that they had agreed on, he would say, "I'll get to it," and minimize her need to have the house clean. This had been going on for many years.

Sheila asked the husband if his wife's complaint was true. His response was, "She's right. I'm just lazy. I watch tv and can't get off the couch." Knowing about shame, Sheila wondered aloud whether this could be a response to shame. She brought up the possibility of shame into the conversation. "'Lazy' is an interesting word. I'm wondering if it could be related to a primary emotion that freezes people and stops them from acting." He got curious. He sat up, leaned towards Sheila and said, "I get everything wrong."

As the husband began to talk about his feelings

of shame, his wife looked at him with kind, understanding eyes. Suddenly, she saw the situation differently. She reached out, touched his arm and said, "I didn't realize you felt so much shame."

After unpacking the situation much further, they were able to put shame into the reactivity cycle/infinity loop. He said, "When you ask me to clean, I feel pressured and afraid I will get it wrong, so I don't do anything and you get mad, so I do even less." Then Sheila said, "So you are so afraid and embarrassed about getting it wrong again that you get lazy because that's a way you keep from making a mistake again." Sheila validated his experience of never getting it right and did a little psycho-education about shame; how shame can lower intelligent points and even freeze a person so they can't think clearly. "Can you tell her that you feel shame and are afraid of disappointing her again?" The wife sighed and said, "When you don't clean up after I ask you to, I feel dropped and humiliated. It reminds me of my childhood. So I pressure more and I can see now that that only makes you feel more ashamed and less able to clean."

She then talked about her childhood with a father who would always promise things and never deliver and how terrible that made her feel. She felt ashamed that she had chosen a man who was like her father. The husband was able to reach out. "I'm so sorry your father was like that. I'm not like that. I actually do a lot around here." He began to talk about all the chores that he did take care of, but never shared with her. She asked, "Why didn't you tell me about all that you do?" He responded, "It wasn't on your list."

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Adding shame to the reactivity cycle allowed this couple to come to a deeper, more loving understanding and face the dragon of shame together.

In our book, *Embracing Shame: How to Stop Resisting Shame and Transform It into a Powerful Ally*, we explore and make sense of this elusive and powerful emotion. Our book culminates in bringing a deeper understanding of how shame affects both our sexuality and our relationships. We add shame and the reactions to shame into the reactivity cycle. When someone lashes out in anger at their partner, we can reframe it as attack-other reactions to a shame-fear bind. We can begin to clarify shame triggers, put shame into the infinity loop and have couples face the dragon of shame/fear together.

According to Gershen Kaufman, shame is the rupture of the interpersonal bridge. When the bridge breaks, shame arises. As a couple, your partner is the most important person in the world. The bridge breaking with your partner triggers all the experiences of broken attunement in childhood. Understanding shame and how each partner handles it can help us immensely in restoring the bridge.

People react to shame in one of four ways: attack self, attack other, deny or withdraw. Partners generally have complementary ways of reacting. If a partner tends to blame themselves and self-describe with words like “lazy” or “stupid,” as the husband in the scenario above did, we see that as an attack-self reaction to shame. If a partner lashes out in anger and criticism, as the wife did, we can help them see it as an attack-other reaction to feeling shame and fear.

*Embracing Shame* is the culmination of nearly 20 years of co-directing the Center for Healing Shame, working with clients and teaching therapists and other helping professionals how to work with shame, as well as navigating the difficulties of being married and teaching together. We are deeply grateful to Sue and EFT for helping us through that incredibly rewarding, but difficult process. As Sue has written many times, we are wired to connect and we need to be able to count on each other. When we explore how partners get dysregulated and how they reach

out for connection, we begin to repair the inevitable ruptures and help them to build a secure bridge between them.

One of the lessons of healthy shame is that no one is perfect, no one always does it right. Embracing the repeated process of relationship, rupture and repair is what forges a strong, secure, loving partnership.

*Embracing Shame* has just been published by Sounds True and is available on Amazon, Barnes and Noble and bookstores all over the world (in English). For us, it is like a birth. It has been an intense labor of love that pushed all of our buttons and brought new challenges to our relationship. We are both joyful and awestruck that it is finally out in the world.

To read a short excerpt, please [click here](#). For more information or to order a copy, please [click here](#).

Sheila Rubin, MA, LMFT  
EFT Therapist & Supervisor

Bret Lyon, PhD, SEP  
EFT Therapist & Supervisor

### What one reviewer had to say:

*“Bret Lyon and Sheila Rubin have written a gem of a book that anybody can read, understand, relate to, and apply to themselves, to clients, to loved ones. Expect to learn, expect to have ‘aha’ moments, expect to be moved, expect to be transformed. Not only do Bret and Sheila explain and teach with clarity what shame is, how it affects body and psyche, and what to do when it overtakes us, but with skill, compassion, and bravery they model for us the transforming power of vulnerability and transparency. I love this book and am grateful that it now exists.”*

— DIANA FOSHA, PHD, developer of AEDP, and author of *The Transforming Power of Affect*



# EFT World Summit 2024

3-4 JUNE 2024

THE NETHERLANDS, HAARLEM

## Maintaining hope in a world of uncertainty

The art and science of EFT

### KEYNOTE SPEAKERS:

**Sue Johnson**  
EFT FOUNDER

**Frans de Waal**  
PRIMATOLOGIST

**Mark Solms**  
NEUROPSYCHOLOGIST

**Siebrecht Vanhooren**  
EXISTENTIAL PSYCHOLOGIST

**Emily Nagoski**  
SEXOLOGIST



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## An EFT Poem

In late 2023, Yolanda von Hockauf and Gail Palmer facilitated a training with Shāwthān Nāthzi, a land-based healing program for indigenous families in the Yukon. They offered EFT training for counsellors and support staff. One of the participants wrote the following poem and gave permission to share it here:

*I realized today  
Why I've been  
So f\_\_king angry*

*It took me quite  
Some time to get here  
Cause I was attempting to  
Think it through*

*The thinking through process  
Was exhausting  
Every time I thought I was there  
I realized I had barely begun*

*My reward for attempting the journey  
Was a growing anger  
Alive and festering  
And a feeling in my heart*

*Rather than focus on rationality  
I began to sit with the feeling  
While trying not to take it out  
On myself or  
Lashing out on those around me  
(especially my loved ones)*

*Trying was trying and  
Sometimes it worked  
And sometimes did not*

*While I sat in between  
Waiting and wondering if  
Maybe the answers could be  
Found elsewhere  
The more I felt into this  
In those quiet, reflective spaces,  
The more I was able to  
Reorganize my emotions  
Which brought me to the conclusion  
That my source of anger  
Was a feeling*

*It did not take me long  
Sitting within this  
When I began to shift  
Into the realization that  
This needed to be  
Unpacked:*

*My emotions of anger  
Were rooted in the feelings of hurt*

*I tried to point my finger at a more direct  
Source of this pain and  
Many people came up  
But I could see they were coming from  
A place of hurt too  
And our hurts were perpetrated on each  
Other in a cyclic fashion*

*Now I was on a roll,  
Unpacking the hurt continued to flow  
Now I understood that  
My feeling and the hurt  
Are the product of cycles  
That do not serve me*

*I was starting to embody  
This understanding:*

*These cycles are rooted in  
Unhealthy dynamics  
Installed and instilled  
Within a hierarchy  
Infused and embedded  
Within the power structures  
Of today but  
Moreso, the power structures of yesterday*

*This was my call to action*

*Flowing further  
Led me to the knowing that  
To assist with restructuring  
These dynamics might be the greatest gift  
I could give to those I love*

*Within this knowing, I decided  
An army of one  
Would not do*

*So I got to work on building an army of two.*

Written by Aaron Shx'a.eetí Mullin

## News from EFT Switzerland

It's a joy to finally be in a place where I can share the news about our EFT Center in French-speaking Switzerland.

Historically, EFT was brought to Switzerland in 2009 by my colleague, Florian Wschiansky, who had travelled to Ottawa to do his Externship in 2002. He then invited EFT Trainer Normand Gingras to come and teach the model in Geneva. From 2009 to 2018, Normand came every other year to teach an Externship and a four-day Core Skills module. I met them both in 2014 after my return from LA to my native Switzerland, and that is when I started getting involved in the development of EFT in Switzerland, along with a few others who had been involved with Florian. Florian still carried the bulk of the community building for years, organizing intervision groups (European term for supervision/consultation groups), as well as hosting an annual EFT reunion, creating a website and a listserv, and organizing and advertising for the training events. He won the John Douglas Award in 2016 for his immense contribution to EFT in Switzerland — a well-deserved recognition!

When I was certified as a trainer in 2018, Florian passed me the baton so that he could focus on other things. Since then, it has been a slow but growing process of transforming what was an informal community into an ICEEFT-affiliated Center, which finally came about in the summer of 2021. The website was rebuilt by professionals and a membership fee with member benefits was introduced. As I was alone in organizing, promoting, teaching, and coordinating everything, I tried to diversify by adding webinars and specific topic events with other trainers.

My goal was to find motivated therapists who loved EFT, invest in them, then ask them to get involved and take an active part in building the community. I've asked these therapists to assist me at trainings so they could grow their skills and gain visibility in

the group. Last year, I had the privilege of teaching two Externships on Zoom for Morocco, with the help of my precious helpers, Carole Merçay and Fouzia Geiger. Being from Morocco, Fouzia was great to have with me as a cultural bridge. I am happy to say that I now have a small working group, which we named the EFT Dream Team. We meet once quarterly around a meal, and we are just at the beginning of brainstorming ideas and engaging as a group versus me acting as the sole coordinator.

One thing that has existed for years in our community is our movie nights. They used to be hosted at my place, but since Covid, they happen on average once quarterly on Zoom, which makes it easier for people to attend. We watch a training video or one of my recordings (including sometimes mediocre sessions) and comment, learn and grow together. I have found that participants particularly appreciate watching a session where the trainer struggles. It makes them feel better and is very validating of their own struggles. In 2024, we will start having some of our members show their videos and lead the discussion.

Our annual regional French-speaking reunion happens in the spring and is organized by Florian. It's an opportunity for anyone from the community to present on a theme related to EFT. We have had topics such as "How to Learn the Model," "Mindfulness and EFT," "Sex and EFT," "Trauma and EFT," "Neurodivergence and EFT," "Struggles in EFT," as well as other topics. This live event allows us to connect in person, meet people that we have only seen on Zoom, and welcome people who are new to EFT or interested in it. We learn and exchange ideas together, watch videos, practice through role-plays and share a meal.

I have been teaching Hold Me Tight® workshops with my husband since 2014 and have had the pleasure of having my EFT colleagues assist me during those weekends. This is always an empowering experience

## the EFT community news

for them and an opportunity to realize how much they do know, while practicing their skills in a setting that is conducive to it. The translation of the program into French is in progress and my hope is that some of our members will then start facilitating their own Hold Me Tight® workshops in their regions. I want to express huge gratitude to my husband, who is not a therapist but whose authenticity and vulnerability during those weekends makes a huge difference and impact, especially on men who can relate to his experience.

Since the center opened in 2021, I have also been able to invite outside trainers such as Jef Sloomackers and Lieven Migerode for their training on Intimate Partner Violence, as well as Karin Wagenaar and Jeroen Bakker on working with personality disorders. In 2023, we had the pleasure of having Normand Gingras among us again for the first EFIT training in Switzerland. This was followed by an intervision group on EFIT, which meets once quarterly. In June, Ben Kneubühler and I also offered our masterclass on working with couples impacted by ADHD and are offering it again in January. We will also have the pleasure of hearing from Kelly Bourque on the Trauma of Betrayal in February 2024.

The EFT Dream Team has opened a Facebook group where people who have attended an EFT training can post questions, comments and ideas. I manage a page on LinkedIn and try to post regularly to bring awareness about the model in Switzerland. I've had opportunities to present the model during a couples therapy class at the University of Lausanne and have done several Introduction to EFT webinars with my colleague and office mate Marie-Laure Del Vecchio. One of our members, Martine Droz-Bartholet, recently had an opportunity to talk about the model in a crisis-response unit setting and show how we use the Tango to process difficult, overwhelming, and alien emotions, and organize them in a coherent manner. I am hoping that more members will seize opportunities like these to share about the model publicly.

Among our projects for the future are the transla-

tion of articles and videos into French so that we can have more resources on hand, creating content for the newsletter from members of our Center, organizing webinars facilitated by members, inviting guest trainers to present on specific topics, and eventually, hosting a retreat so that we can all meet in person, connect, build community, and grow in passion and in numbers.

We already have more content coming in, such as testimonies of EFT therapists regarding their learning process, how to present to clients the topic of recording a session, what it was like to assist at a training or HMT workshop, and more recently, an "evocative cultural touch" segment, written by my devoted colleague Carole Merçay, featuring songs, poems and other artistic pieces, that evoke the work we do in EFT.

And last but not least, a dialogue has been initiated between the French-speaking communities of France, Québec and Switzerland, in order to make our online trainings accessible to the French-speaking community at large and increase the available resources in our language.

Growing EFT in French-speaking Switzerland, which is such a small part of a small country, has been challenging. It's been important to not look at numbers; to instead look for the passion in the ones that have it, feed that passion, and empower them to share from their learning and carry the vision forward. Today I am proud to say that EFT Suisse Romande feels like a family to me and that I have amazing and talented colleagues whom I can call friends and that I can continue to build this center with.

I am, of course, extremely thankful to Sue for her revolutionary model that has changed my life for the better, and for the dream come true of helping to develop it in my own country.

Jim Furrow taught me EFT and supervised me all the way to certification — I am so grateful my life crossed his path! I also want to express huge gratitude to Florian Wschiansky and Normand Gingras, who

always encouraged me to take more space and go further, and to whom I owe the opportunity to become a Supervisor and Trainer. I am also very thankful for Ben Kneubühler who built the community in German-speaking Switzerland, and who has been a great friend and partner in making

some of the decisions regarding EFT in our country. It is so good not to do this alone, as Sue's beautiful model reminds us!

Alexine Benoit-Thompson, LMFT  
EFT Therapist, Supervisor & Trainer

## ICEEFT News



### Congratulations & Welcome!

ICEEFT congratulates and welcomes newly certified EFT Trainer:

- ▶ Dr. Hung, Shi-Ting.

### Welcome to Two New ICEEFT-Affiliated Groups:

ICEEFT is happy to welcome the new:

- ▶ Alaska EFT Community; and
- ▶ Central Texas Centre for EFT.

### Paul Guillory Joins the EFT Newsletter Editorial Board — Welcome Paul!

ICEEFT is very happy to welcome EFT Trainer Paul Guillory as a new member to this newsletter's Editorial Board.

### Write a Newsletter Article!

Have you ever thought about writing a newsletter article? All ICEEFT members are eligible to submit an article for the newsletter. [Click here](#) for further information or visit the members' website.

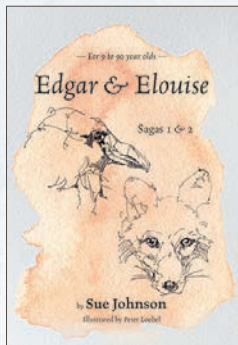
## Unveiling the Magic:

# Edgar & Elouise

— A Heartwarming Tale of Love & Friendship



DR SUE



Written by Sue Johnson

Set in Canada's west coast, *Edgar & Elouise* reflects not only the beauty and frailty of the natural world around us, but also how hard it can be to protect it.

Faced with what can seem like overwhelming challenges, we learn how we can positively shape ourselves and our connection with others, and how a small band of brave ones can, together, make a magical difference.



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## The Development of EFT Québec: The Meeting of Five People Passionate About EFT

As in any good relationship foundation, our story begins with a reach. A risk that one of us took to contact the others and expose their crazy plan, after a supervisor and mentor in common had the wonderful instinct to connect us. Over the next few months, we reflected on our goals, interests, values, mission and business structure. From this exercise came not only the birth of a bilingual (French and English) community affiliated with ICEEFT in Québec, but most importantly, the bonds of friendship that we aspire to pass on through a space that we hope is safe and conducive to professional connection.

The desire to recognize the richness of our diverse backgrounds and experiences played a key role in determining the name we wanted to use. The name EFT Québec represents the essence of what bilingualism means to us, as well as the francophone people through their different communities. For us, speaking of EFT brought together the different parts of our bilingual socio-cultural identity: we spoke the same language despite the challenges inherent in some of our experiences as a linguistic minority, an immigrant, or an anglophone in the province of Québec.

Bringing EFT to life in Québec has truly been a labour of love for the five of us. Our shared passion for the EFT model, as well as our desire to be part of a local EFT community with whom we can learn and grow, was the impetus for this project. In addition, we are all dedicated to making EFT accessible to francophone therapists in Québec, a province that is full of passionate and competent therapists that are eager to learn this incredible model.

We believe that our shared values, work ethic, and particularly, our team's collective spirit, are what allowed our dream to become a reality. Bringing our different styles and abilities to the table, we found

that we all had something unique and significant to offer. We value one another's superpowers, each so different, which seem to complement one another. Working as a team is not without its challenges, and we try our best to lean on what we know about attachment to maintain the safety that is needed to lead this community with love. In addition to five community leaders, we have an amazing team of collaborators, without all of whom this community would not be possible.

With our bilingual Facebook page serving as our hub, we host events such as Externships, Core Skills, Lunch and Learns, and Masterclasses, inviting EFT Trainers from around the world to present on different relevant topics. For events that are presented in English, we offer simultaneous translation into French to make these trainings accessible to our francophone therapists, who make up a large percentage of our community. We also collaborate with French-speaking communities around the globe to increase accessibility to EFT resources in French, which are limited compared to those available in English. We offer our community free or affordable resources such as a seasonal newsletter, 'video and popcorn' events (watching EFT training videos together), blog articles in both English and French featuring different EFT topics, and peer support groups.

Recently, we were awarded ICEEFT's John Douglas Award for North America. This award is for individuals outside of the trainer group who have made significant contributions to the growth of EFT through community building, event organizing, mentoring, or otherwise helping to expand and deepen awareness of the effectiveness of the EFT model. We were made aware that this is the first time this award has been given to a group rather than an individual, which made it even more special.

Although the true reward for us has been to see our community come to life, we are genuinely touched by ICEEFT's recognition of our hard work, and we are looking forward to seeing EFT Québec continue to flourish. As we embark into this new year, we aspire to remain creative and innovative in our training offerings that we hope will inspire and stimulate our community members. If we've sparked your interest and you'd like to be a part of our bilingual community, join our Facebook group and follow us on Instagram. We'd love to welcome you! As we say in Quebec, "il nous fera plaisir de vous accueillir / it will be our pleasure to welcome you."

**Co-founders of EFT Québec:**

Fannie Carrier Emond, PhD, C.Psych

Véronique Franche, PhD, C.Psych  
 Certified EFT Therapist & Supervisor-in-training

Caroline Gasparetto, PsyD  
 Certified EFT Therapist & Supervisor

Jessica Kokin, PhD, C.Psych  
 Certified EFT Therapist & Supervisor

Nancy Smith, PsyD

## New Spanish-Language Documentary About the Effectiveness of EFT

TO BE RELEASED  
**February 14, 2024**

This new Spanish-language documentary film, *Couples Therapy*, follows five couples through 12 sessions with two Spanish-speaking Certified EFT Therapists. In addition, the film also records the first EFT randomized clinical trial in Spanish-speaking countries, with therapists and couples from Mexico, Argentina, Costa Rica, Guatemala and Spain. The preliminary results confirm the significant improvement in Spanish couple relationships, including benefits in mental health.

[Click here](#) to read more about this exciting new documentary in an article published in one of Spain's most influential daily national newspapers. The article mentions Sue and highlights the effectiveness of the model in improving mental health.

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# Contacts >>



## EFT Centers, Communities & Other Affiliated Organizations

### LEGEND

\* EFT Centre – A group of EFT therapists led by at least one local Trainer

\*\* EFT Community – A group of EFT therapists led by at least one local Supervisor

\*\*\* Other EFT Organization – A group of EFT therapists that does not fit either of the above categories

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