

# EFiT

## Emotionally Focused Therapy for Individuals PART 1

Presented by Yolanda Von Hockauf, ICEEFT EFT Trainer

Dates: Three Fridays, August 14, 21, 28, 2020

Time: 9:30 a.m. to 3 p.m.  
via Zoom

Fee: \$495

To Register: [www.joexcantueft.com](http://www.joexcantueft.com)

No prior EFT Training Required



*"An elegant and deeply humanistic  
Yolanda."*



*model beautifully taught by*

Yolanda von Hockauf  
ICEEFT Certified EFT Trainer

### **What is unique about EFiT?**

This powerful EFT modality brings together the intrapsychic and the interpersonal experience of our individual clients. Emotion is accessed and reprocessed to draw out deepest fears and longings, and views of self and other emerge and become open for modification. By shaping powerful corrective emotional experiences, we are able to create a more flexible responsiveness to others and a deeper sense of self-acceptance.

### **Format:**

This experiential workshop will use a combination of short teaching segments, video demonstrations, and small group/breakout room exercises. There will be several fun, creative experiences to help you stay engaged.

Come join us and discover the power of working with Individual clients using the attachment frame and emotion to shape security and resiliency!

### **Learning objectives:**

1. Understand how to work with emotional disorders such as depression, anxiety and PTSD using the attachment lens.
2. Learn the difference between Stage One (Stabilization) and Stage Two (Restructuring)
3. Move through the five tango moves as they apply to individuals:
  - Track and reflect **clients' internal and external cycles** so they can become aware of how they shape and experience their world.
  - Assemble and deepen **emotions** as a guide toward unmet attachment needs
  - Learn how to choose and shape **enactments** to create **Stabilization** (stage 1) and security-enhancing **Corrective Emotional Experiences** (stage 2).

Part 1 of the Training will be virtual  
Part 2 of the Training will be live

For those unable to attend all or part of Part 1 of the training, Part 1 will be recorded and available for viewing for a limited amount of time after the Part 1 training.