

Externship Schedule

At least one quarter of the last three days will consist of watching and practicing EFT using exercises and video review. Two full-length therapeutic interviews will be observed. At least one of these will be a session conducted in real-time.

Participants will meet for a 2.5 hour orientation – April 22, 2021. At this time they will be given access to approximately 5.5 hours of online video of Dr. Sue Johnson providing an introduction to the EFT model. They are invited to watch this video at their own pace, and at a minimum to have watched it its entirety before we meet in person, to complete the externship – for an additional 4 days.

April 22, 2021 Orientation evening: 2.5 hours on Zoom

7:00 p.m. Opening - Introductions – Diversity / Inclusion
7:20 p.m. Overview of Training links to watch 5.5 hours of SJ
7:40 Overview of EFT – 3 modalities
8:00 Theoretical bases – 3 theories
8:20 10 min break
8:30 Video Demonstrations include emotion as a process
9:00 20 Brief breakout rooms – Exercises on the problem in EFT. Couple and Individual Therapy.
9:20 questions; closure by 9:30

Dr. Sue Johnson, Recorded Introduction to EFT 5.5 hours

2 hours and 50 minutes:

Attachment Science as the Solution for Psychotherapy - EFIT, EFCT, EFFT
Couple Therapy – The New Era - The place of EFT

2 hours and 40 minutes:

Basics of the Model - Experiential & Systemic
Adult Attachment Theory & Implications for Therapy
Overview of the EFT Process of Change – Steps & Stages
Macro-Intervention – The EFT Tango Across Modalities

Remaining 22 hours over 4 days, (20 hours externship plus .5 hr Homeroom each day) 5.5 per day

9:30 - 12:30 and 1:30 – 4:00 Hour break for lunch

Optional videos available to live stream between sessions will be made available.

May 7, 2021 Day 1 (5.5 hours)

9:30 – 10:00 Home Room Leader-guided Group Discussion
10:00 Stage 1 De-escalation / Stabilization– presentation, video examples,
10:45 break
11:00 Group exercises
11:30 – Working with Emotion
12:30 – 1:30 lunch
1:30 – 2:15 Alliance Building and Assessment

2:30 – Live Session
3:30 – questions / closure by 4:00

May 8, 2021 Day 2

9:30 – 10:00 Home Room Leader-guided Group Discussion
10:00 - Working with Emotion Exercises / EFIT video
10:45 break
10:45 - Emotion continued
1:30 Video Session – and group discussion
2:45 break
3:00 De-escalation/Stabilization - Role plays/ Exercises closure by 4:00

May 21, 2021 Day 3

9:30 – 10:00 Home Room Leader-guided Group Discussion
10:00 Interventions / Micro Interventions / RISSSC / Catch-the-Bullet / Building Attachment / Slice It Thinner Exercises
10:45 break
10:45 Interventions /Exercises continued
11:30 - Stage Two Change Events
12:30 - lunch
1:30 Live Session
3:00 - break
3:15 – Stage 2 Change continued / Exercises closure by 4:00

May 22, 2021 Day 4

9:30 – 10:00 Home Room Leader-guided Group Discussion
10:00 EFIT — Goals — Tango — Watch Sessions
10:45 break
11:00 Escalated Couples / Traumatized Individual Clients
12:30 – 1:30 lunch
1:30 Impasses and Attachment Injuries - The Forgiveness Process
2:45 break
3:00 Becoming an EFT Therapist
3:30 Exercises or Video & Discussion
4:00 Closure