

The Carolina 2021 EFT externship team deserves a celebration! First of all we had 40 out of our 70 participants joining us at various levels of equity rates. This means that our externship was made up of more than half of people from under represented groups! Wow - did we all learn a lot from each other! Our meticulous Externship coordinator, EFT Supervisor Maria Wood, needs to be given the first round of applause, along with Sue Johnson for this amazing model! Maria managed registration, corresponded with all participants regularly and responsively, and worked so diligently and caringly with all the assistants to assure each breakout group had the needed support. And she did so much more behind the scenes to keep us all organized and calm!

This was our first hybrid externship, where participants, after our first evening orientation, watched 5.5 hours of Sue Johnson's externship video, followed by 4 days of interactive training! The quiz results on Sue's video illustrated how well people integrated the material she was teaching, and the engagement of participants in the following four days showed their eagerness to practice and apply the model for themselves! It was lovely for them to get "such an intense dose of Sue's wisdom and magic" before diving into actual practice together.

Assisting me in teaching the externship was the highly esteemed trainer-in-training Dr. Paul Guillory. Paul's contributions to the externship were enormous. We watched the work of at least 5 EFT trainers, including Dr. Sue Johnson. Of particular importance to the trainees was to see Paul, as an African American modeling EFT. An ongoing theme of our externship became that of learning the model - and then finding your own voice, as a person, and as a person of a particular culture. A second standing ovation goes to — Dr Paul Guillory!

Without our assistants who showed such accessibility, responsivity, and engagement with their small groups, meeting every morning with them for the homerooms and carrying them through the challenging exercises, the externship would not have been the rich experience that it was. I want to give a big shout of appreciation to our fabulous team of assistants including Greg Blanton, Sarah Harris, Sarah Faircloth, Casey Lee, Shannon Todd, Andy Johnston, Tanisha James, Jack Hannibal, Latasha Ellis, Janet Bergsgaard, Jen Moynihan Wynn, Kathleen Fitzgerald, Kelly Harrison, Kristyn Bly, Katherine McKay, and Steve Wampler. They are all from the

Carolina Center except for our guest EFT supervisor Katherine McKay from FL, and Janet Bergsgaard from Winnipeg, Canada.

The Live Sessions lent themselves beautifully to breakout room exercises. We had two focused exercises following each of the live sessions. The first one to practice Tango Moves 2 and 3 - assembling elements of emotion – the same elements of emotion we saw in the live session immediately preceding this exercise. Dropping in on groups I was amazed to hear trainees were grasping what it means to assemble emotion. I heard real live assembly of emotion and shaping encounters in an externship that I had never heard done so well before. After the second live the breakout rooms practiced deepening of emotion, shaping two encounters - first to share the deep fear and second for the withdrawer to make that vulnerable, assertive reach to the other. Deepening and disclosing emotion and stepping assertively toward the partner was a truly moving experience for participants. Without our dedicated assistants these rich experiences of the externship would not have been possible. We were also very fortunate that Elli Schmeltekopf and Mary Hinson had done such effective ground work with their couples and were able to present them so clearly to the group before the Lives. These courageous couples' attendance helped tremendously to shape our training experience.

My appreciations could go on and on - to Hamed Fatahian who flawlessly managed the technology and contributed his experience as an Iranian, American EFT therapist; to Jen Moynihan Wyn who coordinated social media connections of participants on Discord platform throughout the externship; to Sarah Faircloth who renewed us with “yoga bites”. Thanks also to Steve Wampler and Mary Hinson who shared in the Becoming an EFT Therapist section about Carolina EFT's new initiative that they are coordinating for externship participants - free monthly supervision groups; and finally appreciation to each and every participant who helped shape the training experience!

Thank you everyone who participated and demonstrated that online training can be personal, alive and effective!!

~ Lorrie Brubacher, Director, Carolina Center for Emotionally Focused Therapy, LLC