



Important Update from the International Institute for Emotion-Focused Family Therapy: Certification Pathways – Clinicians, Therapists and Advanced Therapist

December 17, 2024

Dear Stakeholders,

As a Board, and informed by various consultants, we are excited to announce that we've made the decision to transition away from granting certifications for EFFT clinicians, therapists and advanced therapists. While there are many benefits related to certification – and these benefits have fueled the IIEFFT's commitment to these processes for the past 7 years, we also wish to recognize the systemic and practical barriers that exist in offering certification, including recertification status. For example, there are inequalities in who can access the resources to move through these processes (time away from work to meet criteria for training days, cost of supervision, etc), and who benefits from these titles. We are also keenly aware of the continued lack of diversity among those certified. Considering this, and our commitment to evolve EFFT through a lens of liberation, the IIEFFT will be transitioning to create a container for a more community-based model of support for all clinicians and therapists interested in using EFFT in their practice, whether as a primary modality or as an adjunct, certified or not. EFFT supervisors and trainers will continue to be available for those who wish to deepen their practice. We will also continue to make available guidelines for skill acquisition and fluency to provide the structure for those who would benefit. These guidelines will be on the IIEFFT website with further information to follow.

How will this affect current and upcoming certified clinicians, therapists and advanced therapists?

If you have previously certified as an EFFT clinician, therapist or advanced therapist, we wish to honor the deep commitment you've made by supporting your ongoing use of these titles for as long as they feel aligned with your practice. Current certified clinician, therapists and advanced therapists will remain on the website directory until December



31st, 2025 (with another option available for a public directory – see below). We will no longer accept recertification applications.

How will this affect clinicians, therapists and advanced therapists who are currently working towards certification?

To recognize the dedication and hard work of all those clinicians, therapists and advanced therapists currently working towards certification, we will be accepting applications until December 31st, 2025, and similar to above, we support your ongoing use of these titles for as long as they feel aligned with your practice. Should you require financial aid for your certification application, please contact connect@efftinternational.org and support will be provided.

What about the certification pathways for Caregiver Workshop Facilitator, Supervisor and Trainer?

We will continue to support certification processes for EFFT Caregiver Workshop Facilitators, Supervisors and Trainers. These pathways feel important to retain to disseminate the updates to the model, in particular with our work with parents and caregivers, and with a focus on anti-oppression theory and related evolutions in language and stance, interventions, training materials, etc. These pathways will continue to be available on the IIEFFT website, as will be a directory of those certified in these pathways.

How will the IIEFFT transition to a community-based model of support?

Along with our partner Mental Health Foundations, the IIEFFT is visioning a non-hierarchical and not-for-profit forum for the development and exchange of ideas, resources, experiences in the diverse application of EFFT and EFFT-informed care. All will be welcome – including peer support mentors, educators, etc, and creativity will be encouraged. We will also create a public directory for those with a minimum of 2-days of EFFT training to join if they wish by including their information, including their special interest if applicable. We are brainstorming other events to support our community, including no-cost self-care and skill-building opportunities. More information will be disseminated as these events are formalized.

How can I be a part of this community-based evolution?

We enthusiastically encourage interested people – parents, caregivers, peer-supporters, coaches, educators, clinicians and therapists to join our annual community forum on March 4th (link to register [here](#)), or connect via email at connect@efftinternational.org to share thoughts and ideas.

The heart of EFFT and what feels right lies in that we clinicians are not the experts, rather we walk alongside people in support of our collective healing and growth. As such we wish to extend our deep gratitude to all involved – the people we support, community members, and clinicians/therapists who have supported this evolution.

Very sincerely,

Alison Bell, Jennifer Danby, Elizabeth Easton, Natasha Files, Elspeth Humphreys, Adele Lafrance, Tajinder Uppal Dhariwal & Amal Qutub