

CARIBBEAN EFT FUNDRAISER



The Power of the EFT Tango in Helping Your Individual Clients Move from Self-Criticism to Self-Acceptance

Presenter

Robin Williams Blake, RP

ICEEFT Certified Trainer, Supervisor, Therapist
Founder and Director of the Toronto Centre for EFT



This 3-hour workshop will guide clinicians on how to effectively use the EFT Tango when working with individual clients, helping them move from self-criticism, self-loathing, and shame to self-acceptance, self-compassion, and self-care.

FOCUSING ON A SPECIFIC INDIVIDUAL CLIENT, WE WILL BEGIN BY

- EXPLORING HOW STAGE ONE OF EMOTIONALLY FOCUSED INDIVIDUAL THERAPY (EFIT), WITH THE ATTACHMENT VIEW OF HEALTH AS A BEACON, LAYS THE GROUNDWORK FOR THE THERAPEUTIC PROCESS BY:
- ESTABLISHING SAFETY AND TRUST IN THE THERAPEUTIC RELATIONSHIP
- UNCOVERING AND UNDERSTANDING ONE'S DEVELOPMENTAL NARRATIVE
- PROMOTING EMOTIONAL AWARENESS AND EXPRESSION
- APPLYING THE C.A.R.E. FRAMEWORK OF ASSESSMENT—CONTEXT, ATTACHMENT, RELATIONSHIP, AND EMOTIONS TO TUNE IN AND START STRONG.



\$45 USD

\$35 USD CARIBBEAN RESIDENTS

2 CEUs (Pending)



11 TO 2 PM EST



MONDAY, APRIL 7, 2025



VIA ZOOM

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