

Sue Johnson & Leanne Campbell - Emotionally Focused Individual Therapy (EFIT) Level 1 Certificate Course

utilize attachment science to create powerfully transformative emotional experiences for every client, in every session

Every therapist comes to a point where **you feel stuck with your clients**. You've tried everything you can think of... You're left feeling lost and unsure of your ability to help the clients who so badly need you. ***But there's a simple way to get unstuck... And keep from getting stuck again!***

Emotionally Focused Individual Therapy (EFIT) uses a simple 5-step process to harness the transformative force of your clients' deep emotion... Giving you the ability to create lasting change with ANY client.

Register today for this certificate training and discover how to **use this powerful trauma treatment modality in your practice!**

Emotionally Focused Individual Therapy (EFIT) Level 1 Certificate Course

\$978.95 Value

Just \$163.90 (GST Inclusive) Today — Stunning Savings!

You'll earn up to 16.25 CPD Hours. [Click here for course objectives and outline](#)

Click the Icons in the Menu Below for More Details



Learn on Your Schedule

Unlimited and immediate access!



Earn your Level 1 Certificate

End this program with an elite Certificate in Emotionally Focused Individual Therapy from the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT).



Bonus Material

FREE Bonus to help build a stronger EFIT foundation (a \$179.95 value).



CPD Hours

This online training provides up to 16.25 CPD hours.



Interactive Forums

Join colleagues from around the world learning EFIT.



Satisfaction Guarantee

Register for this online certificate training course without risk. If you're not completely satisfied, let us know and we'll make it right!

Are you ready to step into the life awaiting you as an EFIT practitioner?

When you finish this intensive training you'll be able to implement EFIT in your practice as a **Level 1 Certificate Holder** in Emotionally Focused Individual Therapy through Sue Johnson's prestigious **International Centre for Excellence in Emotionally Focused Therapy (ICEEFT)**!

Founded in 1998 by Dr. Sue Johnson and her colleagues in Ottawa, Canada, ICEEFT offers educational courses and training to mental health professionals, provides certification for EFT/EFIT therapists around the world, and undertakes clinical research studies.

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[Have questions about EFIT and/or the training? Click here for answers!](#)

See what your colleagues are saying about EFIT!

Participants in Sue and Leanne's EFIT trainings consistently report that once they begin to understand the "intuition of emotion" and how to use it to create potent and sustainable change, their clients move and so do they.

Sessions become more focused and effective. Transformative "corrective emotional experiences" shift perspectives, thoughts about self, trust, confidence, and competence.

"I strongly recommend the EFIT training with Drs. Sue Johnson and Leanne Campbell whether you are new to EFT or have been practising for years - the opportunity to sit with these masters... watch them with their clients, process their work and answer questions is gold!"

~ Jenev Caddell, USA

Now the power of Sue Johnson's Emotionally Focused Therapy (EFT) approach is available for ALL clinicians!

This is your chance to **be part of a new movement in therapy**... And among the first clinicians to receive this exclusive training.

Informed by more than 30 years of research in Emotionally Focused Therapy (EFT) with couples & families and attachment science, and demonstrated with dramatic case studies...

This intensive certificate training program **will help distinguish you as a leader in the field of Emotionally Focused Therapy for Individuals**. You'll discover how to:

- Target treatment with an evidence-based map of your clients' emotions so they can experience lasting, positive change

- Transform dysregulating emotions that arise from anxiety, depression, and trauma with powerful moments of vulnerability encountered with balance and agency
- Create new and powerful emotional experiences with clients so they find clarity and peace
- Enable clients to move into a coherent sense of competent self so they can engage with others, deal with existential life issues, and become a fully alive human being

“I’ll tell you right now: for someone who felt like they had tried everything, this is the only thing that worked for me.” — Jane, client

Don't wait to become one of tomorrow's leaders... Register today and join an elite group of your peers who are transforming their practice and their clients' lives by earning their certificate in Emotionally Focused Individual Therapy!

Emotionally Focused Individual Therapy (EFIT) Level 1 Certificate Course

The EFT Model: An Attachment-Based Humanistic Experiential Therapy

The first module of this course kicks off with an overview of attachment perspective and the EFIT map. You'll identify the three stages of EFIT and the key change events that characterize each one.

You'll also learn assessment and the alliance in EFIT, discover guiding principles for clinical decision-making and treatment planning, and micro- and macro-interventions.

Moving Through Stage One

In module two, you'll get an overview of the EFIT process and discover the EFIT Tango and how it works in Stage One. Witness eye-opening case examples of EFIT in action.

Moving Through Stage Two

Module three reveals how to process trauma and the expanding model of self, plus related EFT research. You'll also discover key change events and markers of Stage Two.

Sue and Leanne will show you to how to use the Experiencing Scale with EFIT, and you'll see some powerful case examples in EFIT with a focus on trauma.

Stage Three & Consolidation

In the final module, you'll learn about Stage Three of the EFIT process, practice interventions and strategies, and develop your personal goals for continuing development of EFIT expertise in your practice.

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When you register today, you'll receive a FREE bonus (a \$179.95 value!)

Emotionally Focused Therapy for Traumatized Individuals: Shaping a New Sense of Self with Dr. Sue Johnson

Includes 4 CPD hours.

Emotionally Focused Therapy is a well-known approach to couples treatment that foregrounds attachment in the relationship. What if we could take EFT's successful framework and translate it to work with individuals? This session introduces EFIT, Emotionally Focused Individual Therapy, which centres on helping individual clients shape a robust and resilient sense of self, able to explore and resolve life-defining traumas, especially those inflicted by attachment figures. As in EFT for couples, attachment science offers the EFIT model a map that simplifies how we frame clients' problems and shape their journey toward wholeness. You'll discover:

- The key elements of the attachment perspective on the development of a resilient self, and its significance for clinical intervention
- An on-target map for the creation of transformative moments where vulnerabilities can be faced with balance and competence
- A path to shape corrective emotional experiences to restructure negative ways of defining the self, regulating and organizing inner experience, and engaging with others
- How to apply EFIT to clients suffering from a range of symptoms and post-traumatic issues

Sales

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