

# NEWSLETTER



**We are meeting up this spring !**

- Peer group  
15/4 14 @ 15:30
- Speed networking  
19/04 11h @ 13h
- Social event  
24/05 5 @ 7



Do you ever come away from your EFT trainings motivated and excited to apply the tools you've learned, only to feel stuck when you try to use them with your couples ? Here's your chance to learn to integrate these.



**Online EFT Workshops / in French**  
Paul Greenman- Demystifying enactments

April 26 2024, 9-4 EST

Normand Gingras - Focus on affect assembly May 10 2024, 9-4 EST

**Save by signing up for both workshops !**



Kathryn Rheem and Jennifer Olden discuss the challenges that can arise when the advice a client is given in their individual therapy conflicts with the need for emotional vulnerability in EFT.



A quick reminder: it's always possible to update your information and consult the list of of therapists trained in EFT.



*Quote: "We want to create emotional connections. We know that these bonds are the source of resilience. Loneliness, on the other hand, is the most devastating pain of all - and it's the one our nervous systems absolutely can't handle." Sue Johnson*