

New York Center for Emotionally Focused Therapy

**Training, Referrals and Education
for the New York Tri-State Region**



A Quarterly Newsletter

Issue 1 - Spring 2011

Sue is Back in June!

Read all about Sue's return to New York for the Externship!

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The 2012 ICEEFT Summit in New York

We've got a great line up in store for you! Details inside...

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NYCEFT Calendar

How NYCEFT can help you get the most out of your EFT experience.

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Welcome!

By George Faller, LMFT

What an exciting, invigorating time to be an EFT therapist in the New York Area. Along with Shelly and Parker, I'm incredibly proud of our EFT team for turning ideas into tangible results. Please join me in welcoming the inaugural issue of the NYCEFT newsletter. We hope this initial collection of viewpoints lays a humble foundation for a long history of mutual sharing and enrichment. In keeping with the spirit of EFT, our goal is to open up a space where members of our community can responsively join together and enjoy the awesome benefits of connection. Gathering dispersed individuals into a cohesive family empowers our mission to powerfully wield EFT to bring transformation to the world. Let us never lose sight of our vision for healing



relationships and our commitment to share this vision every day.

I want to take this opportunity to keep our members informed of noteworthy NYCEFT news and endeavors. Our most ambitious projects, the EFT Summit and the NYPD research project are on schedule and progressing nicely. We are also in the process of coordinating all trainings and

systematically unifying supervision standards in order to provide consistent high quality supervision for our community. Cross training with other supervisors and trainers ensures our leading edge keeps expanding. Lastly, I am planning to co-lead a two-day course with Diana Fosha, PhD at the Ackerman Institute this summer to strengthen our partnership with the Accelerated Experiential Dynamic Psychotherapy (AEDP) community and to continue challenging EFT to take into consideration different vantage points. More details will follow. Good job all!

Blessings,

George

George is president of NYCEFT, and a certified EFT therapist, supervisor & trainer.

BENEFITS OF MEMBERSHIP

Welcome to our inaugural Quarterly Newsletter issue! As you browse through the many pages of offerings, you'll read contributions from many of the directors and founders of NYCEFT, including a welcome from our president, George Faller, LMFT. George and many others have worked for years to create a community of fellow EFT therapists in the New York area enthusiastically promoting secure, resilient, and successful relationships between partners, spouses and families. With Sue Johnson, EdD and her colleagues as our inspiration, we've now established a not-for-profit organization in New York devoted to serving the needs of couples and families, as well as the needs of therapists: trainings, supervisions, fundraisers, committees, socials, and more.

In this newsletter, we've highlighted the work of some of the committees and directors: see where your talents and interests are, and if you aren't already a member, join today! With Sue Johnson's return in June for the EFT Externship, and the ICEEFT World gathering in New York in 2012 for the Summit, there's a need and a place for you in this excitement! We've also included four features with EFT therapists' experiences, as well as a calendar listing of some of the upcoming events not to miss!

We'd love to hear from you, and welcome submissions from you in future NYCEFT newsletters. Combined with our attractive, full-featured website www.nyceft.org, developed by our director of communications, Benjamin Seaman, LCSW, we're working to keep you up-to-date as members of the NYCEFT family. Thanks to all who contributed to make this issue possible. Enjoy!



Travis Atkinson, LCSW, is director of membership for NYCEFT, and editor of the NYCEFT Quarterly Newsletter. He is a certified EFT therapist & approved supervisor-in-training.

The Research Committee

By Katherine Stavrianopoulos, PhD

Hi everybody! As the chairperson of NYCEFT's Research Committee, I am delighted to share some news regarding the committee's purpose and goals. The role of the NYCEFT research committee is to facilitate, coordinate and encourage the pursuit of EFT research. The committee will



assist with proposal development and provide guidance with research design. Currently we are working on a study titled, *Strong Bonds, Strong Couples: Educational Relationship Program for NYPD 9/11 Responders*. In this study we plan to

assess 9/11 NYPD officers and their spouses with regard to their relationship satisfaction and the officer's trauma history. Couples high in relationship distress will be offered a weekend couple's retreat titled *Strong Bonds, Strong Couples*, developed by Drs. Sue Johnson and Katherine Rheem. Couples will be evaluated after the retreat to assess the effectiveness of the intervention as it relates to relationship satisfaction and NYPD officers' trauma symptoms. A follow-up assessment will be conducted six months later.

If you are interested in conducting EFT research and have ideas that you would like to discuss or collaborate on with other NYCEFT members please email Katherine at kathstav@gmail.com.

Katherine is director of research for NYCEFT, and is a certified EFT therapist and supervisor.

Special Projects

By Dianne Kane, DSW, LCSW

As Director of Special Projects for NYCEFT, I look forward to helping harness the energies and talents of our membership into focused and achievable projects, consistent with our mission and goals.

Our initial endeavor is already underway, working closely with Kathy Stavrianopoulos, director of research, to offer an adaption of "Strong Bonds, Strong Couples" (described in the above article) to NYC first responder couples who were involved in responding to 9/11. Beginning with NYPD couples, the project will serve the dual purpose of providing service while at the same time

contributing to professional knowledge. It is my hope that this can be a part of all future projects.

To join the special projects committee, please email Dianne at dkcsu@aol.com



Dianne is director of special programs for NYCEFT.

Community Outreach

By Angela DeCandia-Presuto, LCSW

My vision for my role as Director of Community Outreach is simple: I want to bring EFT for Couples and Families to clients who may otherwise not have access to it. In the Greater New York area serviced by NYCEFT, access to EFT is predominantly through therapists in private practice. For me, this leaves a veritable chasm between the healing power of EFT and many clients who are in the greatest need of it. My goal is to establish relationships between NYCEFT and family service and community counseling agencies in New York, New Jersey and Connecticut. Through these relationships, I hope to foster a venue through which agency

therapists can utilize grant-based, community and state funding to receive EFT training and supervision, and in doing so, make EFT accessible to people from all parts of the socio-economic spectrum.

For more information, email Angela at adecandiapresuto@gmail.com

Angela is director of outreach programs for NYCEFT, and is a certified EFT therapist & supervisor.





Sue Johnson Returns to New York for the Fourth Externship!

By Elana Katz, LCSW, LMFT

Something special happens in New York toward the end of June: school children finish up their academic year, weekend traffic towards the shore and the mountains alike begins to peak, outdoor performances pop up in all five boroughs of the city, and Sue Johnson comes back to New York. In the last three years, trainees from twenty different states and eight countries have joined therapists from the tri-state area to find out what is special, indeed revolutionary, about the world of Emotionally Focused Therapy. As premises about autonomy give way to a deeper understanding of interdependency, the need for secure attachment and the ability to guide people there is ever more important. Sue Johnson is our fierce and fearless defender of relationships with both heart and science in her toolbox, and she presents with the flair of a one-woman Broadway show. How can anyone resist?

Indeed, to date, over 400 people have taken the New York Externship, co-sponsored with the Ackerman Institute for the Family. We look forward to another sold-out conference held in a state of the art facility in midtown.

For more information, or to register, call Suna at (212) 879-4900 ext. 111 or email training@ackerman.org



Elana is director of externships for NYCEFT, and is a certified EFT therapist & supervisor.

The Latest News: ICEEFT Summit 2012 in New York

By Shelly Dell, LMFT, LMHC

NYCEFT is thrilled to host the next EFT Summit on July 12-14, 2012 in New York City. There are several ways in which our members can participate in this exciting conference. We invite you to join one of our many committees, submit a presentation proposal, get in on the fundraising, or just help us to spread the word and register for the event!

The call for proposals deadline is Friday, June 10, 2011. We are looking for applications of EFT and EFFT with different populations, age groups and diverse communities, effectiveness and process research, working with emotions and the change process, and attachment and other related topics. You can download the Summit 2012 Presentation Proposal Form from www.nyceft.org.

Our keynotes: Drs. Sue Johnson, Diana Fosha, Phil Shaver, Stephanie Coontz, and Dan Hughes. Dr. Sue Johnson is the co-creator and main proponent of EFT and EFFT. She is a researcher, clinician, and has authored several books for clinicians and the popular book for couples, Hold Me Tight: Seven Conversations for a Lifetime of Love, and countless articles. In addition, she lectures and trains clinicians all over the world in the EFT model.

Dr. Diana Fosha is the developer of Accelerated Experiential Dynamic Psychotherapy (AEDP), a combination of attachment theory, affective neuroscience and body-centered approaches, and author of The Transformative Power of Affect. She trains and presents her model to clinicians nationally and internationally.

Dr. Phil Shaver is a leading researcher, author of countless articles on topics including close relationships, attachment styles, and marital



communications. In addition, he is investigating conceptions of emotions in various cultures. He co-edited The Handbook of Attachment: Theory, Research, and Clinical Applications.

Dr. Stephanie Coontz is the Director of Research & Public Education for the Council on Contemporary Families. She has authored several books and articles, and has made numerous appearances on television and radio. She recently published a new book, A Strange Stirring: The feminine Mystique and American Women at the Dawn of the 1960s.

Dr. Dan Hughes is the creator of Dyadic Developmental Psychology: An Attachment Focused Treatment for Childhood Trauma and Abuse. He is also Director of the Dyadic Developmental Psychotherapy Institute. He is the author of three books for clinicians and parents, including Building the Bonds of Attachment and Attachment-Focused Family Therapy. He has provided trainings to therapists throughout the world.

For information about joining the summit committee email Shelly at dellshelly@yahoo.com.



Shelly is the vice president & managing director of NYCEFT, and chairs the summit committee. She is a certified EFT therapist & supervisor.

The Third International Summit on Emotionally Focused Therapy

**The Power of Emotions:
Loving Connections,
Lasting Bonds**

July 12-14, 2012 • NYC



The Education Committee

By Zoya Simakhodskaya, PhD

The Education Committee's focus is to ensure the quality of education and training provided by the New York Center for EFT, to coordinate and to schedule training events, and to take an active role in community events.

One of our accomplishments in the 2010-2011 academic year was initiating a series of Quarterly EFT Seminars (described in the next column). We continue to collaborate with the Ackerman Institute for the Family to provide quality assistance to attendees at the yearly Externship in June with Sue Johnson. We are currently planning another cultivating event immediately following the externship. In addition, the Education Committee has an important role in the upcoming 2012 EFT Summit by helping ICEEFT with the proposal submission process and providing CEUs to attendees.

If you have questions or ideas for future educational or community events, please email Zoya at zoyasim@yahoo.com



Zoya is secretary of NYCEFT, and chair of the education committee. Zoya is a certified EFT therapist & supervisor.

Quarterly Seminars

By Zoya Simakhodskaya, PhD & Katherine Stavrianapoulous, PhD

As the EFT community in the New York area began to grow following successful externships in 2008 and 2009, we felt that something was missing. We wanted to create an opportunity for EFT therapists to come together and learn from each other, and to expose a larger mental health community to EFT. NYCEFT Quarterly Seminars were born! Each seminar focuses on a particular aspect of EFT, and includes a video presentation by a senior therapist or supervisor, a discussion by a trainer or visiting consultant, and questions and comments from the audience.

Our Inaugural NYCEFT Quarterly Seminar took place on November 5, 2010 at the Institute for Contemporary Psychotherapy (ICP). Titled *Putting the Shadow Box Back on the Wall: Re-engaging a Fallen Hero in EFT Therapy*, Zoya Simakhodskaya, PhD presented a challenging case of a couple with many traumas. George Faller, LMFT commented on the video segments and the model, particularly focusing on the importance of enactments.

During our next seminar on February 11, 2011, titled, *Loving at Arm's Length*, Travis Atkinson, LCSW focused on working with withdrawers, or those with an avoidant attachment style. Travis was joined by Shelly Dell, LMFT, LMHC as the discussant. Strategies for helping withdrawing partners manage their overwhelming emotions were illustrated. Attendance grew to a point where we almost sold-out.

The next Quarterly Seminar is scheduled for Friday, May 6th. Angela DeCandia-Presuto, LCSW and George Faller, LMFT will present a collaborative EFFT case, titled, *A Family*

Rallies: The Healing Power of Emotionally Focused Family Therapy. Gail Palmer, MSW, RMFT from ICEEFT will be the guest consultant. See page 6 for more details. All seminars take place from 5:30 pm – 7:30 pm at ICP in Manhattan. NYCEFT members receive a 20% discount. You may register online at www.nyceft.org. For more information, please email Zoya at zoyasim@yahoo.com or Katherine at kathstav@gmail.com

Katherine & Zoya are seminar coordinators.

Advanced Trainings

By A. Susan Brenner, LMFT

I am excited to work on the following NYCEFT projects: (1) Provide supervisor trainings and enhance EFT supervision to ensure congruency with the EFT model. The goal is to help supervisors be accessible, responsive, and engaged with their supervisees, while creating safety and moving towards growth in the EFT model. We will teach this in a series of workshops led by George Faller, LMFT or Shelly Dell, LMFT, LMHC. (2) In cooperation with the Education Committee and with support from Elana Katz, LCSW, LMFT, Director of Externships, we will be well-prepared to provide consistent, high-quality assistance at the Annual EFT Externship in New York. (3) Coordinate and co-sponsor an American Association for Marriage and Family Therapy (AAMFT) Supervisor Refresher course on Saturday, May 14, 2011, led by Drs. Mark Kaupp, LMFT and Lisa Palmer-Olsen, LMFT from San Diego, and Debbie Diaz, LMFT from New Jersey.



Sue is director of advanced trainings for NYCEFT, and is a certified EFT therapist & supervisor.



Help Me Help You!

By Benjamin Seaman, LCSW

As a recent convert to EFT, I'm excited about the model and I'm also excited about what the EFT model offers to both our clients and to clinicians from a wide spectrum of orientation and training. What's not always clear, however, is the best way to get the message out about our work. We live in a plugged-in world where people's attention is the highest commodity. So I am interested in making sure we are not overloading people with emails that are not relevant, while still supplying you with quality information about what's next in the EFT arena.

We're experimenting. You're reading this article in an electronic newsletter format that is meant to come out every quarter. You'll also be receiving email notices about case seminars, core skills and other training opportunities. What we want more than anything is to make it possible for all of you to reach each other quickly and easily without having to wade through material that's irrelevant.

That's where you come in. Everyone has different ways of connecting, but any information you can give me about what helps — is it the in-person socials such as the holiday party we threw last December? Or is it reading clinical material on a listserv? Do you need an online discussion group or bulletin board? Let me know! I'm inviting you to help me help you connect and build roots, and grow branches as NYCEFT establishes itself in the dynamic and multi-faceted world of clinical excellence in New York City!



Benjamin is director of communications for NYCEFT. You may email him at ben@benjaminseaman.com

LGBT Committee

By Travis Atkinson, LCSW

The Lesbian, Gay, Bisexual and Transgender (LGBT) Committee is focusing on how EFT is applied to LGBT couples through the *Hold Me Tight* Workshop format, and in couples therapy sessions. The committee members are reviewing the latest manual for therapists who conduct *Hold Me Tight* Workshops to possibly modify examples that would apply to a different population of couples. Ideas to implement include creating video footage of LGBT couples in the "7 Conversations," as well as using examples of conflicts that often arise in LGBT relationships.

The committee is also working to possibly create and implement research, in conjunction with Katherine Stavrianopoulos, PhD and the Research Committee, on applying EFT to LGBT couples, through a *Hold Me Tight* Workshop planned for the Fall of this year, and private practice couples therapy sessions of committee members. Each member would also like to help LGBT EFT therapists connect and network with each other. Socials will be planned, as well as resource exchanges.

The committee has rotating Chairs. For more information, email Steffani Brandenburg: sbrandenburg@earthlink.net or Stephen McDonnell: stephen.mcdonnell@me.com

Congratulations to those Certified in 2010-2011!

EFT Certified Supervisors

Angela DeCandia-Presuto, Zoya Simakhodskaya

EFT Certified Therapists

Jodi Ames-Frankel, Karen Giunta, Judy Kellner, Russell Saunders, Wendy Tomkiel

NYCEFT Membership

Not a member yet? We have a place for you! Professional Membership includes 20% discounts to most NYCEFT sponsored events.

1. Lifetime Professional: \$500

Subscription period: Unlimited
General membership is open to anyone who has undertaken an approved EFT Externship and is an active member of ICEEFT. Professional members are listed online in the NYCEFT Therapist Directory, receive 20% discounts to NYCEFT seminars, and numerous other benefits.

2. Professional membership: \$75

Subscription period: 1 year
General membership is open to anyone who has undertaken an approved EFT Externship and is an active member of ICEEFT. Professional members are listed online in the NYCEFT Therapist Directory, receive 20% discounts to NYCEFT seminars, and numerous other benefits.

3. Associate/Supporter: \$50

Subscription period: 1 year
Associate/Support members support NYCEFT activities through dues and other professional activities. They are often professionals from related fields such as psychiatry, law, mediation, financial planning that support our mission of healthy relationships.

4. Student Membership: \$30

Subscription period: 1 year
Student memberships are offered to CURRENT students in Masters and PhD programs who want to support the EFT mission and receive notification of EFT trainings, events and conferences.

Register online now to become a member of NYCEFT! Visit www.nyceft.org and under "Resources," go to "Professional Membership."



Healing a Family

Bringing a Family on the Brink to a Place of Healing and Reconciliation: a Spotlight on the May 6th Quarterly Seminar

By Angela DeCandia-Presuto, LCSW

With today's families facing so many challenges, Emotionally Focused Family Therapy (EFFT) works to change the negative cycles of interaction that can arise among family members dealing with increased amounts of pressure and stress. EFFT works to change the interactional patterns of family members, to heal relational hurts, and to increase support and connection. EFFT addresses each family member to shift these negative patterns and to uncover the sources of distress beneath the often destructive ways each member copes with emotions. Once family members identify what they need, each member can express their longings in a way where they can be heard – problems can be addressed respectfully, and each member of the family can be honored.

On Friday, May 6th, at the NYCEFT Quarterly Seminar, Angela DeCandia-Presuto, LCSW, and George Faller, LMFT will present a case of a family that shifted significantly from a state of crisis to one of healing and reconciliation using a unique, integrative approach of Emotionally Focused Family Therapy. The seminar will include a special visit from ICEEFT's Gail Palmer, MSW, RMFT as a consulting discussant.

You'll see strategies that helped the family significantly reduce the level of stress between the parents and children, and improved communication, affection, and time spent together as a family. Examples will show how the family dynamic improved, as well as the relationship satisfaction between the spouses.

To register for the NYCEFT Quarterly Seminar, visit www.nyceft.org. NYCEFT Members receive 20% off admission.



Angela is director of outreach programs for NYCEFT, and is a certified EFT therapist & supervisor.



Double Vision: EFT Group Supervision

"Tracking the EFT Therapist, the Couple on the Screen, and Each Other"

Double Vision: EFT Group Supervision

By Elana Katz, LCSW, LMFT & Travis Atkinson, LCSW

EFT has been called deceptively simple...and, in fact, many have commiserated about this at various points in their training. There are indeed so many choice points in a session -- is it time to take the elevator up to further understand the cycle? or should we take the elevator down to bring the emotions into full awareness and expression? What happens when our withdrawer comes forward and is not received in the way that we had hoped? What do we do with our own emotions at that point?

Elana and Travis have run supervision groups together for two years, and the "double vision" is something that they both enjoy. With two

supervisors in the room, it affords them the opportunity to more fully track the experiences of the couple on the screen, the internal and external processes of the therapist, and the ability to ensure that it is all being integrated by the group. Sometimes one of them will function as a human highlighter, taking a moment to repeat an important teachable moment that may be going by just a bit too quickly for the group to absorb. At other times, one of them might focus more on the content of the teaching, and the other on the process of the therapist.

With different backgrounds and experiences, Elana and Travis both started EFT several years ago at the same time, sharing time together in Ottawa at Sue Johnson's EFT Externship. Together they continue their enthusiasm for the EFT model, and share their

skills as a team each month in EFT Group Supervision.

Elana is director of externships for NYCEFT, and is a certified EFT therapist & supervisor.

Travis is director of membership for NYCEFT, and is a certified EFT therapist & approved supervisor-in-training.





Carl Jung tried to treat every patient as individually as possible, and observed that the “cure ought to grow naturally out of the patient.” In a similar way, we can work to heal attachment injuries and create secure attachment bonds by evoking attachment longings and needs within one LGBTQ couple at a time.

Applying EFT to LGBTQ Couples

By Stephen McDonnell, LCSW, LMFT

As an EFT therapist and in my personal life, I believe that monogamous, committed relationships are the “gold standard” of secure attachment, but I struggle to apply this standard to the lesbian, gay, bisexual, transgender and queer couples with whom I work. Attachment theory, as a central part of EFT, may compete with client “self-determination” and an ideology present within some couples in the LGBTQ community: the “sex-positive” movement embracing open sexuality with few limits within a relationship. Some of the challenges that I have identified in applying EFT to LGBTQ couples include:

1. Trauma: in addition to possibly experiencing physical, sexual, or emotional abuse similar to the general population, many LGBTQ clients experience the shame of rejection from their families, religion, and the predominant culture. The trauma may range from excommunication to bullying, and may include extreme legal limitations couples in the general population enjoy.
2. Easy breakups: While five states and the District of Columbia now offer same-sex marriage, 45 other states do not, including New York. Without the legal right to marry, leverage to work through problems in a relationship may be limited, and break-ups can be a much easier process for LGBTQ couples.
3. Sex and avoidant attachment: EFT therapists may find confronting typical patterns of avoidant attachment in the LGBTQ couples challenging, since many in the

cultural community may support common patterns of avoidance: separating sexual activity from an emotional bond, sustaining pornography and internet play, and engaging with multiple sexual partners--both inside and outside the romantic relationship. The challenge of “sexless” couples is also not uncommon, and the EFT therapist may struggle with applying attachment theory and the pitfalls of negative cycles to relationships where sexual connection has been lost.



Stephen is a certified EFT therapist & an approved supervisor-in-training.



A Husband & Wife Team

We supervise each other

Co-Facilitating EFT Couples Therapy

By Mary Stacy, LCSW, and Parker Stacy, LPC, MBA

Ten years ago, Mary was counseling a couple and felt she was getting stuck. Parker knew the husband and wife, and after getting their consent, Mary asked Parker to sit in on a session to see if he had observations that could help. The couple felt that having both of us in the therapy room really enhanced the work, and we agreed, so we continued co-counseling them. We then asked ourselves: why not work together as a couples therapist team with the rest of our couples? We decided to make a dramatic change to how we practice, and from then on, joined together to see all of our couples.

In the beginning we saw several advantages in working in the room at the same time, which

still exist. We've added even more since our shift.

Many couples like the idea of having a husband-and-wife team. This can be particularly true with a reluctant male (withdrawer), giving his female partner a "selling point": there will be another male in the room. Our team approach can also be a source of hope and effective modeling: we have a good marriage, yet encounter challenges similar to other couples.

As a team, we also supervise each other, catching issues each of us might otherwise miss if we worked alone, such as key emotional moments in EFT that one of us can sometimes miss. There are specific challenges involved in co-therapy, such as whether to take specific roles, how and when to yield to the other, and pacing. But overall, we've grown tremendously together, and the feedback from couples is overwhelmingly positive.

We look forward discussing and showing our model of EFT co-therapy when we present at the Fall NYCEFT Quarterly Seminar on September 16th. We'll focus on how we worked with a couple during a "Blamer Softening" event.

Parker is vice president and treasurer of NYCEFT and is a certified EFT therapist & approved supervisor-in-training; Mary is a certified EFT therapist & approved supervisor-in-training.





NYCEFT Calendar of Events: April

Thursday April 7th & Friday April 8th

Core Skills at Ackerman Institute with George Faller & Elana Katz in Manhattan at Ackerman Institute, 149 East 78th Street. Email training@ackerman.org

Sunday April 10th 10:00 - 1:00

EFT Supervisor Training sponsored by NYCEFT in Manhattan. Email Sue Brenner at suebrenner7@gmail.com

Sunday April 10th 1:00 - 2:00

NYCEFT Board Meeting in Manhattan at Harmony Connections, 330 W 38th Street Suite 1201.

May

Friday May 6th 5:30 - 7:30

NYCEFT Quarterly Seminar: A Family Rallies: The Healing Power of Emotionally Focused Family Therapy Presented by Angela DeCandia-Presuto, LMFT & George Faller, LMFT; Gail Palmer, MSW, RMFT from ICEEFT is the Consulting Discussant. Location in Manhattan at ICP Library, 1841 Broadway @ 60th Street, 4th Floor.

Register Online at www.nyceft.org

Thursday May 12th & Friday May 13th

Core Skills with George Faller, LMFT & Elana Katz, LCSW, LMFT in Manhattan at Ackerman Institute, 149 East 78th Street. Email training@ackerman.org

Saturday May 14th

8:30 - 3:00 Part 1

TRI-EFT & NYCEFT Presents an AAMFT Supervision Refresher Course with an EFT Emphasis: a Training and Supervision of Supervisors and Trainers with Drs. Lisa Palmer-Olsen LMFT & Mark Kaupp, LMFT in Manhattan at Harmony Connections, 330 W 38th Street Suite 1201

3:30 p.m. - 6:30 p.m. Part 2

Supervision of Supervision with Debi Scimeca-Diaz, LMFT

Register Online for both parts at www.traeft.org

Sunday May 15th 11:00

NYCEFT Summit Committee Meeting. Location in Manhattan to be announced.

To become involved with the Summit Committee, email Shelly Dell at dellshelly@yahoo.com

June

Friday June 10th

Deadline for EFT Summit 2012 Presentation Proposals. Email Zoya Simakhodskaya at zoyasim@yahoo.com

Monday June 27th to Thursday June 30th 9:00 - 5:00

Four Day Externship in Emotionally Focused Therapy with Sue Johnson, EdD & George Faller, LMFT in Manhattan at the UJA Federation, 130 E 59th Street, 7th Floor.

For more information, or to register, call Suna Elmas at (212) 879-4900 ext. 111 or email training@ackerman.org

Wednesday June 29th 5:30 - 8:00 p.m.

EFT Externship Social & Fundraiser: location to be announced.

Your event not listed, or is an item incorrect? Please email director@nyceft.org. Always check with the organizer for accuracy before attending an event. You may also view future events online at www.nyceft.org.



Group Supervision

One of the best ways to continue to build your EFT expertise--join a group in your area:

Manhattan

Supervisor(s)	Day & Time	Contact
Travis Atkinson Elana Katz	1 Friday per month: 11:30 - 1:30	www.EFTSupervision.Eventbrite.com or call (212) 725-7774
Travis Atkinson	1 Thursday per month: 12:00 - 2:00	www.EFTGroupSupervision.com or call (212) 725-7774
Sue Brenner Stephen McDonnell	1st Saturday per month: 12:00 - 2:00	suebrenner7@gmail.com , www.brennertherapy.com call: 203-226-0464
Zoya Simakhodskaya	4th Tues of the month: 11:00 - 1:00	www.drzoya.com call: 917-922-9601
Zoya Simakhodskaya	1st Tues of the month: 9:30 - 11:30	www.drzoya.com 917-922-9601
Wendy Tomkiel	3rd Mon of the month: 10:00 - 12:30	wendytomkiel@live.com 212-696-7498

Upstate New York

Supervisor(s)	Day & Time	Contact
Jodi Ames-Frankel Wendy Tomkiel	2nd Monday of the month: 10:00 - 12:30	wendytomkiel@live.com , 212-696-7498 www.drjodifrankel.com , 914-666-2218
Marion Green	1 Fri per month: 10:00 -12:00	www.mariongreenllc.com 203-981-2259

Connecticut

Sue Brenner	1st Tuesday of the month: 11:00 - 1:00	suebrenner7@gmail.com , www.brennertherapy.com 203-226-0464
Marion Green	1 Thurs per month 12:00 - 3:00	www.mariongreenllc.com 203-981-2259
Mary Stacy Parker Stacy	1st Tues of the month: 10:00 -1:00	pstacy@optonline.com 203-869-8830 CEUs available

New Jersey

Angela DeCandia-Presuto	2nd Thurs of the month	adecandiapresuto@gmail.com (973) 444-0021

Join a Committee:

Summit 2012 Committee- contact Shelly Dell at
dellshelly@yahoo.com

Public Relations Committee - contact Travis Atkinson at
travisa@me.com

Education Committee - contact Zoya Simakhodskaya
zoyasim@yahoo.com

Research Committee - contact Katherine Stavrianopoulos
kathstav@gmail.com

LGBT Committee - contact Steffani Brandenburg
sbrandenburg@earthlink.net and **Stephen McDonnell**
stephen.mcdonnell@me.com

Special Projects Committee - contact Dianne Kane at
dkcsu@aol.com

Community Outreach Committee - contact Angela DeCandia at
adecandiapresuto@gmail.com

Advanced Trainings Committee - contact Sue Brenner at
suebrenner7@gmail.com

NYCEFT Founders

On February 13th, the Founders of the New York Center for Emotionally Focused Therapy celebrated the official launch of the not-for-profit organization. Meet the faces of those who have dedicated time, energy, and financial support to create NYCEFT!



Pictured from left to right, from the bottom to top:

Trevor Mahony Crow, Barbara George, Judith Kellner, Zoya Simakhodskaya, Dianne Kane, Angela DeCandia-Presuto, Janice Gross, Mary Stacy, A. Sue Brenner, Shelly Dell, Katherine Stavrianopoulos, Jodi Ames-Frankel, Debra Burrell, Wendy Tomkiel, Malka Engel, Travis Atkinson, Parker Stacy, Elana Katz, Stephen McDonnell, George Faller, Benjamin Seaman, Jeff Conway, Stacey Fredericks, Gilbert McCurdy. Not Pictured: Pat Williams, Paula Zerfoss, Lori Weinrich

New York Center for Emotionally Focused Therapy

Training, Referrals and Education
for the New York Tri-State Region



Officers

George Faller, LMFT — President
Shelly Dell, LMFT, LMHC — Vice President & Managing Director
Parker Stacy, MBA, LPC — Vice President & Treasurer
Zoya Simakhodskaya, PhD — Secretary

Directors

Katherine Stavrianopoulos, PhD — Research
Benjamin Seaman, LCSW — Communications
Travis Atkinson, LCSW — Membership
Elana Katz, LCSW, LMFT — Externships
Angela DeCandia, LCSW — Outreach Programs
Dianne Kane, DSW, LCSW — Special Projects
A. Sue Brenner, LMFT — Advanced Trainings

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